



BANY

ty Guide





COMMUNITY-BUILDING ALBANY-STYLE

Danger: broken ice!

So you've lived on your block quite a while—years, perhaps—and you *still* don't know the name of the neighbor across the street? Ending the awkwardness is a good first step in building community on your block. After all, community starts at home!

We dare you: ring the doorbell and introduce yourself. Sounds simple, but it can be intimidating to break the ice—especially if you have nodded hello to a perfect stranger for years. Just do it—you will both feel better.

Another ice-breaker: Become a member of your Nextdoor neighborhood (see page 59). Nextdoor is a great way to meet your neighbors and to stay informed of neighborhood issues and events, find a lost cat or the best painter in town, or call the nice man down the street by his first name.

For more information:
www.albanyca.org/community

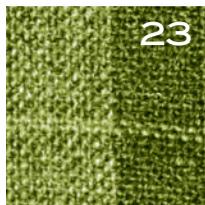
HOW MIGHT ALBANY CREATE A STRONGER, SAFER, MORE VIBRANT COMMUNITY WHERE DEMOCRACY WORKS AT A LOCAL LEVEL?

Getting to know one's neighbors is a start. When neighbors interact—whether through block parties, home-garden produce sharing, or book club meetings—connections are formed between people and trust is built. Such social capital can lead to a stronger, safer community, a community where its members have a greater sense of belonging.



GET READY FOR SPRING

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



<p>Youth Activities</p> <ul style="list-style-type: none"> Special Interest 2-3 Art & Music 4-5 Dance 5 Sports & Fitness 6-7 Martial Arts 8 Mid-Winter & Spring Break Camps . . . 9 Summer Camp Preview 10-19 Friendship Club. 20-21 Teens@842 22 <p>Adult Activities</p> <ul style="list-style-type: none"> Art 24 Special Interest 25 Cooking 26-27 Music 28-29 Dance. 29 Martial Arts 30 Exercise & Fitness 31 Adult Sport Leagues 32 Run Around Town. 33 Senior Center 34-36 Boomers & Beyond <ul style="list-style-type: none"> Exercise & Dance 37 Walking 38 	<ul style="list-style-type: none"> Technology 39 Special Interest 40-41 Literature 41 Travel 42-44 Senior Events 45 Arts Committee. 46 Civics Academy. 47 @theCenter 48 Events. 49-53 KALB 33. 55 Albany FilmFest 56-57 Map. 58 Neighbors 59 Volunteers 60 Green Things. 61 Friends of Albany Parks 62 Get Connected 63 Parks & Facilities 64-65 City Information 66-67 How to Register 67 Registration Form 68
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twitter.com/AlbanyRecDept
facebook.com/albanyrec

Special Interest

NEW

Beginning Terrific Touch Typing

AGES 7-12 (AUSD STUDENTS)

Is your child quick with a click but slow on the go for actually typing words and sentences? This children's touch-typing class will improve their knowledge of the keyboard, and give them a solid foundation, moving them beyond hunt-and-peck techniques. The skill of keyboarding and typing has increased in importance in elementary curriculum, with public schools using computerized standardized tests, beginning in the third grade. Neo2 devices and software will be used, focusing on beginning typing skills (all devices and supplies included). With proper instruction, games, hand exercises, and plenty of typing time, your child will get a jump-start on how to type confidently and efficiently. Each student can progress at his/her own pace. Classes meet twice a week for 8 weeks. Taught by a technology specialist, students will learn to identify home row keys, demonstrate proper technique, and increase typing speed. This class is open to Albany Unified School District students only.

Rj Bruno has an M.A. in Educational Technology and has been working as a technology specialist, both in education and private industries, for over 15 years. Experienced with elementary, high school, and adult age groups, Rj has spent her career helping students feel more confident with technology and integrating it into useful, practical applications.

GRADES 2-3

DATE	DAY	TIME	MEETS	AUSD STUDENT
Jan 5-Mar 3*	T/Th	2:05-3:05 pm	16x	\$240
Mar 22-May 19*	T/Th	8:30-9:30 am	16x	\$240
Mar 22-May 19*	T/Th	2:05-3:05 pm	16x	\$240

GRADES 4-5

DATE	DAY	TIME	MEETS	AUSD STUDENT
Jan 5-Mar 3*	T/Th	3:15-4:15 pm	16x	\$240
Mar 22-May 19*	T/Th	3:15-4:15 pm	16x	\$240

Instructor: Rj Bruno

Location: Marin Elementary School, Multi-purpose Room

Min: 6; Max: 10 *No class on Feb 16, Feb 18, Apr 12 & Apr 14



NEW

Intro to Sketch Comedy Writing

AGES 14-17

If you enjoy being creative as much as you love making others laugh, you're going to have fun in this class. Learn the basics of comedic writing by turning your ideas into stories and those stories into sketches. Intro to sketch comedy writing breaks down the process of how to write sketch comedy; students will learn the fundamentals of what goes into writing a sketch as well as techniques for developing their comedic voice. Margaux is a sketch writer for San Francisco sketch comedy troupe Killing My Lobster and has won LA Comedy Film Festival for Best TV Pilot and Cultivated Wit's Comedy Hack Day.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 27-Feb 24	Wed	4-6 pm	5x	\$164	\$174

Instructor: Margaux Poupard

Location: Albany Community Center, Rooms 1 & 2

Min: 5; Max: 10

Write On! Creative Writing Lab for Kids

AGES 8-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Feb 4	Thur	4-6 pm	5x	\$154	\$164
Feb 11-Mar 17*	Thur	4-6 pm	5x	\$154	\$164
Mar 24-Apr 28*	Thur	4-6 pm	5x	\$154	\$164
May 5-Jun 2	Thur	4-6 pm	5x	\$154	\$164

Instructor: Abby Skrivan, www.writeonyouth.com

Location: Albany Middle School, Room 203

Min: 6; Max: 20

*No class on Feb 18 & Apr 14



Guys/Girls Go Figure!

NEW

GRADES 6-8

Guys/Girls Go Figure is a critical thinking and problem-solving series using brainteasers, puzzles, videos, games, and word problems designed to develop problem solving skills, boost math confidence, cultivate math appreciation and open avenues to STEM careers. The series received a rating of 9.5 out of 10 from prior participants.

GUYS GO FIGURE!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 19-Feb 9	Tue	3:45-4:45 pm	4x	\$89	\$99
Mar 8-Mar 29	Tue	3:45-4:45 pm	4x	\$89	\$99

GIRLS GO FIGURE!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 19-Feb 9	Tue	5-6 pm	4x	\$89	\$99
Mar 8-Mar 29	Tue	5-6 pm	4x	\$89	\$99

Instructor: Tralee Johnson, MA, MFT
Location: Albany Community Center, Rooms 1 & 2
 Min: 6; Max: 10

Alternatives to High School Workshop

NEW

AGES 13.5-18 & PARENTS

High School is not for everybody! Learn about the various options for using the high school years to get a head start on college, work experience, and/or developing passions. In discussing the benefits of learning outside of traditional school, we will present specific examples of teens who have designed their own learning plans, as well as the data supporting alternative learning paths. Young people need not already be self-directed learners in order to benefit from alternative options! This workshop is designed for parents and teens, who may attend separately or together.

AGES 13.5-18

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 14	Thur	6:30-8 pm	1x	\$19	\$29
April 5	Tue	6:30-8 pm	1x	\$19	\$29

PARENTS

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 14	Thur	6:30-8 pm	1x	\$29	\$39
April 5	Tue	6:30-8 pm	1x	\$29	\$39

Instructor: Michlene Cotter Norwood & Alanya Snyder, www.kaloacademy.com
Location: Albany Community Center, Hall (Jan 14), Rooms 1 & 2 (Apr 5)
 Min: 6; Max: 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."

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 11-Mar 14*	Mon	2:15-3:30 pm	8x	\$148	\$158
Jan 11-Mar 14*	Mon	3:30-4:45 pm	8x	\$148	\$158
Jan 11-Mar 14*	Mon	4:45-6 pm	8x	\$148	\$158
Apr 11-May 23*	Mon	2:15-3:30 pm	6x	\$114	\$124
Apr 11-May 23*	Mon	3:30-4:45 pm	6x	\$114	\$124
Apr 11-May 23*	Mon	4:45-6 pm	6x	\$114	\$124

Instructor: Moira McNamara (January); Michael Glass (April), (510) 524-9232, www.kidscarpentry.com
Location: Albany Community Center, Craft Room
 Min: 6; Max: 9 *No class on Jan 18, Feb 15 & Apr 25

Acting Workshop for Teens

NEW

AGES 14-17

Strengthen and sharpen your acting skills, and get the tools you need to create believable and vibrant characters! By fully realizing a character, students will be able to let loose, have fun, and play within a role. Through scene work, we will explore basic acting principals, including objectives and obstacles, inner monologue, emotional recall and staying present. Ari Sigal is a professional actress and director who has worked off-Broadway in New York as well as locally in film and television.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 28-Feb 25	Thur	4-6 pm	5x	\$164	\$174

Instructor: Ari Sigal
Location: Albany Community Center, EOC Room
 Min: 4; Max: 10

Teen Baking Boot Camp

NEW

AGES 12-16

This class will cover a breadth of pastry skills, including both sweet and savory baking, as well as non-baking dessert techniques. Recipes include Chocolate Truffles, Apple Galette, Oatmeal Raisin Cookies, Cheese and Chive Biscuits, Homemade Pizza, and more. Your teen will learn kitchen safety, build confidence in the kitchen, and learn the science and technique of baking. Instructor is a certified natural foods chef and culinary coach. Ingredients will be organic whenever possible and many recipes will utilize whole grain flours. Please contact instructor prior to registering if your child has food allergies. \$35 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 11-Apr 15	M-F	9:30 am-12:30 pm	5x	\$175	\$185

Instructor: Hilla Abel, www.HealthInAPan.com
Location: Albany Community Center, Kitchen
 Min: 4; Max: 9

Art & Music



Clay for Kids

AGES 3.5-7

Explore your creativity with clay. Have fun making sculptures, pots, and tiles, learning basic hand building techniques. Parents are welcome in the classroom with their children and for a material fee, can make a piece or two. \$10 material fee is per person paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Feb 3	Wed	2:15-3:15 pm	5x	\$109	\$119
Feb 10-Mar 16*	Wed	2:15-3:15 pm	5x	\$109	\$119
Mar 23-Apr 20*	Wed	2:15-3:15 pm	4x	\$88	\$98

Instructor: Paquerette Clark

Location: Albany Community Center, Craft Room

Min: 4; Max: 10

*No class on Feb 17 & Apr 13

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 9-Feb 20	Sat	10-11:30 am	7x	\$95	\$105
Mar 5-Apr 16	Sat	10-11:30 am	7x	\$95	\$105

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

Location: Albany Community Center, EOC & Craft Rooms

Min: 4; Max: 16

Advanced Clay for Kids

AGES 8-14

Explore your creativity with clay. Make unique sculptures, mugs, and tiles. Discover the magic of seeing your painted pieces come to life as they emerge from the kiln. Enjoy a fun collage project the last day. \$10 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Feb 3	Wed	4-5:15 pm	5x	\$119	\$129
Feb 10-Mar 16*	Wed	4-5:15 pm	5x	\$119	\$129
Mar 23-Apr 20*	Wed	4-5:15 pm	4x	\$96	\$106

Instructor: Paquerette Clark

Location: Albany Community Center, Craft Room

Min: 4; Max: 8

*No class on Feb 17 & Apr 13

Draw/Paint from Life & Beyond

AGES 6-14

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5-Feb 2	Tue	3:45-4:45 pm	5x	\$99	\$109
Feb 9-Mar 15*	Tue	3:45-4:45 pm	5x	\$99	\$109
Mar 22-Apr 19	Tue	3:45-4:45 pm	4x	\$80	\$90

Instructor: Paquerette Clark

Location: Albany Community Center, Craft Room

Min: 4; Max: 16

*No class on Feb 16 & Apr 12

Music Together®

AGES 0-5

Songs, dance, finger games, instrument play-Music Together® is the award-winning program that pioneered parent participation, early childhood music classes. This class provides a true family music experience, as siblings can attend the mixed age classes together. Moms, dads, aunts, uncles, grandparents and best buddies are all invited to attend.

What will you and your child find in a Music Together® class? Rainbow colored falling leaves, cows sitting in the old oak tree, tyrannosaurus rex, shining stars, rockets to the moon and trains to the beach. You'll rock with your little ones to favorites from your childhood, new originals, jazz, classical, oldies and goodies, music from around the globe and original compositions written for Music Together® classes. You'll find drums of all sorts, bells, triangles, shakers, scrapers, kitchen instruments, scarves and stretchy dancing ribbons-instruments galore!

Tuition includes a CD, MP3 code to download song collection, Song Book, Parent Guide DVD and Musical Growth chart. We offer two make-up classes per session to be used at any convenient location, day and time!

Bay Area Parent: Best of the Best (2001-2014), Best Enrichment Program: Parents' Press (2011), Best Music Class: Oakland Magazine, Alameda Magazine, Lamorinda Moms' Club, NPN, East Bay Express.

Siblings under 6 months old are free, over 6 months are \$135.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 15-Mar 18	Fri	9:30-10:15 am	10x	\$225	\$235
Jan 15-Mar 18	Fri	10:30-11:15 am	10x	\$225	\$235
Apr 1-June 10*	Fri	9:30-10:15 am	10x	\$225	\$235
Apr 1-June 10*	Fri	10:30-11:15 am	10x	\$225	\$235

Instructor: East Bay Music Together Staff

Location: Albany Community Center, EOC Room

Min: 6; Max: 12

*No class on Apr 29

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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Jan 27	Wed	3-6:30 pm	4x	\$124	\$134
Feb 3-Feb 24	Wed	3-6:30 pm	4x	\$124	\$134
Mar 2-Mar 23	Wed	3-6:30 pm	4x	\$124	\$134

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

Location: Albany Community Center, EOC Room

Min: 1; Max: 7



Ballet: Beginning

AGES 3.5-5

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Feb 26*	Fri	11:30 am-noon	7x	\$69	\$79
Jan 8-Feb 26*	Fri	1:30-2 pm	7x	\$69	\$79
Mar 4-Apr 22*	Fri	11:30 am-noon	7x	\$69	\$79
Mar 4-Apr 22*	Fri	1:30-2 pm	7x	\$69	\$79

Instructor: Mary Lyons

Location: Albany Community Center, Rooms 1 & 2

Min: 6; Max: 25

*No class on Feb 19 & Apr 15

Ballet: Level 1

AGES 5-7

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Feb 26*	Fri	3:30-4 pm	7x	\$69	\$79
Mar 4-Apr 22*	Fri	3:30-4 pm	7x	\$69	\$79

Instructor: Mary Lyons

Location: Albany Community Center, Rooms 1 & 2

Min: 6; Max: 25

*No class on Feb 19 & Apr 15

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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Feb 26*	Fri	4:40-5:25 pm	7x	\$96	\$106
Mar 4-Apr 22*	Fri	4:40-5:25 pm	7x	\$96	\$106

Instructor: Mary Lyons

Location: Albany Community Center, Rooms 1 & 2

Min: 6; Max: 25

*No class on Feb 19 & Apr 15

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

Tap: Beginning

AGES 3.5-5

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Feb 26*	Fri	2-2:30 pm	7x	\$69	\$79
Mar 4-Apr 22*	Fri	2-2:30 pm	7x	\$69	\$79

Instructor: Mary Lyons

Location: Albany Community Center, Rooms 1 & 2

Min: 6; Max: 25

*No class on Feb 19 & Apr 15

Tap: Level 1

AGES 5-7

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Feb 26*	Fri	4:05-4:35 pm	7x	\$69	\$79
Mar 4-Apr 22*	Fri	4:05-4:35 pm	7x	\$69	\$79

Instructor: Mary Lyons

Location: Albany Community Center, Rooms 1 & 2

Min: 6; Max: 25

*No class on Feb 19 & Apr 15

Tap: Level 2

AGES 8-13

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Feb 26*	Fri	5:30-6:15 pm	7x	\$96	\$106
Mar 4-Apr 22*	Fri	5:30-6:15 pm	7x	\$96	\$106

Instructor: Mary Lyons

Location: Albany Community Center, Rooms 1 & 2

Min: 6; Max: 25

*No class on Feb 19 & Apr 15

Fluid Feet

AGES 6-13

We'll focus on all the proper techniques of jazz dance (jazz walks, pirouettes, jumps, etc.) with a mix of some hip-hop and modern style dancing. This is a great class for youth who want a bit less structure than ballet but more technique than hip-hop. Students can wear jazz shoes or be barefoot.

AGES 6-8

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Feb 4	Thur	4:10-4:55 pm	5x	\$59	\$69
Feb 25-Apr 7	Thur	4:10-4:55 pm	7x	\$79	\$89

AGES 9-13

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Feb 4	Thur	5-6 pm	5x	\$59	\$69
Feb 25-Apr 7	Thur	5-6 pm	7x	\$79	\$89

Instructor: Beth Ellis-Dickson, BethEllisDance.com

Location: Albany Community Center, Rooms 1 & 2

Min: 5; Max: 15

Sports & Fitness

Kidz Love Soccer: Mommy/Daddy & Me Soccer

AGES 2-3.5 (WITH PARENTS)

Introduce yourself and your toddler to the world's most popular sport! As you and your child participate in our fun age-appropriate activities, your child will develop their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are a part of the action! 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. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 23-Mar 5	Sat	4:30-5 pm	7x	\$105	\$115
Apr 2-May 14	Sat	4:30-5 pm	7x	\$105	\$115

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

Kidz Love Soccer: Tot Soccer

AGES 3.5-4

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. 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. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 23-Mar 5	Sat	3:50-4:20 pm	7x	\$105	\$115
Apr 2-May 14	Sat	3:50-4:20 pm	7x	\$105	\$115

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

Kidz Love Soccer: Pre Soccer

AGES 4-5

Children will have fun and learn 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 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. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 23-Mar 5	Sat	3:15-3:50 pm	7x	\$105	\$115
Apr 2-May 14	Sat	3:15-3:50 pm	7x	\$105	\$115

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

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. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 23-Mar 5	Sat	2:30-3:15 pm	7x	\$105	\$115
Apr 2-May 14	Sat	2:30-3:15 pm	7x	\$105	\$115

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

Youth Pickleball

AGES 7-10

A sport for all ages, Pickle ball is best described as double style mega-Ping Pong played on a tape-lined tennis court. A fun, competitive and low impact game which also fosters social inclusiveness and team play.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 20-Feb 24*	Wed	3:30-5 pm	5x	\$64	\$74
Mar 2-Mar 30	Wed	3:30-5 pm	5x	\$64	\$74

Instructor: Albany Rec Staff, B. Bell
Location: Ocean View Park, Tennis Courts
Min: 6; Max: 8 *No class on Feb 17

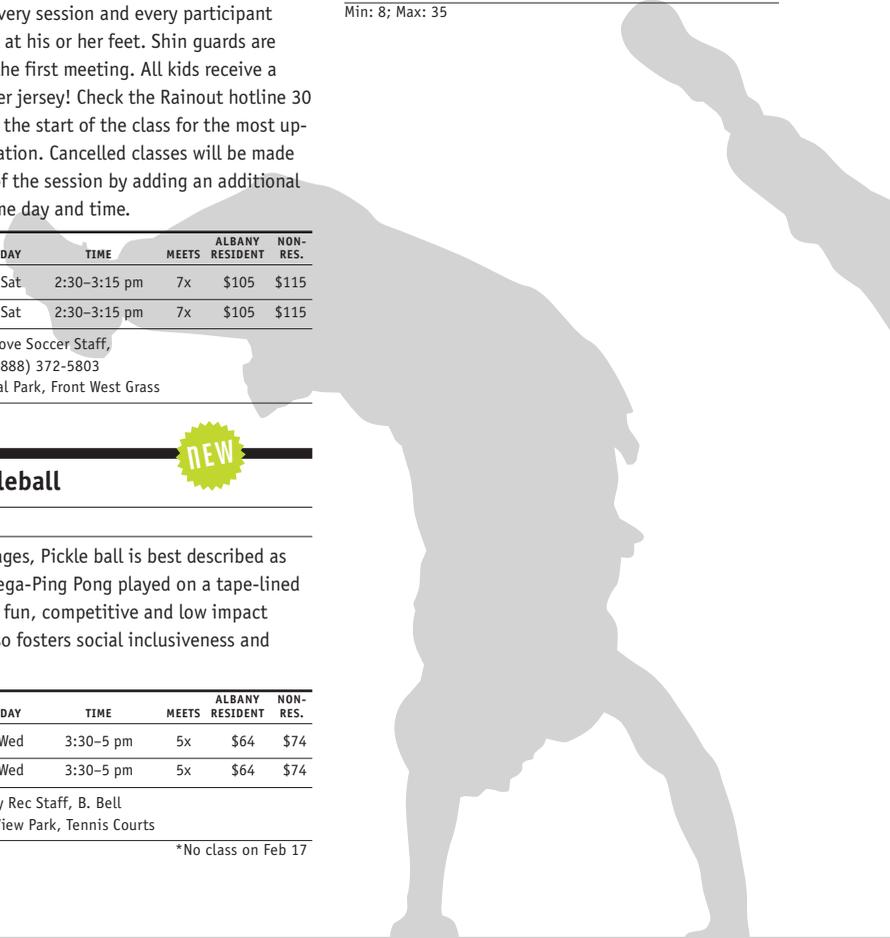
User Friendly Pilates: Increase Core Strength Without Getting Hurt (Mixed Levels)

AGES 14-ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Feb 24	Wed	5:45-6:45 pm	8x	\$100	\$110
Mar 2-Apr 20	Wed	5:45-6:45 pm	8x	\$100	\$110

Instructor: Ernie Adams, (510) 619-9223,
www.userfriendlypilates.com
Location: Albany Community Center, Hall
Min: 8; Max: 35





Beginning Parkour 1

AGES 6-10

In parkour, students will learn to safely fall, run, jump, climb, and vault over obstacles and solve puzzles in recreations of urban environments. The class features a combination of gymnastics, track and field and martial arts. Students learn and practice skilled movements that help them efficiently pass over, climb and jump through various sizes and shapes of obstacles. Afterwards, they participate in solving a puzzle: using parkour to pass through a timed obstacle course. Students will be challenged to "think outside of the box" while having fun and staying fit.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Jan 28	Thur	4-5 pm	4x	\$65	\$75
Feb 4-Mar 3*	Thur	4-5 pm	4x	\$65	\$75
Mar 10-Mar 31	Thur	4-5 pm	4x	\$65	\$75

Instructor: Andrew J. Neis

Location: Albany Community Center, Hall

Min: 3; Max: 10

*No class on Feb 11



Intermediate Parkour 2

AGES 11-14

In this class, students will learn more advanced parkour skills and attempt larger, more challenging obstacle courses and puzzles. Primary focus of this class is complex skills, learning flips and free running techniques, connecting movements and perfecting parkour techniques. Obstacles are bigger and students will learn how to use their body to move through their environment in creative and new ways.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Jan 28	Thur	5-6 pm	4x	\$65	\$75
Feb 4-Mar 3*	Thur	5-6 pm	4x	\$65	\$75
Mar 10-Mar 31	Thur	5-6 pm	4x	\$65	\$75

Instructor: Andrew J. Neis

Location: Ocean View Park, Ball Field

Min: 3; Max: 10

*No class on Feb 11

Gentle Yoga

AGES 14-ADULT

Learn how to relax and enjoy a body-mind synchronicity through the ancient practice of yoga. Students will learn how to do classic yoga postures in styles borrowed from several schools of Yoga. While holding the yoga poses, they will be shown how to stimulate acupressure points. The asana session will be followed by healing pranayamas (breathing techniques), meditation and guided relaxation. Instructor Viji Sundaram has been teaching yoga in India and the US for 24 years. She is a certified yoga and Acu-yoga instructor, as well as, an acupressure practitioner.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Feb 3	Wed	6:30-8 pm	5x	\$59	\$69
Feb 10-Mar 9	Wed	6:30-8 pm	5x	\$59	\$69
Mar 16-Apr 13	Wed	6:30-8 pm	5x	\$59	\$69

Instructor: Viji Sundaram

Location: Albany Community Center, Rooms 1 & 2

Min: 5; Max: 20

Beginning Tennis

AGES 6-10

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Jan 25*	M/W	3:30-4:30 pm	6x	\$95	\$105
Jan 27-Feb 17*	M/W	3:30-4:30 pm	6x	\$95	\$105
Feb 22-Mar 9	M/W	3:30-4:30 pm	6x	\$95	\$105
Mar 14-Mar 30	M/W	3:30-4:30 pm	6x	\$95	\$105
Apr 4-Apr 20	M/W	3:30-4:30 pm	6x	\$95	\$105
Apr 25-May 11	M/W	3:30-4:30 pm	6x	\$95	\$105
May 16-Jun 6*	M/W	3:30-4:30 pm	6x	\$95	\$105

Instructor: John Fry & Staff

Location: Memorial Park Tennis Courts

Min: 4; Max: 10

*No class on Jan 18, Feb 15 & May 30



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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Jan 25*	M/W	4:30-5:30 pm	6x	\$95	\$105
Jan 27-Feb 17*	M/W	4:30-5:30 pm	6x	\$95	\$105
Feb 22-Mar 9	M/W	4:30-5:30 pm	6x	\$95	\$105
Mar 14-Mar 30	M/W	4:30-5:30 pm	6x	\$95	\$105
Apr 4-Apr 20	M/W	4:30-5:30 pm	6x	\$95	\$105
Apr 25-May 11	M/W	4:30-5:30 pm	6x	\$95	\$105
May 16-Jun 6*	M/W	4:30-5:30 pm	6x	\$95	\$105

Instructor: John Fry & Staff

Location: Memorial Park Tennis Courts

Min: 4; Max: 10

*No class on S Jan 18, Feb 15 & May 30

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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Jan 25*	M/W	5:30-6:30 pm	6x	\$95	\$105
Jan 27-Feb 17*	M/W	5:30-6:30 pm	6x	\$95	\$105
Feb 22-Mar 9	M/W	5:30-6:30 pm	6x	\$95	\$105
Mar 14-Mar 30	M/W	5:30-6:30 pm	6x	\$95	\$105
Apr 4-Apr 20	M/W	5:30-6:30 pm	6x	\$95	\$105
Apr 25-May 11	M/W	5:30-6:30 pm	6x	\$95	\$105
May 16-Jun 6*	M/W	5:30-6:30 pm	6x	\$95	\$105

Instructor: John Fry & Staff

Location: Memorial Park Tennis Courts

Min: 4; Max: 10

*No class on Jan 18, Feb 15 & May 30

INSTRUCTOR SPOTLIGHT

Andrew Neis is an American stunt performer, author and director. He has done stunts on Comcast Sportsnet, Spike TV and motion capture for games like Temple Run, PlayStation Home and Silent Hill: Shattered Memories. He also writes, directs and produces his own short films, as well as authoring books.

Andrew regularly teaches stunt, parkour and gymnastics classes at select facilities including Beginning and Intermediate Parkour for the City of Albany this spring.



Martial Arts

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	ALBANY RESIDENT	NON-RES.
Jan 9-Jan 30	Sat	9-11 am	4x	\$60	\$70
Feb 6-Feb 27	Sat	9-11 am	4x	\$60	\$70
Mar 5-Mar 26	Sat	9-11 am	4x	\$60	\$70
Apr 2-Apr 23	Sat	9-11 am	4x	\$60	\$70

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org
Location: Albany Community Center, Hall, Albany Community Center, Rooms 1 & 2 (Apr 23)
 Min: 5; Max: 25

Kids' Ki-Aikido

AGES 7-18

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Jan 29*	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Feb 1-Feb 29*	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 18 & Feb 15

Albany Karate For Kids!

AGES 6-16

Black-Belt Instructor, Sensei Dara Connolly, leads this successful program to develop self-confidence and skill in young people. Her renowned teaching style develops each student individually in a positive and fun, non-aggressive environment. Students receive one on one instruction in Tae Kwon Do, Japanese weapons, and practical Self-Defense techniques. Throughout the year students may participate in Belt Tests, studio tournaments and family and friends are invited to watch! New students are always welcome and beginners may start at anytime. (Uniforms and test fees are paid to Albany Karate for Kids, see instructor for details.)

FORMS, SELF-DEFENSE & WEAPONS

Sat: 8-8:35 am: White-Belts Only (Kata & Basics)
 Sat: 8:35-9:35 am: Intermediate Yellow-Belts & up (Kata & Self-Defense)
 Sat: 9:35-10:15 am: Advanced (Kata, Self-Defense & Weapons)
 Note: Intermediate & Advanced may attend 2x/wk

DATE	DAY	MEETS	ALBANY RESIDENT	NON-RES.
Jan 9-Feb 27	Sat	1-2x/week	\$93	\$103
Mar 5-April 23	Sat	1-2x/week	\$93	\$103
Jan 9-April 23	Sat	1-2x/week	\$185	\$195

Instructor: Sensei Dara Connolly & Black Belt team, (510) 847-2400, www.albanykarateforkids.com
Location: Albany Community Center, Rooms 1 & 2 Albany Community Center, Hall (Class & Test: Apr 23, 8 am-12:30 pm)
 Min: 4; Max: 50



Look! Mid-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. Trips scheduled for this week: Albany Bowl (Mon), SF Zoo (Tue), Cordanics Creek Park (Wed), Exploratorium (Thur), On-site movie & ice cream (Fri).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 15-Feb 19	M-F	8 am-6 pm	5x	\$220	\$230

Instructor: Albany Friendship Club Staff
Location: Ocean View Park Friendship Club
Min: 10; Max: 50

Art Intensive Camp

NEW

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. Bring home a collage magnet and a stack of art work. \$10 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 16-Feb 19	Tu-F	9:30 am-noon	4x	\$104	\$114
Apr 12-Apr 15	Tu-F	9:30 am-noon	4x	\$104	\$114

Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
Min: 4; Max: 10

Introduction to Video Game Design

NEW

AGES 8-12

Learn how to create and design an original and interactive video game! Working with PC's, beginning Game Developers work with a partner to conceive, design and build their own original computer game. Everything created is original to the team, including characters, backgrounds and theme. Students use creative and critical thinking to complete their games.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 12-Apr 15	Tu-F	9 am-noon	4x	\$185	\$195

Instructor: Freshi Films Staff
Location: Albany Community Center, Rooms 1 & 2
Min: 9; Max: 15

Teen Baking Boot Camp

NEW

AGES 12-16

This class will cover a breadth of pastry skills, including both sweet and savory baking, as well as non-baking dessert techniques. Recipes include Chocolate Truffles, Apple Galette, Oatmeal Raisin Cookies, Cheese and Chive Biscuits, Homemade Pizza, and more. Your teen will learn kitchen safety, build confidence in the kitchen, and learn the science and technique of baking. Instructor is a certified natural foods chef and culinary coach. Ingredients will be organic whenever possible and many recipes will utilize whole grain flours. Please contact instructor prior to registering if your child has food allergies. \$35 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 11-Apr 15	M-F	9:30 am-12:30 pm	5x	\$175	\$185

Instructor: Hilla Abel, www.HealthInAPan.com
Location: Albany Community Center, Kitchen
Min: 4; Max: 9

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. Trips scheduled for this week: Albany Bowl (Mon), Heather Farm Park (Tue), Cordanics Creek Park (Wed), Lawrence Hall of Science (Thur), On-site movie & pizza party (Fri).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 11-Apr 15	M-F	8 am-6 pm	5x	\$220	\$230

Instructor: Albany Friendship Club Staff
Location: Ocean View Park Friendship Club
Min: 10; Max: 50

Computer Animation Fundamentals with PC

NEW

AGES 8-12

Working with PC computers, participants will learn skills that help with computer drawing, character creation and movement, voiceover work and character interaction and speech. In small groups, students will focus on learning introductory computer animation techniques and will create original characters and short animated stories. Students should bring a pencil and notebook for notes/sketching.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 12-Apr 15	Tu-F	1-4 pm	4x	\$185	\$195

Instructor: Freshi Films Staff
Location: Albany Community Center, Rooms 1 & 2
Min: 9; Max: 15





CAMP PREVIEW

SUMMER CAMP PREVIEW

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!



Cooking



Teen Baking Boot Camp

AGES 12-16

This class will cover a breadth of pastry skills, including both sweet and savory baking, as well as non-baking dessert techniques. Recipes include: Chocolate Truffles, Apple Galette, Oatmeal Raisin Cookies, Cheese and Chive Biscuits, Homemade Pizza, and more. Your teen will learn kitchen safety, build confidence in the kitchen, and learn the science and technique of baking. Instructor is a certified natural foods chef and culinary coach. Ingredients will be organic whenever possible, and many recipes will utilize whole grain flours. Please contact instructor prior to registering if your child has food allergies. \$35 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 25-July 29	M-F	9:45 am-12:30 pm	5x	\$175	\$185

Instructor: Hilla Abel, www.HealthInAPan.com

Location: Albany Community Center, Kitchen

Min: 4; Max: 9



Kitchen Laboratory

AGES 9-12

Let's experiment with food! We'll conduct experiments in the kitchen to learn food science while also preparing delicious food and treats. Food science topics will cover emulsion, colligative properties, fermentation, osmosis and more. Our experiments will yield delicious results such as Best-Ever Mac N' Cheese with Coleslaw, Asparagus with Balsamic Vinaigrette, and Homemade Vanilla Bean Ice Cream with Macerated Strawberries. Instructor is a certified natural foods chef and culinary coach. Ingredients will be organic whenever possible. Please contact instructor prior to registering if your child has food allergies. \$25 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 8-Aug 12	M-F	10 am-12:30 pm	5x	\$175	\$185

Instructor: Hilla Abel, www.HealthInAPan.com

Location: Albany Community Center, Kitchen

Min: 4; Max: 9

Super Chef Basics for Teens

AGES 12-16

Get confident in the kitchen! This dairy-free, gluten-free cooking class includes both meat and vegan options for each recipe. We will broil, sautee, steam, bake and ferment fresh whole foods. This class features safe knife skills and an overview of nutritional benefits of featured ingredients by a certified nutrition consultant. Note: One week pre-registration prior to camp start date required. Day 1: Broil, omelets, fruit salads; Day 2: Sauerkraut, sushi, macaroons; Day 3: Sauté, lentil soup, pancakes; Day 4: Pasta, marinara sauce, salad, milkshakes; Day 5: Tortillas, tamales, salsa. \$35 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	9:30-11:30 am	5x	\$154	\$164
Aug 1-Aug 5	M-F	9:30-11:30 am	5x	\$154	\$164

Instructor: Ilah Jarvis, NC

Location: Albany Community Center, Kitchen

Min: 3; Max: 9



World Cooking I

AGES 9-12

Join us for a culinary trip around the world! Each day we will travel to a different country and prepare healthful, delicious dishes from each. Your child will be exposed to an international palate of flavors, build confidence in the kitchen, and learn important kitchen skills like kitchen safety, how to read a recipe, proper measuring, and food preparation techniques. We will create delectable dishes such as Summer Rolls with Thai Peanut Sauce, Mushroom and Cheese Empanadas, and Shitake Miso Soup. Instructor is a certified natural foods chef and culinary coach. Ingredients will be organic whenever possible. We will cook food from Thai, Chinese, Mexican, Japanese, and Italian cuisines. (Note that World Cooking I is not a prerequisite for World Cooking II; you may sign up for both or either.) Please contact instructor prior to registering if your child has food allergies. \$25 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 27-July 1	M-F	10 am-12:30 pm	5x	\$175	\$185

Instructor: Hilla Abel, www.HealthInAPan.com

Location: Albany Community Center, Kitchen

Min: 4; Max: 9

World Cooking II

AGES 9-12

New this year, we will take another route on our culinary adventure! Each day we will travel to a different country, prepare healthful, delicious dishes from each, and learn about their food cultures. 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 Been and Cheese Pupusas (corncakes), Potato Filo Cigars, and Frise Salad with Dijon Mustard Vinaigrette. Instructor is a certified natural foods chef and culinary coach. Ingredients will be organic whenever possible. We will cook food from Turkish, Indian, French, Greek, and Salvadorian cuisines. (Note: World Cooking I is not a prerequisite for World Cooking II; you may sign up or both or either.) Please contact instructor prior to registering if your child has food allergies. \$25 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	10 am-12:30 pm	5x	\$175	\$185

Instructor: Hilla Abel, www.HealthInAPan.com

Location: Albany Community Center, Kitchen

Min: 4; Max: 9

Skyhawks Sports

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. Programs are designed to give each child a positive experience in sports fostering a thirst for an active, healthy lifestyle and love of the game.

Please Note: Participants receive a Skyhawks Sport Ball, T-shirt and Player Evaluation Certificate. The Sport Ball varies depending on the camp (Baseball, 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.

Mini-Hawk: Soccer, Baseball, Basketball

AGES 4-6

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	9 am-noon	5x	\$159	\$169
July 25-July 29	M-F	9 am-noon	5x	\$159	\$169

Instructor: Skyhawks Staff
Location: Memorial Park, 1331 Portland Avenue, Albany
 Min: 15; Max: 24

Skyhawks Track & Field

AGES 6-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 1-Aug 5	M-F	9 am-noon	5x	\$159	\$169

Instructor: Skyhawks Staff
Location: Albany Middle School, Cougar Field Track
 Min: 15; Max: 20

Skyhawks Flag Football

AGES 6-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 27-July 1	M-F	9 am-noon	5x	\$159	\$169

Instructor: Skyhawks Staff
Location: Memorial Park, 1331 Portland Avenue, Albany
 Min: 15; Max: 24

Skyhawks Beginning Golf (SNAG)

AGES 5-9

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 1-Aug 5	M-F	9 am-noon	5x	\$159	\$169

Instructor: Skyhawks Staff
Location: Memorial Park, 1331 Portland Avenue, Albany
 Min: 15; Max: 20

Skyhawks Basketball

AGES 7-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20-June 24	M-F	9 am-3 pm	5x	\$189	\$199

Instructor: Skyhawks Staff
Location: Albany High School Gym
 Min: 15; Max: 20

Skyhawks Volleyball

AGES 7-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 25-July 29	M-F	9 am-noon	5x	\$159	\$169

Instructor: Skyhawks Staff
Location: Albany Middle School Gym, 1259 Brighton Avenue
 Min: 15; Max: 20

Skyhawks Soccer

AGES 7-12

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, campers will gain the technical skills, strategy and sports knowledge to take their next step into soccer. All participants receive a t-shirt, soccer ball and player evaluation. The participant-to-coach ratio is approximately 12:1.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 18-July 22	M-F	9 am-noon	5x	\$159	\$169

Instructor: Skyhawks Staff
Location: Memorial Park, 1331 Portland Avenue, Albany
 Min: 15; Max: 28

Skyhawks Baseball

AGES 6-12

Learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, safe and positive environment. Athletes learn new baseball skills along with the essential rules, strategies and etiquette of America's past-time. All participants receive a t-shirt and a player evaluation. Participant-to-coach ratio is 10:1.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	9 am-noon	5x	\$159	\$169

Instructor: Skyhawks Staff
Location: Memorial Park, 1331 Portland Avenue, Albany
 Min: 15; Max: 20

Girl's Sports Rock!

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

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

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

The City of Albany offers soccer, tennis, volleyball, baseball, golf, basketball, flag football, fitness 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.



Sports

Tennis Camps for Tweens & Teens

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

TWEENS CAMP: AGES 6-11

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	10 am-noon	5x	\$120	\$130
June 20-June 24	M-F	10 am-noon	5x	\$120	\$130
June 27-July 1	M-F	10 am-noon	5x	\$120	\$130
July 5-July 8*	T-F	10 am-noon	4x	\$97	\$107
July 11-July 15	M-F	10 am-noon	5x	\$120	\$130
July 18-July 22	M-F	10 am-noon	5x	\$120	\$130
July 25-July 29	M-F	10 am-noon	5x	\$120	\$130
Aug 1-Aug 5	M-F	10 am-noon	5x	\$120	\$130
Aug 8-Aug 12	M-F	10 am-noon	5x	\$120	\$130
Aug 15-Aug 19	M-F	10 am-noon	5x	\$120	\$130

TEENS CAMP: AGES 12-16

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	1-3 pm	5x	\$120	\$130
June 20-June 24	M-F	1-3 pm	5x	\$120	\$130
June 27-July 1	M-F	1-3 pm	5x	\$120	\$130
July 5-July 8*	T-F	1-3 pm	4x	\$97	\$107
July 11-July 15	M-F	1-3 pm	5x	\$120	\$130
July 18-July 22	M-F	1-3 pm	5x	\$120	\$130
July 25-July 29	M-F	1-3 pm	5x	\$120	\$130
Aug 1-Aug 5	M-F	1-3 pm	5x	\$120	\$130
Aug 8-Aug 12	M-F	1-3 pm	5x	\$120	\$130
Aug 15-Aug 19	M-F	1-3 pm	5x	\$120	\$130

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

*No camp on July 4

Challenger Sports: British Soccer Camps

AGES 3-18

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 Lee (916) 596-1664 if you are interested.

British Soccer: First Kicks

AGES 3-5

A fun introduction to the basic elements of the game. Small coaching groups, lots of running, kicking, laughing and new friends. Camp meets one hour per day.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	9-10 am	5x	\$88	\$98
July 11-July 15	M-F	10-11 am	5x	\$88	\$98

Instructor: Challenger Sports Staff
Location: Ocean View Park, 900 Buchanan, Albany
 Min: 8; Max: 24

British Soccer: Half Day Camp

AGES 6-16

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	9 am-noon	5x	\$155	\$165
July 11-July 15	M-F	1-4 pm	5x	\$155	\$165

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

British Soccer: Full Day Camp

AGES 10-18

A more advanced camp for serious players. Elite camps focus on game-related techniques, tactical development and coached match play. Camp meets for six hours per day and players should bring a lunch and water with them to camp.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	9 am-4 pm	5x	\$214	\$224

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

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-RES.
Aug 15-Aug 19	M-F	9:30 am-12:30 pm	5x	\$195	\$205

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



Digital Arts

Introduction to Video Game Design

AGES 8-12

Learn how to create and design an original and interactive video game! Working with PC's, beginning Game Developers work with a partner to conceive, design and build their own original computer game. Everything created is original to the team including: characters, backgrounds and theme!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	9 am-noon	5x	\$215	\$225

Instructor: Freshi Films Staff

Location: Albany Community Center, Hall

Min: 10; Max: 15

Animation Creators: Stop Motion Workshop

AGES 7-12

Work with your favorite toys to create fun and original stop motion animations! Students work together to create an original story through animation. Basic concepts such as camera angles, storyboards, scripting elements and theme will be introduced. Students will also do voiceover work for their animation and add a musical score to their completed project.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	1-4 pm	5x	\$215	\$225

Instructor: Freshi Films Staff

Location: Albany Community Center, Hall

Min: 10; Max: 15

Video Game Design for Youngsters

AGES 6-9

Learn how to create and design a unique and interactive introductory video game with Freshi Game Design! Younger game developers work in pairs to conceive, design and build their own original computer game. Students will learn fun techniques like creating characters and levels and making their characters fly and bounce around the game screen.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 25-July 29	M-F	9 am-noon	5x	\$215	\$225

Instructor: Freshi Films Staff

Location: Albany Community Center, Hall

Min: 10; Max: 15



Video Game Design: Design a Platform Game

NEW

AGES 8-12

Using Multimedia Fusion 2 software, students will create a multi-level platform game. In this class, students will work with a partner and will create unique levels, characters and an original plot line. Give your characters gravity and create interesting and original bad guys to challenge you through your game. Working with design, animation and programming tools, students will create a fun and engaging platform adventure!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 25-July 29	M-F	1-4 pm	5x	\$215	\$225

Instructor: Freshi Films Staff

Location: Albany Community Center, Hall

Min: 10; Max: 15

Digital Animation with PC

NEW

AGES 8-12

Working with PC computers, participants will learn skills that help with computer drawing, character creation and movement, voiceover work and character interaction and speech. In small groups, students will focus on learning introductory computer animation techniques and will create original characters and short animated stories!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 1-Aug 5	M-F	9 am-noon	5x	\$215	\$225

Instructor: Freshi Films Staff

Location: Albany Community Center, Hall

Min: 10; Max: 15

Filmmaking: From Script to Premiere

AGES 8-12

Learn the secrets of filmmaking in a fun, relaxed and engaging atmosphere! Using handheld video cameras and editing software, students produce an original film, integrating simple special effects, sound effects and a musical score. Students learn about the entire filmmaking process and learn skills in production, directing, story development, acting and more! Films can be uploaded on a flash drive and shared with friends and family.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 1-Aug 5	M-F	1-4 pm	5x	\$215	\$225

Instructor: Freshi Films Staff

Location: Albany Community Center, Hall

Min: 10; Max: 15

Science

Inventor's Academy

AGES 7-11

Each day campers are given a series of challenges they must overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all—their minds. The camp involves a team-based approach to solving problems but will also include projects like building your own Light Saber, Rocket Launcher and more. Discover and Create! \$15 lab fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 27–July 1	M–F	1–4 pm	5x	\$180	\$190

Instructor: Mad Science Staff

Location: Albany Community Center, Rooms 1 & 2

Min: 8; Max: 20

Secret Agent Lab

AGES 6-10

The Mad Science Secret Agent Camp is a fun journey into the world of detection, spy science and forensics. Campers will examine the science behind the spy tools made famous by the world's greatest spies! We will reconstruct activities using scientific methods and use the science of cryptology to send and decode secret messages. Kids will get a chance to see what can't be seen by the naked eye and will follow in Sherlock's steps to learn what tracks can tell us! Join the Mad Science Bureau of Investigations to help foil a burglary using state-of-the-art security techniques!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20–June 24	M–F	9 am–noon	5x	\$180	\$190

Instructor: Mad Science Staff

Location: Albany Community Center, Rooms 1 & 2

Min: 8; Max: 20

Crazy Chemistry

AGES 6-10

Explore and create exciting chemical reactions! In this camp we'll learn about the chemistry of our everyday lives. We'll make colorful concoctions and bubbling brews, study the chemistry involved in not-so-simple things like chalk and soap and even experiment with the chemistry used by artists, spies and detectives.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20–June 24	M–F	1–4 pm	5x	\$180	\$190

Instructor: Mad Science Staff

Location: Albany Community Center, Rooms 1 & 2

Min: 8; Max: 20

My First Lab: Preschool

AGES 4-6

Become a junior Mad Scientist! This camp is a great introduction to science. Preschoolers explore their sense of sight, sound, smell, taste and touch. Children use a magnifying glass to discover the world of creepy crawly creatures. Explore the science of the sea and the fascinating creatures that live there. Campers become paleontologists by searching for fossils and participating in a mini dinosaur dig. Finally, take an exciting mission with Mad Science to explore the planets, moons and stars. Take-home projects included each day!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 27–July 1	M–F	9 am–noon	5x	\$180	\$190

Instructor: Mad Science Staff

Location: Albany Community Center, Rooms 1 & 2

Min: 8; Max: 12



Special Interest

Kids' Carpentry Camp

AGES 5-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 18-July 21	M-Th	9:30-11 am	4x	\$114	\$124
July 18-July 21	M-Th	11 am-12:30 pm	4x	\$114	\$124
July 18-July 21	M-Th	12:30-2 pm	4x	\$114	\$124
Aug 8-Aug 11	M-Th	9:30-11 am	4x	\$114	\$124
Aug 8-Aug 11	M-Th	11 am-12:30 pm	4x	\$114	\$124
Aug 8-Aug 11	M-Th	12:30-2 pm	4x	\$114	\$124

Instructor: Director Michael Glass & his talented wife Jeab, (510) 524-9232, www.kidscarpentry.com
Location: Albany Community Center, Craft Room
 Min: 6; Max: 11



Beginning CADD in Engineering: Making Engineering & Designing Fun

AGES 10-17

Learn and apply CADD in Engineering using Autocad 2015! This first level class will introduce Computer-Aided Design and Drafting (CADD) in Engineering. Students will learn engineering graphics and take on a hands-on approach to create CAD techniques and drawings. Future young engineers will setup drawings, learn CAD commands, make 2D geometric objects, and learn editing methods applied to engineering. Young engineers will use an Autocad tutorial. All equipment, laptops, and supplies are provided for use. After the introductory training, students gain engineering principles, use Autocad tools to develop 2D CADD drawings.

AGES 10-13

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	9 am-noon	5x	\$209	\$219

AGES 14-17

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 11-July 15	M-F	1-4 pm	5x	\$209	\$219

Instructor: CADPro Kids LLC. Staff
Location: Albany Community Center, Rooms 1 & 2
 Min: 10; Max: 15

3D CADD in Engineering: Making Engineering & Designing Fun

AGES 10-17

This advanced class is for students who have some CADD knowledge. Learn engineering concepts and 3D modeling using Autocad 2015, 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 3D engineering objects. After learning advance Autocad tools, students are able to create 3D CADD drawing. All equipment, laptops, and supplies are provided for use. Students will gain engineering principles and use Autocad tools to develop 3D CADD drawings.

AGES 10-13

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 1-Aug 5	M-F	9 am-noon	5x	\$209	\$219

AGES 14-17

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 1-Aug 5	M-F	1-4 pm	5x	\$209	\$219

Instructor: CADPro Kids LLC. Staff
Location: Albany Community Center, Rooms 1 & 2
 Min: 10; Max: 15

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 2015 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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	9 am-noon	5x	\$164	\$174
June 13-June 17	M-F	1-4 pm	5x	\$164	\$174
June 20-June 24	M-F	9 am-noon	5x	\$164	\$174
June 20-June 24	M-F	1-4 pm	5x	\$164	\$174
June 27-July 1	M-F	9 am-noon	5x	\$164	\$174
June 27-July 1	M-F	1-4 pm	5x	\$164	\$174
July 5-July 8*	T-F	9 am-noon	4x	\$132	\$142
July 5-July 8*	T-F	1-4 pm	4x	\$132	\$142

Instructor: Abby Skrivan, MA
Location: Albany Middle School, Room 203
 Min: 6; Max: 20 *No camp on July 4

Art Intensive Camps

AGES 5-9

Explore different methods of art making using a wide range of materials. We'll start with warm up drawing exercises that lead to more developed works of art. Each student will go home with a unique hand built glazed tile, collages, paintings, and a stack of drawings. Join the fun with our local artist Paquerette! \$10 material fee paid to instructor. \$5 optional snack fee.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	1:30-4 pm	5x	\$167	\$177
June 27-July 1	M-F	1:30-4 pm	5x	\$167	\$177
July 11-July 15	M-F	1:30-4 pm	5x	\$167	\$177
July 25-July 29	M-F	1:30-4 pm	5x	\$167	\$177
Aug 1-Aug 5	M-F	1:30-4 pm	5x	\$167	\$177

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

Engineering

The courses offered on this page utilize LEGO® products as a learning tool. LEGO® is a trademark of the LEGO® Group of companies and is mentioned for informational purposes only. The LEGO® Group of companies is not affiliated with or a sponsor of these courses. No endorsement or sponsorship of these courses by the LEGO® Group of companies is implied.

Engineering Using LEGO® Camps with Play-Well TEKnologies

Teaching Engineering to Kids! Play-Well camps help kids learn through play. When kids are at play, they explore the world. When kids create, they express themselves. And when kids build, they solve problems. These hands-on camps are engineer-designed to help kids build on the math and science skills learned in school, all through the medium of LEGO®. With over 20,000 pieces of LEGO®, kids can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. Come play well with us. For more information on Play-Well's Camps, visit www.play-well.org.

Eco-Engineering using LEGO®



AGES 8-12

Design and build LEGO® machines powered by alternative energy sources. Race solar cars, build a wind-powered electrical generation facility, and invent a machine powered by stored elastic strain energy. Learn about sustainability and understand the human world while exploring concepts in physics, engineering and architecture.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 27-July 1	M-F	1-4 pm	5x	\$199	\$209

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

Pre-Engineering: Mine, Craft, Build using LEGO®

AGES 5-7

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 18-July 22	M-F	9 am-noon	5x	\$199	\$209

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

Pre-Engineering using LEGO®

AGES 5-7

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 27-July 1	M-F	9 am-noon	5x	\$199	\$209

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

Construction Vehicles & Machines using LEGO®



AGES 5-7

Dig into engineering with big trucks, construction vehicles and super machines. Explore the engineering terms, concepts, and vocabulary behind large-scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes and more while playing with your favorite building system: LEGO®!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 8-Aug 12	M-F	9 am-noon	5x	\$199	\$209

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

Bash'em Bots using LEGO®

AGES 8-12

Have you ever wanted to learn how to make a massive motorized LEGO® machine? Our Play Well Engineering instructors guide students in this advanced Play-Well engineering course, as they re-engineer standard LEGO® vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots, and take on Play-Well Instructors' colossal creations.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 8-Aug 12	M-F	1-4 pm	5x	\$199	\$209

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

Engineering FUNdamentals: Mine, Craft, Build using LEGO®

AGES 8-12

Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghats, and a motorized Minecart! This project-based camp, 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-RES.
July 18-July 22	M-F	1-4 pm	5x	\$199	\$209

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

LEGO® Robotics Camp

AGES 8-13

This basic introduction LEGO® Robotics Camp uses robot building and computer programming to teach science, technology, engineering, and math (STEM) concepts within a team problem/solution recreational setting. Through the use of the LEGO® Mindstorms NXT 2.0 kit, NXT-G software, and laptop computers, the camp experience is designed to be hands-on and lab research activity based. All equipment and supplies are provided for use. Although some participants may have had experience with general LEGO® kits, simple robot building and simple programming assume no prior experience. After introductory training, students will be able to program autonomous robot STEM lab tasks (challenges) and games.

Peter Margolis is a California credentialed middle and high school teacher. Academically, he holds three masters degrees in Recreation Administration, MBA, and Education. Currently, he is on the advisory board for the Richmond High School Engineering Academy.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 18–July 22	M–F	1:30–4:30 pm	5x	\$204	\$214
Aug 8–Aug 12	M–F	1:30–4:30 pm	5x	\$204	\$214

Instructor: Peter Margolis

Location: Albany Community Center, Rooms 1 & 2

Min: 10; Max: 22

Music

Vocal Music Camp

INCOMING 6TH–10TH GRADERS

This camp is designed for all levels of singers, from the very basic to the well-seasoned. The choir camp will include music in a variety of styles (choral classical, Broadway, pop, world-music) and we will work on choral, small-ensemble, and solo techniques. You'll get to work with master teachers as well as the directors to learn about and develop healthy vocal techniques in any style. You'll also get the basics on sight-reading and music theory. The week will culminate in a final concert at Albany High School on Friday, August 12, 1 pm.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 8–Aug 12	M–F	8:30 am–noon	5x	\$145	\$155

Instructor: Mary Stocker & Assistant

Location: Albany High School, Band & Choir Rooms

Min: 5; Max: 180

Jazz Band Camp

GRADES 6TH–10TH (INCOMING)

This camp is designed for students with 2+ years of band and/or jazz band experience who can play one octave scales on their instruments as a minimum requirement. The week long camp will include two jazz bands, master classes, improvisation workshops and instruction on how to practice jazz fundamentals (scales and patterns). For rhythm section instruments, it is highly encouraged that students be able to read music. The week will culminate in a final concert at Albany High School on Friday, June 24, at noon. All campers will receive a camp t-shirt.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20–June 24	M–F	9 am–12:30 pm	5x	\$174	\$184

Instructor: Craig Bryant and Richard Chisholm

Location: Albany High School, Band & Choir Room

Min: 5; Max: 180

Concert Band Camp

GRADES 5TH–9TH (INCOMING)

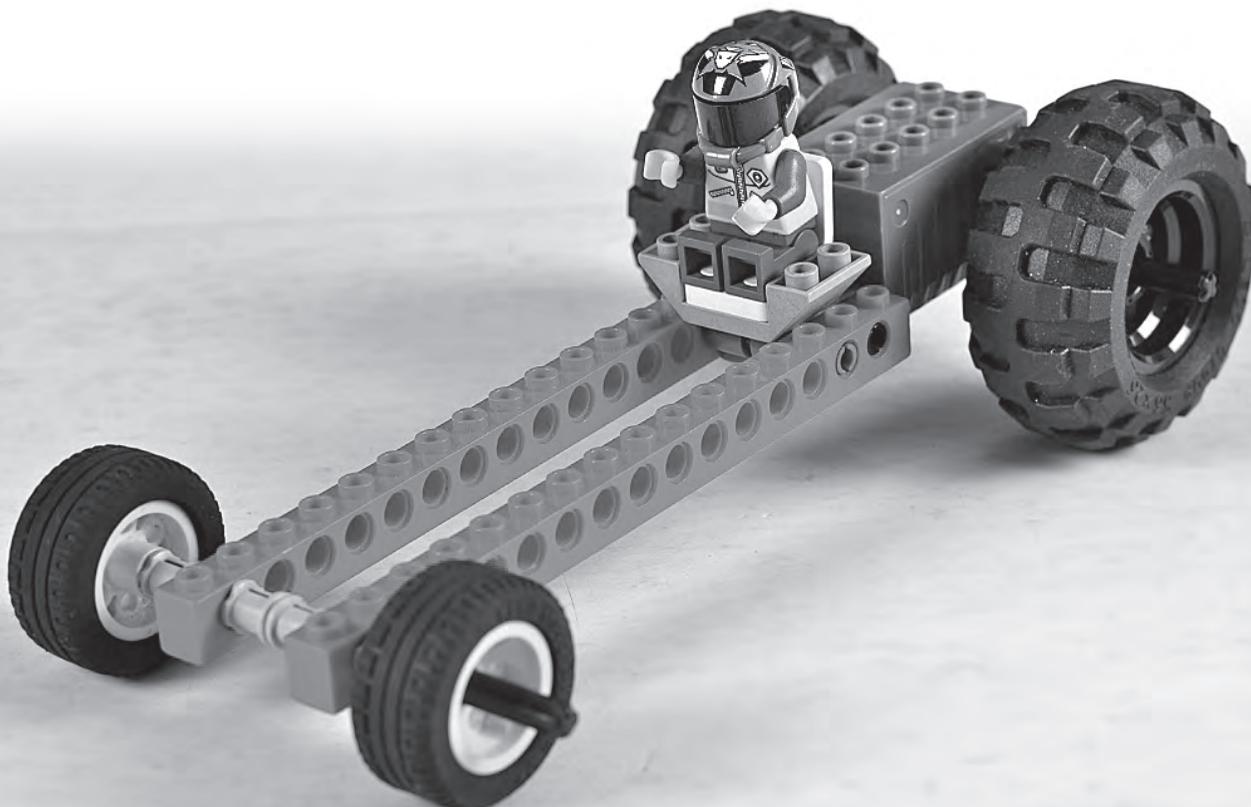
This class is designed for students with 1+ years of band experience. This week long camp will include two concert bands, master classes, sectionals and full band rehearsals. Camp is geared for the level of students who are in 5th grade band through 8th grade band. The week will culminate in a grand finale concert at Albany High School on Friday, June 17, at noon. All campers will receive a camp t-shirt.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13–June 17	M–F	9 am–12:30 pm	5x	\$174	\$184

Instructor: Craig Bryant & Richard Chisholm

Location: Albany High School, Band & Choir Room

Min: 20; Max: 200



Friendship Club



THE FRIENDSHIP CLUB is the City of Albany's after-school recreation program for children grades 1-5 attending Albany schools (Marin, Cornell and Ocean View).

The program provides a well-supervised environment for children to make friends, enhance self-esteem and develop social skills. Friendship Club offers a variety of activities from outdoor/indoor games of a non-competitive nature, age appropriate arts and crafts, arcade and video games, afternoon snack as well as a daily homework period. The program fosters an atmosphere that allows children to be entertained in a safe after-school setting.

Program hours are 1:55 pm to 6:00 pm, Monday through Friday, with a capacity of 65 students at our Ocean View site and a 50 student capacity at our Memorial Park site. A minimum attendance of three days per week is required; morning care and drop-in service are not available. Program accommodations are on a first-come, first-served basis until all spots are filled.

FRIENDSHIP CLUB FEES

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

FALL ENROLLMENT

Contact Brad for enrollment openings.

	1:55-6 pm	3-6 pm
3 days/week	\$289/month	\$206/month
4 days/week	\$368/month	\$258/month
5 days/week	\$449/month	\$327/month

FRIENDSHIP CLUB

Brad Griffith, Recreation Supervisor
 900 Buchanan Street (Ocean View Park)
 1331 Portland Avenue (Memorial Park)
 (510) 559-7220



2016 SUMMER CAMP

Children ages 6–12 (grades 1–5)
Mon–Fri • 8 am–6 pm

Weekly fee: \$220 Albany residents;
\$230 non-residents
Ocean View Park, 900 Buchanan St.

**June 13–June 17, June 20–24,
June 27–July 1, July 5–8*,
July 11–15, July 18–22,
July 25–29, August 1–5,
August 8–12, August 15–19**

Trips scheduled Tuesdays/Thursdays
each week and Fridays are on-site
movie days. AM and PM snack pro-
vided. For more information contact
Brad Griffith (510) 559-7220.
To register, call (510) 524-9283.
Camps fill-up fast, call today!
*Reduced cost, no camp on July 4

PLAN AHEAD FOR CAMPS!

MID-WINTER CAMP 2016*

February 15–19 • Mon–Fri • 8 am–6 pm
Weekly fee: \$220 for Albany residents;
\$230 non-residents
Children ages 6–12 (grades 1–5)

MONDAY	Trip: Albany Bowl
TUESDAY	Trip: SF Zoo
WEDNESDAY	Trip: Cordnices Creek Park
THURSDAY	Trip: Exploratorium
FRIDAY	On-Site Movie & Ice Cream

SPRING CAMP 2016*

April 11–15 • Mon–Fri • 8 am–6 pm
Weekly fee: \$220 for Albany residents;
\$230 non-residents
Children ages 6–12 (grades 1–5)

MONDAY	Trip: Albany Bowl
TUESDAY	Trip: Heather Farm Park
WEDNESDAY	Trip: Cordnices Creek Park
THURSDAY	Trip: Lawrence Hall of Science
FRIDAY	On-Site Movie & Pizza Party

*Full-week service only for camps. Drop-in service not available.
Scheduled trips are subject to change. 10-child minimum.

To register, call Albany Recreation & Community Services: (510) 524-9283.

TEENS@842



AFTER-SCHOOL PROGRAM

This daily after-school program, is for youth grades 6th-8th, and provides a well-supervised environment to play, learn, make friends, enhance self-esteem and develop social skills. It offers a variety of activities including indoor/outdoor games, healthy snacks and a supervised homework period. The 2015-16 program will run from August 25, 2015–June 10, 2016.

Program hours are 3:05–6 pm, Monday–Friday (2:10–6 pm, Wed). A minimum attendance of three days per week is required. Staff walks with participants from Albany Middle School to 842 Masonic Ave.

SPRING ENROLLMENT

Spring enrollment is ongoing.

3 days/week*: \$210/month

4 days/week*: \$288 month

5 days/week*: \$360/month

*Holidays, in-service days and winter and spring breaks not included.

TEENS@842

842 Masonic Avenue @ The Annex
 Johanna Jenkins, Teen Program Coordinator
 (510) 525-0576 • jjenkins@albanyca.org

TEEN LEADERSHIP PROGRAM

Teens@842 is looking for two Albany High School (AHS) 9th-12th graders who want to become leaders in their community. Learn basic leadership skills, work ethics, communication techniques, resume building and so much more! Participants will gain valuable hands-on work experience working with Albany Middle school students who attend the City of Albany's Teens@842 after school program. Under direct supervision by City of Albany staff, participants will lead group activities, provide homework help, create and implement projects and organize Teens@842 events.

Participants will be required to attend the Teens@842 program at least three times a week between 3:30-6 pm. Days of attendance will be determined based on participants' schedule.

After completion of the Teen Leadership Program, participants will receive an official City of Albany Certification of accomplishment, a \$200 stipend, City of Albany Recreation t-shirt and may be eligible to apply for paid employment with the City of Albany Recreation and Community Services Department.

Application deadline for the spring session is December 14, 2015. Interviews and orientation for the spring session will be held December 15–18, 2015. Contact Johanna Jenkins for more information.

ALBANY

Plaid Day

APRIL 1st

BE SEEN IN PLAID



Beginning/Continued Painting with Acrylics

ADULT

Open to all ages. Students will learn how to handle acrylic paint including how to mix colors, use of mediums, texture and washes, how to see values and build compositions, how to use acrylics like both oils and watercolor. Beginning students will initially do exercises, and then can choose to paint abstracts, landscapes, botanical studies, still-life's or other subjects of their choosing. Continuing or advanced students, can start on individual paintings in acrylics or their choice of any painting or drawing media at first class, with instructor working with them individually. Learn of an easy, economical way to mat and frame finished pieces. Students supply their own paints, brushes, paper and canvas. Bring whatever supplies you already have to first class, where materials will be discussed and list handed out. \$4 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 9-Mar 29	Tue	6:30-9 pm	8x	\$129	\$134

Instructor: Stephanie Scott, www.StephanieScottArtist.com, (925) 256-4093, StephaniePaints@yahoo.com
Location: Albany Senior Center

Min: 4; Max: 20

Figure Drawing

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 10-Apr 13	Wed	7-9 pm	10x	\$84	\$94
Apr 20-June 22	Wed	7-9 pm	10x	\$84	\$94

Instructor: Jack Katz
Location: Albany Senior Center, South Room

Min: 8; Max: 20



Japanese Brush Painting/Sumi-e

ADULT

This class will teach students the fundamental techniques of sumi-e or suiboku and more about traditional style Japanese painting. In this small class, the instructor individually works with each student giving careful instructions and advice. In each session, class will learn the basic strokes by copying samples including calligraphy, use of sumi-ink and some colors and how to complete a Japanese brush painting with several procedures. Contact instructor for supply list and/or further information.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Feb 10	Wed	10 am-noon	6x	\$136	\$146
Mar 2-Apr 6	Wed	10 am-noon	6x	\$136	\$146

Instructor: Fumiyo Yoshikawa, www.fumiyo-y.com, art@fumiyo-y.com (for art supply list)

Location: Albany Community Center, Rooms 1 & 2

Min: 4; Max: 12

Calligraphy

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Mar 14*	Mon	3-5 pm	9x	\$90	\$100
Mar 21-May 23*	Mon	3-5 pm	9x	\$90	\$100

Instructor: Carla J. Tenret
Location: Albany Community Center, Rooms 1 & 2

Min: 15; Max: 20 *No class on Jan 18, Feb 15 & Apr 25

Basic Drawing

ADULT

Students choose their own subject matter, which can be from a favorite photo or an object of beauty. We'll cover principles of perspective and form, and light & shadow, with observation of shading and detail. "If you can see you can draw".

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 25-Apr 18*	Mon	6-8 pm	12x	\$45	\$55

Instructor: Shay Stephens
Location: Albany Senior Center

Min: 5; Max: 15 *No class on Feb 15

Special Interest

NEW

Improv for Everyone

ADULT

Improv can make you better at just about anything you do, or just make your life more enjoyable. Through simple, fun games you'll learn to be more spontaneous and confident. This class is for beginner through intermediate improvisers who want to play. There's no pressure to perform, just come ready to laugh and learn. Your instructor, Craig Good, has studied improv since 1998 and was a founding member of The Improvables, a performance group at Pixar. Contact instructor if you have questions about the class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Apr 18*	Mon	6:30-8:30 pm	14x	\$170	\$180

Instructor: Craig Good, clgood@gmail.com

Location: Albany Community Center, Rooms 1 & 2

Min: 5; Max: 20 *No class on Jan 18 & Feb 15

Meditation

ADULT

Meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity and forgiveness. Students will practice techniques with guidance from the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Feb 18	Thur	6-7 pm	7x	\$53	\$63
Feb 25-Apr 7	Thur	6-7 pm	7x	\$53	\$63

Instructor: Allan Jacinto

Location: Albany Senior Center

Min: 15; Max: 20

NEW

Free Photo Editing with Picasa

ADULT

Learn how to work with your images using Google's free photo cataloguer and editing program. You'll learn how to organize to easily find, edit and share your images via email, online or print. Student brings their own computer, with Picasa installed. Suitable for all levels of digital camera experience.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 28-Mar 3*	Thur	1-3:30 pm	5x	\$99	\$109
Mar 10-Apr 7	Thur	1-3:30 pm	5x	\$99	\$109

Instructor: Rebekah Younger

Location: Albany Community Center, Rooms 1 & 2

Min: 8; Max: 15 *No class on Feb 11

Ikebana Sogetsu School

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Mar 17*	Thur	9:30 am-1 pm	10x	\$174	\$184
Mar 24-Jun 9*	Thur	9:30 am-1 pm	10x	\$174	\$184

Instructor: Soho Sakai

Location: Albany Community Center, Hall

Min: 15; Max: 50 *No class on Feb 11, Apr 14 & Apr 28

NEW

Creating as Meditation in Action

ADULT

Integrate meditation practice with your creative process to heighten awareness and bring fresh inspiration to any artistic discipline. This class includes meditation instruction, awareness exercises, readings and discussion. Artists and "non-artists" welcome. \$5 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 19-Mar 22	Tue	6:30-8 pm	10x	\$104	\$114

Instructor: Rebekah Younger

Location: Albany Community Center, Rooms 1 & 2

Min: 8; Max: 25

NEW

Digital Darkroom: Create a Photo Book using Adobe Lightroom

ADULT

Learn the full range of digital image processing including working with RAW files using Adobe Lightroom while creating your own photo book. This college level course will teach you the digital darkroom, how to organize, develop and prepare your images for print and web in the process. Student brings their own computer, with Adobe Lightroom and Photoshop installed or as a Creative Cloud app. Ideal for students with moderate to advanced photography skills using DSLR cameras with RAW capability.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 26-Mar 29	Tue	9:30 am-12:30 pm	10x	\$300	\$310

Instructor: Rebekah Younger

Location: Albany Community Center, Rooms 1 & 2

Min: 8; Max: 15

INSTRUCTOR SPOTLIGHT

Rebekah Younger has been an artist, entrepreneur and educator for over 30 years. She received her MFA in Interdisciplinary Art from Goddard College where she studied photography and contemplative arts. For 23 years she designed and sold her art to wear knits, Younger Knits, nationally.



Rebekah is a meditation instructor in the Shambhala Buddhist community with 15 years of practice. Her meditation practice influences both her art practice and teaching methods. She encourages students to bring mindfulness into daily life and use art as a form of meditation. Her class, Creating as Meditation in Action, combines instruction in meditation, discussion and creating in a variety of art forms to cultivate awake mind and genuine expression that arises naturally from it.

Rebekah also enjoys opening students to fresh ways of seeing their world using the camera, teaching both technical classes in digital photography, as well as, more contemplative practices of seeing.

Cooking

Asian Vegetarian Cooking NEW

ADULT

Using his new cookbook, "Asian Vegetarian Fusion," Chat has select many best recipes for you to try your hands on vegetarian cooking. Let's make popular Asian dishes into vegetarian friendly meals and maintain the soul that makes Asian cuisine so healthy these days. In general, Asian food is quite healthy with a lot of fresh herbs and vegetables. In this class, we will make the food even healthier by using only plant base ingredients (vegan) with exotic herbs and spices. Bring your sharp chef's knife or clever, cutting board, hand towel, apron and beverage. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 29	Tue	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8

Sushi Workshop

ADULT

Winter is a perfect time for certain fish with maximum fat and sweet flavor. Let's make our sushi fresh, light, and clean with a variety of seasonal and local offerings. Learn to prepare fresh ingredients for various toppings and learn simple techniques in making your perfect sushi. With a hands-on approach, we will make Nigiri (finger rolls) and Maki Nori (seaweed rolls) with the freshest fish and vegetables for your dinner, such as Nigiri: ebi, hamachi, inari, maguro, unagi, Gunkan Nigiri: ikura, tobiko, Hosomaki: cucumber roll, spicy roll, Uramaki: California roll, Philadelphia roll. Bring your pointed-tip chef knife, bamboo mat, cutting board, cloth hand towel, beverage and a to-go box. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 16	Wed	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8

Basic Thai Cooking

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 22	Mon	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8

Thai New Year Feast NEW

ADULT

The week of April 13th 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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 18	Mon	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8

Burmese Cooking NEW

ADULT

Myanmar (Burma) has been a mystery for quite sometimes but its cuisine is not that elusive. Burmese cuisine is very unique with its own characteristics that stir interests in the US culinary scene. Learn to cook popular Burmese dishes in this hands-on class and prepare delicious dishes, such as laphet salad, hot and sour fish soup, curried noodles, pea fritters, etc. Bring your sharp chef's knife or clever, cutting board, hand towel, apron and beverage. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 2	Tue	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8

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	MEETS	ALBANY RESIDENT	NON-RES.
March 7	Mon	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8

Basic Vietnamese Cooking NEW

ADULT

Vietnamese cuisine has a right East meets West combination of subtle tastes and flavors. Let's explore what make 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, Pho soup, Clay pot, Shrimp fresh spring rolls, Green mango salad, and more. Bring your sharp chef knife or clever, cutting board, hand towel and beverage. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 12	Tue	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8

Curry Workshop NEW

ADULT

Asian curries have had much Indian influence with spices such as cumin and coriander. But native have added a number of local spices and herbs, including fresh and dried chilies, to create a variety of curries and to call their own. The process of making a paste is not complicated, grinding herbs and spices into a smooth paste, then cooking the spice mixture with meats and vegetables of your choice. Bring your sharp chef's knife or clever, cutting board, hand towel, apron and beverage. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 4	Mon	6:30-9:30 pm	1x	\$53	\$63

Instructor: Chat Mingkwan
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8



Indian Vegetarian Cooking

ADULT

In this 3-hour workshop, students will learn how to prepare mouth-watering vegetarian dishes from the cuisines of India. At the end of the class, students can enjoy a multi-course meal. Menu: Koorma (mixed vegetable masala in coconut milk), spinach rice, vegetable cutlets. \$8 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 5	Sat	10 am-1 pm	1x	\$40	\$50

Instructor: Viji Sundaram

Location: Albany Community Center, Kitchen

Min: 5; Max: 15

Delicious Vegetables

ADULT

Don't drown your broccoli in ranch dressing! Learn how herbs and spices can turn greens into delicious sautés and salads. We will also use leafy herbs to make your green smoothies extra yummy, not bitter. \$7 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 3	Wed	6:30-8 pm	1x	\$39	\$49

Instructor: Ilah Jarvis

Location: Albany Community Center, Kitchen

Min: 3; Max: 10

Cultured Sauerkraut

ADULT

Cultured sauerkraut is deliciously rich in probiotics or "good bacteria" but a 16 oz jar can cost as much as \$10. In this class, you can learn how to make a gallon for as little as \$2 with a variety of vegetable and spice variations. Tips for making low-sodium kraut are included in this class. \$7 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 17	Wed	6:30-8 pm	1x	\$39	\$49

Instructor: Ilah Jarvis

Location: Albany Community Center, Kitchen

Min: 3; Max: 10

Tortillas & Tamales

ADULT

Tamales are traditional holiday dish in Latin America. We will use masa to make tamales filled with a choice of beans, cheese or pork. Then we will make tortillas and guacamole as we wait for the tamales to steam. Both tamales and tortillas are easy to make and delicious. \$9 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 2	Wed	6:30-8 pm	1x	\$39	\$49

Instructor: Ilah Jarvis

Location: Albany Community Center, Kitchen

Min: 3; Max: 10

Meat Preparation

ADULT

Learn these three major cooking techniques to prepare everything from pork loin to fish. This class includes tips to prevent dry, tough or underdone meat, as well as a list of recommended techniques and herbs suited for particular varieties of meat. \$11 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 23	Wed	6:30-8 pm	1x	\$39	\$49

Instructor: Ilah Jarvis

Location: Albany Community Center, Kitchen

Min: 3; Max: 10

Season with Herbs & Spices

ADULT

No more boring home cooked meals! We will taste and smell a selection of herbs and spices and learn how to pair them to a variety of foods. This class is a life saver if you are avoiding salt, processed foods, or just want to be a better cook. \$7 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 30	Wed	6:30-8 pm	1x	\$39	\$49

Instructor: Ilah Jarvis

Location: Albany Community Center, Kitchen

Min: 3; Max: 10

Music



Low Intermediate Recorder Ensemble

ADULT

In this class, students will develop proficiency in ensemble skills playing in recorder ensemble of all sizes; which allows expansion to other recorder sizes. Refine understanding and practice of all elements of music making through learning to play well in recorder ensemble of all four sizes. Work with conductor with greater emphasis on tuning, execution of fingerings, phrasing and articulation together. May use class to obtain proficiency on tenor and bass sizes of recorder. Consort music from the Middle Ages to the 21st Century. Prerequisite: Must know fingerings for an octave and a half including two sharps/flats and have familiarity with common time signatures.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 12-Mar 22*	Tue	6:30-7:30 pm	10x	\$69	\$79

Instructor: Frances Feldon
Location: Albany Middle School Music Room
 Min: 8; Max: 50 *No class on Feb 16

High Intermediate Recorder Ensemble

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 12-Mar 22*	Tue	7:30-8:30 pm	10x	\$69	\$79

Instructor: Frances Feldon
Location: Albany Middle School Music Room
 Min: 8; Max: 50 *No class on Feb 16

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 9-Feb 20	Sat	10-11:30 am	7x	\$95	\$105
Mar 5-Apr 16	Sat	10-11:30 am	7x	\$95	\$105

Instructor: Claude Sprague, (510) 859-4055, claude@theguitarinstructor.net
Location: Albany Community Center, EOC & Craft Rooms
 Min: 4; Max: 16

Albany Chamber Orchestra

ADULT

The Albany Chamber Orchestra is a 35-piece orchestra composed of string, wind, brass and percussion instruments. It was formerly known as the Albany Community Orchestra, the Albany Adult School Orchestra and most recently the Albany Chamber Strings. The orchestra was organized by Ernest Douglas in 1975 as a class in the Albany Adult School. In the past 40 years, it has given hundreds of amateur adult musicians the opportunity to study and perform over 300 selections from the orchestral repertoire. No auditions are necessary, but players should be of an intermediate level or above. New string players are welcome; winds and brass must have the permission of the conductor. The Orchestra presents three free public concerts each year and an occasional Young People's Concert. Participants must play in a public concert on Sunday, November 8. Rehearsal for the concert is on Thursday, November 5. Rehearsal and concert at Albany Veterans' Auditorium.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5-Mar 15*	Tue	7-9:15 pm	10x	\$69	\$79
Mar 22-May 31*	Tue	7-9:15 pm	10x	\$69	\$79

Instructor: Teresa Colyer
Location: Albany High School, Band Room 20; TBA (Mar 22, May 24 & May 31)
 Min: 25; Max: 40 *No class on Feb 16 & Apr 12

Albany Big Band Jazz Ensemble

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6–May 25*	Wed	7–9:15 pm	19x	\$70	\$80

Instructor: Bob Levenson (Musical Director), Rich Kalman (Vocal Director), Bernard Knapp (Library/Administration), instructor@albanyjazzband.org, albanyjazzband.org
Location: Albany High School, Band Room 20

Min: 12; Max: 25 *No class on Feb 17 & Apr 13

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 winter performance in December. NOTE: Instructor will notify students for potential missing dates.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 12–Mar 22*	Tue	7–9 pm	10x	\$79	\$89
Mar 29–Jun 7*	Tue	7–9 pm	10x	\$79	\$89

Instructor: Mary Stocker
Location: Albany High School, Room 22

Min: 25; Max: 65 *No class on Feb 16 & Apr 12



Dance Again: Fluid Feet for Adults

ADULT

Did you dance when you were younger? Did you love it? Then a career, your family and life took over. Here's your chance to find that passion for dance again! Fluid Feet is a fusion of hip-hop style, jazz dancing and modern technique—and we have a blast dancing! We mostly dance barefoot, but you are welcome to wear ballet or jazz shoes.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7–Feb 4	Thur	7–8 pm	5x	\$59	\$69
Feb 25–Apr 7	Thur	7–8 pm	7x	\$79	\$89

Instructor: Beth Ellis-Dickson; BethEllisDance.com
Location: Albany Community Center, Rooms 1 & 2

Min: 5; Max: 10

Beginner Plus Line Dance

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5–Feb 23*	Tue	7–8:30 pm	7x	\$66	\$76
Mar 8–Apr 12	Tue	7–8:30 pm	6x	\$58	\$68

Instructor: Aimee Haire
Location: Albany Community Center, Hall;

Min: 8; Max: 25 *No class on Jan 12

Absolute Beginner Line Dance

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7–Feb 25*	Thur	7–8:30 pm	6x	\$56	\$66
Mar 10–Apr 14	Thur	7–8:30 pm	6x	\$56	\$66

Instructor: Aimee Haire
Location: Albany Community Center, Hall

Min: 8; Max: 25 *No class on Jan 14 & Feb 11

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 & tights for women. T-shirt & tights for men. Sweat pants and jackets are allowed over your other dance cloths. Hair should be up and away from the face for both men and women with long hair. Come join us!

WEDNESDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6–Feb 24	Wed	7:15–8:45 pm	8x	\$112	\$122
Mar 2–Apr 20	Wed	7:15–8:45 pm	8x	\$112	\$122

FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8–Feb 26	Fri	7–8:30 pm	8x	\$112	\$122
Mar 4–Apr 22	Fri	7–8:30 pm	8x	\$112	\$122

WEDNESDAY & FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6–Feb 26	W/F	See Above	16x	\$190	\$200
Mar 2–Apr 22	W/F	See Above	16x	\$190	\$200

Instructor: David Bertlin & Ronn Guidi
Location: Albany Community Center, Hall; Rooms 1 & 2 (Jan 29); Albany Senior Center (Feb 26 & Mar 25)

Min: 9; Max: 21

Beginning Tap Dance

ADULT

All stages of tappers from beginners to the more experienced are welcome! Although it is a beginning class, we can modify it to your needs. We will learn the very basics and build on more complicated steps and rhythms as class continues. Students are required to provide their own tap shoes.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7–Feb 4	Thur	6:10–6:55 pm	5x	\$59	\$69
Feb 25–Apr 7	Thur	6:10–6:55 pm	7x	\$79	\$89

Instructor: Beth Ellis-Dickson; BethEllisDance.com
Location: Albany Community Center, Rooms 1 & 2

Min: 5; Max: 15

Martial Arts

Introduction to Da Yan Qi Gong

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 1-Mar 28*	Mon	6-6:45 pm	8x	\$70	\$80
Apr 4-June 6*	Mon	6-6:45 pm	8x	\$70	\$80

Instructor: Charlene Leung, L.Ac., M.S.
 Location: Albany Senior Center, Multi-Purpose Room
 Min: 1; Max: 10 *No class on Feb 15, Apr 25 & May 30

Intermediate Dan Yan Qi Gong

ADULT

For those who have completed Beginning Da Yan Qi Gong.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 4-June 6*	Mon	6-7:30 pm	8x	\$120	\$130

Instructor: Charlene Leung, L.Ac., M.S.
 Location: Albany Senior Center, Multi-Purpose Room
 Min: 5; Max: 20 *No class on Apr 25 & May 30

Beginning Ki-Aikido

AGES 7-ADULT

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

This class is suitable for Adults of any level or physical ability, and for children ages 7 and older with some experience in Aikido. Younger children and children new to Aikido are welcome if accompanied onto the mat by a parent or guardian. The first hour of class is recommended for all beginners. 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	ALBANY RESIDENT	NON-RES.
Jan 9-Jan 30	Sat	9-11 am	4x	\$60	\$70
Feb 6-Feb 27	Sat	9-11 am	4x	\$60	\$70
Mar 5-Mar 26	Sat	9-11 am	4x	\$60	\$70
Apr 2-Apr 23	Sat	9-11 am	4x	\$60	\$70

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org
 Location: Albany Community Center, Hall, Albany Community Center, Rooms 1 & 2 (Apr 23)
 Min: 5; Max: 25

Advanced Da Yan Qi Gong

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 1-Mar 28*	Mon	6-7:30 pm	8x	\$90	\$100
Apr 4-June 6*	Mon	6-7:30 pm	8x	\$90	\$100

Instructor: Charlene Leung, L.Ac., M.S.
 Location: Albany Senior Center, Multi-Purpose Room
 Min: 5; Max: 20 *No class on Feb 15, Apr 25 & May 30

Beginning Da Yan Qi Gong

ADULT

Da Yan or Wild Goose Qi Gong is a gentle Chinese exercise form based on the movements of the wild-goose. 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, meditation and the 64 movement form of Da Yan Qi Gong. To learn the entire form, take Beginning and Intermediate for a total of 16 weeks.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 1-Mar 28*	Mon	6-7:30 pm	8x	\$120	\$130

Instructor: Charlene Leung, L.Ac., M.S.
 Location: Albany Senior Center, Multi-Purpose Room
 Min: 5; Max: 15 *No class on Feb 15

Tai Chi Chuan

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5-Feb 18*	T/Th	6-7:30 pm	12x	\$108	\$118
Mar 1-Apr 21*	T/Th	6-7:30 pm	12x	\$108	\$118

Instructor: Starfire
 Location: Albany Senior Center, 846 Masonic Avenue
 Min: 5; Max: 20 *No class on Jan 26, Jan 28, Mar 22-Mar 31



Exercise & Fitness

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

AGES 14-ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Feb 24	Wed	5:45-6:45 pm	8x	\$100	\$110
Mar 2-Apr 20	Wed	5:45-6:45 pm	8x	\$100	\$110

Instructor: Ernie Adams, (510) 619-9223, www.userfriendlypilates.com

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

Physical Weight Conditioning

ADULT

In this class, students will receive individualized instruction focused on needs and personal goals for fitness and well-being. Nautilus and Olympic bars are available, as well as dumbbells and free weights.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5-Mar 17*	T/Thu	7-8 pm	20x	\$119	\$129
Jan 5-Mar 17*	T/Thu	8-9 pm	20x	\$119	\$129
Mar 22-May 26*	T/Thu	7-8 pm	18x	\$109	\$119
Mar 22-May 26*	T/Thu	8-9 pm	18x	\$109	\$119

Instructor: Darryl Allison

Location: Albany High School, Weight Room

Min: 6; Max: 15 *No class on Feb 16, Feb 18, Apr 12 & Apr 14

Gentle Yoga

AGES 14-ADULT

Learn how to relax and enjoy a body-mind synchronicity through the ancient practice of yoga. Students will learn how to do classic yoga postures in styles borrowed from several schools of Yoga. While holding the yoga poses, they will be shown how to stimulate acupressure points. The asana session will be followed by healing pranayamas (breathing techniques), meditation and guided relaxation. Instructor Viji Sundaram has been teaching yoga in India and the US for 24 years. She is a certified yoga and Acu-yoga instructor, as well as, an acupressure practitioner.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Feb 3	Wed	6:30-8 pm	5x	\$59	\$69
Feb 10-Mar 9	Wed	6:30-8 pm	5x	\$59	\$69
Mar 16-Apr 13	Wed	6:30-8 pm	5x	\$59	\$69

Instructor: Viji Sundaram

Location: Albany Community Center, Rooms 1 & 2

Min: 5; Max: 20

Beginning/Intermediate Table Tennis

ADULT

Table tennis is a sport that can be enjoyed by individuals of any age and physical ability. Playing table tennis is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. Table tennis is a low-injury risk sport that keeps one fit and flexible, without putting severe stress on joints. Playing table tennis increases one's agility and flexibility and most of all reaction time. Students will learn basic forehand and backhand strokes, as well as, advance skills, footwork, rules for competition play (single and double), basic serve and return.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Feb 29*	Mon	7-9 pm	7x	\$132	\$142
Mar 7-Apr 25	Mon	7-9 pm	8x	\$150	\$160

Instructor: Lynn Sun, USATT Certified Coach

Offsite Location: i Table Tennis Albany, 533 San Pablo Avenue

Min: 4; Max: 8 *No class on Jan 18 & Feb 15

Beginning Yoga

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Feb 29*	Mon	6:30-8 pm	7x	\$80	\$90
Mar 7-Apr 18	Mon	6:30-8 pm	7x	\$80	\$90

Instructor: Jennifer Sowerwine

Location: Albany Community Center, Hall

Min: 5; Max: 30 *No class on Jan 18 & Feb 15





Why should the kids get to have all the fun?

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

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

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 2016. Registration starts December 1, 2015 by calling (510) 524-9283. Download your application at 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. Indoor Pickleball at Albany High School Gymnasium on Sundays, 5-7 pm. \$5 drop-in court fee, \$2 paddle rental. Visit www.albanyca.org/adultsports

MEN'S BASKETBALL

Our new full court 5v5 Men's Basketball League starts January 2016. Games will be on Sunday mornings at Albany High School. Get your team together and have your Captain register on December 1, 2015 by calling (510) 559-7215. All applications are due by December 28, 2015. Visit www.albanyca.org/adultsports.

Get your team together!

2016 SPRING LEAGUES

Softball (Men's & Co-ed),
Kickball, 5-Aside Soccer
Registration begins February 2016
www.albanyca.org/adultsports



RUN AROUND TOWN SUNDAYS: THE RATS RUNNING CLUB

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

Our club is directed by three dedicated runners, who offer 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 7 • 8 am

Run Around Town Sundays, Albany's official running club, invites you to celebrate their third anniversary. Choose your distance: the run will be along the Bay Trail toward the new Bay Bridge. Runners can choose a casual distance, or make their run epic by running all the way to the bridge. The RATS Team will have an aid station set up at University Ave. along the route. After the run, please join us for snacks and 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 and Twitter @AlbanySports.

For more information:

Eleanore Adams
Adult Sports Coordinator
eadams@albanyca.org
www.albanyca.org/adultsports
(510) 559-7216

SENIOR CENTER



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

Isabelle Leduc, Community & Human Services Manager

Sid Schoenfeld, Recreation Supervisor

Robin Mariona, Recreation Coordinator

Dora Allen Recreation Coordinator

846 Masonic Avenue, Albany

(510) 524-9122

RENT
the Senior Center
for your event,
meeting or party.
See page 65
for details.

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 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.



Why cook? Eat Dinner at the Senior Center

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

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

HOLIDAY DINNER

Friday, December 18 • 3:30 pm

2016 NEW YEAR'S

Monday, January 4 • 4 pm

VALENTINE'S

Friday, February 12 • 4 pm

CHINESE NEW YEAR

Thursday, February 18 • 4 pm

GIANTS VS. A'S

Thursday, March 31 • 4 pm

SPRING FLING/SOCK HOP

Friday, April 8 • 4 pm

SUNDAE TUESDAY

2nd Tuesday of the month • 4 pm

Come to dinner and receive a free sundae. Sponsored by FOAS.

KARAOKE CABARET

FRIDAY

3rd Friday of the month • 4 pm

Come to dinner and then grab the microphone and sing-a-long to the tunes of the month.

Health Services

Podiatry: Mondays, Jan. 4 and Mar. 7, Noon–3 pm. Podiatry services provided by a licensed podiatrist at a low cost.

Over 60 Health Clinic: Tuesdays, Jan. 19 and Apr. 19 9 am. A nurse provides foot care, blood pressure checks, medication review and more.

Flu Shot Clinic: Monday, Dec. 7 at 9 am.

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

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

Information, Resource Referrals and Form Assistance

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

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

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

Topics that matter: 2nd Monday of the month at 10 am. Join us for engaging, informative and timely discussions. Sessions will be led by a professional in the topics covered and refreshments will be served.

- **January 11:** Living Within Your Means in Retirement/Financial Planning
- **February 8:** Health & Safety Vision, Hearing, Strength!
- **March 14:** Senior Housing Today: Information and Guidance
- **April 11:** Ready for any Emergency

Nutrition Services

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

Meals on Wheels: Delivered Mon, Tue, Thur, Fri to homebound seniors. Suggested donation: \$4.

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

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

The Senior Center offers opportunities for adults 50+ with similar interest to gather and have fun together. Socialize with friends and make new ones! Please check in at the Senior Center Front Desk for room location. Drop-in fee is \$1.

MONDAYS

No socials on Jan. 18 & Feb. 15 (City Holiday)

Needlecraft & Beading

Jan. 4–Apr. 25 • 9–11 am

Bring your own materials and receive input from peers to improve your craftsmanship.

Line Dancing for Beginners

Jan. 4–Apr. 25 • 1:45–2:45 pm

Come get your heart pumping and body moving to some great music and sounds. Yeehaw!

TUESDAYS

Matinee Movie of the Week

Jan. 4–Apr. 26 • 1:30 pm

Enjoy some popcorn and a movie each week. See our movie flyer for a schedule of films being shown.

WEDNESDAYS

Papier Mâché

Jan. 6–Apr. 27 • 9–11 am

Bring your own materials and receive input from peers to improve your craftsmanship.

Beginning Japanese

Jan. 6–Apr. 27 • 12:30–1:30 pm

This is a beginning Japanese class taught by a native speaker. It covers the basic elements of the language: pronunciation, vocabulary, structures and most importantly conversation. No experience necessary.

THURSDAYS

No socials on Apr. 21 (Senior Resource Expo)

Painting

Jan. 7–Apr. 28 • 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. 7–Apr. 28 • 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.

Line Dancing For Beginners

Jan. 7–Apr. 28 • 1:45–2:45 pm

Come get your heart pumping and body moving to some great music and sounds. Yeehaw!

Mandarin Conversation

Jan. 7–Apr. 28 • 11:30 am–12:30 pm

Mandarin anyone? Mandarin conversation is taught by a native speaker. No experience necessary.

Lunchtime with Technology

Jan. 7–Apr. 28 • Noon–1:30 pm

Eat, skype, play games and share your technology experiences with other seniors. Bring your device or borrow one of our Ipad.

Mahjong & Games

Jan. 7–Apr. 28 • 1–3 pm

Ping pong, board games, and cards available for anyone looking to have some fun.

FRIDAYS

French Conversation

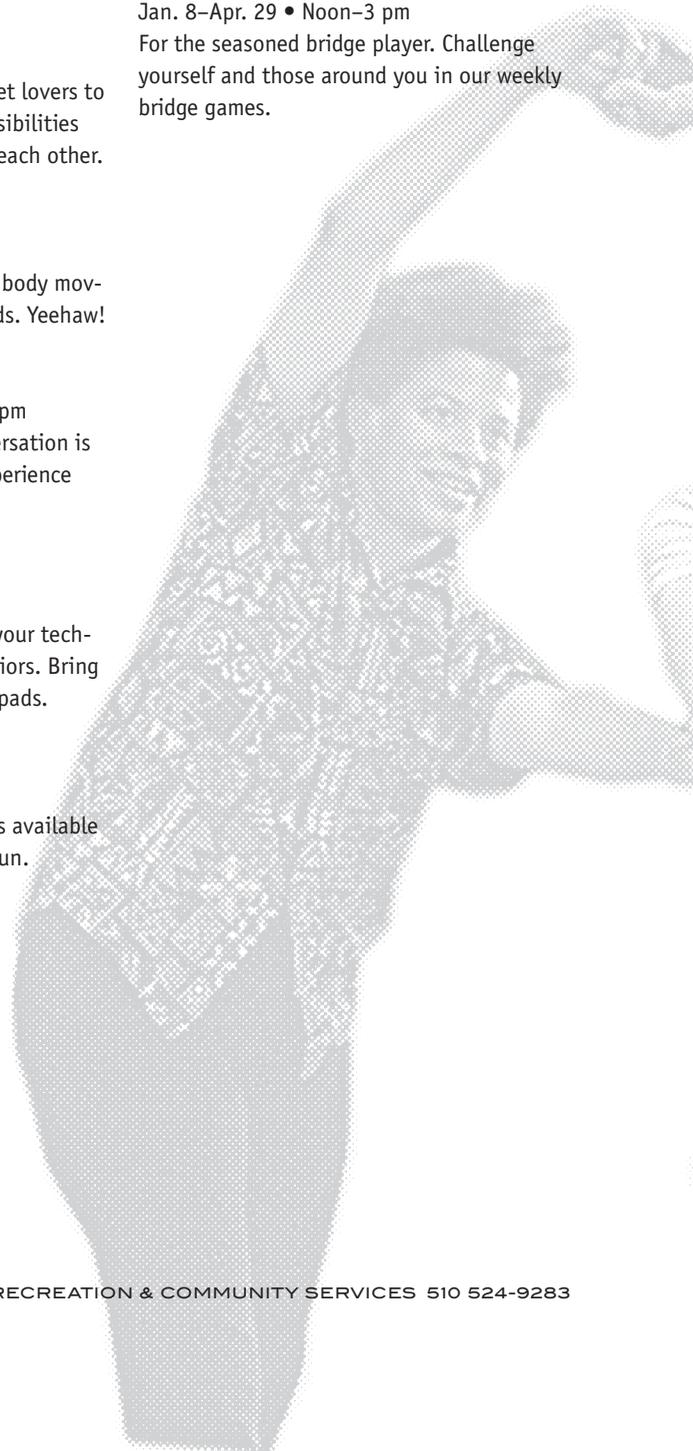
Jan. 8–Apr. 29 • 11 am–noon

If you are interested in conversing in French this group is for you. Books are read and current events are discussed.

Bridge

Jan. 8–Apr. 29 • Noon–3 pm

For the seasoned bridge player. Challenge yourself and those around you in our weekly bridge games.



Exercise & Dance

Gentle Tai Chi

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Apr 22*	M/W/F	10:30-11:30 am	46x	\$3	\$4

Instructor: Yachiyo Otsubo
Location: Albany Community Center, Hall
 Min: 20; Max: 45 *No class on Jan 18 & Feb 15

Gentle Yoga

AGES 50-OLDER

This class provides a gentler approach to the practice of Yoga. Enjoy the benefits of increased flexibility, strength and stamina. Yoga encourages better posture, improves digestions, 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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Apr 28*	M-F	9-10 am	79x	\$7	\$8

Instructor: Allan Jacinto
Location: Albany Community Center, Hall (M/W/F); Albany Senior Center, Multi-Use Room (Tue/Thur)
 Min: 5; Max: 20 *No class on Jan 18, Feb 15, Apr 21 Apr 25 & Apr 27

Rosen Method Movement

AGES 50-OLDER

Discover the benefits of Rosen Method Movement in this class that provides easy, unhurried movements set to music and designed to improve alignment and flexibility, deepen awareness and may heal or prevent injury due to stress. Attending a one-hour class per week can make a significant difference in your vitality. All abilities welcome. Wear loose and comfortable clothing. Bring your own mat or towel. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Apr 27	Wed	12:15-1:15 pm	17x	\$8	\$9

Instructor: Helen Morgan & Deborah Marks
Location: Albany Senior Center
 Min: 3; Max: 15

Hip Hop Dance Workout

AGES 50-OLDER

Beginners Welcome! Sweat and groove to this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, you'll learn choreographed hip hop moves. Class consists of a 10-minute warm-up, 40 minutes of dance and a 10-minute cool down. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. Students will progressively learn a new choreographed dance at the beginning of each 8-week session. For extra practice, students will receive a weekly video of the steps via email Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5-Feb 23	Tue	10:30-11:30 am	8x	\$8	\$9
Mar 1-Apr 26	Tue	10:30-11:30 am	9x	\$8	\$9

Instructor: Judith Kajiwara
Location: Albany Senior Center
 Min: 5; Max: 25

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

AGES 50-OLDER

This class is an opportunity to try creative movement, rhythm practice and responding to music in your personal style. Join **Impromptu No Tutu**, the resident ensemble of the Albany Senior Center, for these lively and mindful movement sessions open to all; no dance experience needed. We warm up with easy elements of the Brain Dance** and T'ai Chi, and then move to diverse genres of music, voice or silence. Chairs and other props are used as inspirations for rhythm and expanding our range of motion, balance and expression. Inspired by the inclusive Orff Schulwerk music approach, this class is a safe place for play, exploration and interaction, and promotes both physical and mental agility.

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Apr 29*	Fri	10:15-11:30 am	16x	\$9	\$10

Instructor: Greacian Goeke
Location: Albany Senior Center
 Min: 2; Max: 25 *No class Apr 1

Women's Traditional Dances for Fun, Exercise & Enlightenment!

AGES 50-OLDER

Explore traditional women's dances from Greece, Bulgaria, Armenia, Macedonia and other Balkan countries where ancient wisdom is still detectable in the folk culture. Simple and repetitive, the dances foster interconnectedness and empower us to be more fully present as women. Accessible to anyone who can walk, a dynamic dance line (the horo) describes circles, crescent moons, spirals, meanders and other earth mandalas to lovely ethnic music. Catherine has been teaching these dances since 1985. Drop in! Beginners and experienced dancers alike are always welcome. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Apr 27	Wed	10:15-11:30 am	17x	\$7	\$8

Instructor: Catherine Sutton
Location: Albany Senior Center
 Min: 4; Max: 25

Walking

Pole Walking for Balance, Exercise & Maintaining Mobility

AGES 50-OLDER

Learn and practice skills to improve your endurance, posture, confidence, gait and strength. Feel taller! Easy-to-learn pole walking techniques and gentle exercises help preserve your joints and enhance your enjoyment of life! Includes practice pole walking outside (weather permitting) a gentle excursion to the Berkeley Marina. Variety of top quality poles provided. Explore which poles best fit your body and will help you achieve your goals. First time repeaters \$15; subsequent repeaters free.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 28	Thur	9:30 am-12:45 pm	1x	\$28	\$33
April 7	Thur	9:30 am-12:45 pm	1x	\$28	\$33

Instructor: Jayah Faye Paley, ACE Certified Personal Trainer
 Location: Albany Senior Center
 Min: 6; Max: 10

Walk, Talk & Be Healthy!

AGES 50-OLDER

A program designed to encourage walking as a healthy life style for adults 50+. Ride on the Senior Center shuttle bus to regional parks and other interesting and scenic places. Walk as you connect with other seniors. Walks are usually 1 to 4 miles, and are generally easy to moderate in difficulty. Bring a bag lunch, or lunch at a designated eatery. Monthly walk schedules and registration forms are available at the Albany Senior Center. Space is limited. Early registration is recommended.

DAY	TIME	ALBANY RESIDENT	NON-RES.
Tuesdays	8:30 am-2:30 pm	Varies for each trip	

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



Exploring Local Natural Treasures on Foot

AGES 50-OLDER

Enjoy walking at a moderate pace while exploring natural treasures and history of the Bay Area. Dress in layers and wear comfortable closed walking shoes with good traction. Bring water and light snack, binoculars, cameras and walking poles if you use them.

January: *Rising Tides and Life Along the Bay*

During one of the year's highest tides, get an idea of what rising sea levels will mean to Bay wildlife and to us humans. F5C president Susan Schwartz leads this easy, level walk. Binocs and cameras welcome; birds will be crowded into high-tide refuges. Meet at Shimada Friendship Park, Marina Bay Parkway and Peninsula Drive, Richmond. Info: f5creeks@gmail.com.

February: *Rain Gardens, Creeks, Condos*

Join Ranger Bob Flasher on an easy, level walk on the Ohlone Greenway, discovering new rain gardens, and creek projects. Find out about planned improvements to the greenway and make suggestions! Meet across from the Albany Senior Center (just inside if raining), 846 Masonic., Albany. Info: rangerdude333@hotmail.com.

March: *Easy Rocks*

Meet at Peet's Coffee, 1825 Solano (AC Transit 18), for a leisurely stroll on pathways up to Indian Rock and Mortar Rock Parks and back. Learn about the geology and history of these wandering bits of ancient volcanic eruptions. Easy walk but some uphill. F5C vice-president Shirley Jowell leads. Information: sjowell@sbcglobal.net.

April: *Hillside Natural Area Groves and Wildflowers*

Enjoy oak groves, wildflowers, and spectacular views in El Cerrito's Hillside Natural Area, 100 acres of open space. Our trail is mostly level, but rough and narrow in spots. Meet at the Douglas Drive entrance, between 1520 and 1524 Douglas Drive (south of Potrero), El Cerrito. Info: F5creeks@gmail.com.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 21	Thur	9-11 am	1x	FREE	FREE
February 18	Thur	9-11 am	1x	FREE	FREE
March 17	Thur	9-11 am	1x	FREE	FREE
April 21	Thur	9-11 am	1x	FREE	FREE

Instructor: Susan Schwartz (848-9358, f5creeks@gmail.com) & Shirley Jowell (525-7012, sjowell@att.net)
 Location: See walk description for location meeting spots
 Min: 5; Max: 30

Technology

Hands-on-Tech Classes

Come have some fun and try out some new skills and ways of doing things with senior-friendly, touch-screen technology. You will not need an iPad, nor iPad experience; everything learned will be usable skills for other touch screen devices (phones or tablets) as well as laptops, etc.



Smart Phone & Tablet Photography for Beginners Other Digital Devices Welcomed

AGES 50-OLDER

This class is designed to enable even the most timid photographers to be proud of their photos. There will be time in each class for step-by-step demonstrations, practicing new skills on short local "fun photo Safaris," problem solving and individual/group sharing. You will learn to take, edit and share photographs.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 7-Feb 11	Thur	1:30-3 pm	6x	\$34	\$39
Mar 3-Apr 7	Thur	1:30-3 pm	6x	\$34	\$39

Instructor: Carol Carlisle
Location: Albany Senior Center
 Min: 5; 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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Apr 29	Fri	Noon-1:30 pm	17x	Donation	

Instructor: Mary McKenna
Location: Albany Senior Center
 Min: 4; Max: 35

Music on the iPad



AGES 50-OLDER

Explore musical possibilities with today's technology: find the music you want to play and keep, explore ways to use music, and make your own music! Using onsite iPads, we will learn about and try out online "radio stations" and music stores, music videos of every genre and era, get creative with Garage Band and other instrumental Apps, and then see some of the things we can do with all that music! Each participant will need a standard set of earbuds or earphones to use in class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 13-Feb 10	Wed	10-11:30 am	6x	\$24	\$29

Instructor: Mary McKenna
Location: Albany Senior Center
 Min: 4; Max: 12

Looking it Up: Online Research Skills



AGES 50-OLDER

Did you know that you can look up and research anything with your fingertips? Let us show you the way, from Google to Ancestry, where you can find your family tree! Participants will learn how to use internet search tools confidently and efficiently, and will have the opportunity, using text, images and more, to compile a simple multimedia project of their own research interest.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 17-Mar 23	Wed	10-11:30 am	6x	\$24	\$29

Instructor: Mary McKenna
Location: Albany Senior Center
 Min: 4; Max: 12

Facebooking



AGES 50-OLDER

Get connected to this social network phenomenon! We'll teach you how to connect to your friends and family, meet new friends, and stay in touch. Did you know that you can get your news through Facebook? We'll teach you all of the ins and outs including how to securely and safely use this valuable program. No experience needed. Everything will be learned using an iPad or other touch screen device.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Mar 30-May 4	Wed	10-11:30 am	6x	\$24	\$29

Instructor: Mary McKenna
Location: Albany Senior Center
 Min: 4; Max: 12

Special Interest

Bridge for Beginners

AGES 50-OLDER

Kathryne Ann has played bridge for more than 55 years, she knows how to teach and make playing bridge an enjoyable experience. The first part of each class will begin with a specific topic to go over with questions to follow then we'll play hands. There is no better way to learn bridge than to actually play! We'll begin with no more than three tables (12 people), so sign-up early. Contact instructor for more information.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5-Feb 23	Tue	Noon-2 pm	8x	\$32	\$37
Mar 1-Apr 19	Tue	Noon-2 pm	8x	\$32	\$37

Instructor: Kathryne Ann Kinsey, (510) 285-7566

Location: Albany Senior Center

Min: 4; Max: 12

Bridge for Intermediate Players

AGES 50-OLDER

Kathryne Ann has played bridge for more than 55 years, she knows how to teach and make playing bridge an enjoyable experience. The first part of each class will begin with a specific topic to go over with questions to follow then we'll play hands. There is no better way to learn bridge than to actually play! We'll begin with no more than three tables (12 people), so sign-up early. Contact instructor for more information. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 5-Apr 26	Tue	10 am-noon	17x	\$7	\$8

Instructor: Kathryne Ann Kinsey, (510) 285-7566

Location: Albany Senior Center

Min: 4; Max: 12

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. November class is refresher course for those who have taken the eight hour course within the last four years. Fee for this class is \$15 for AARP Members, \$20 for Non-Members. Check or money order only (No cash), payable to: AARP. AARP members bring membership number.

DATE	DAY	TIME	MEETS	AARP MEM.	NON-MEM.
Jan 7 & Jan 14	Thur	1-5 pm	2x	\$15	\$20

Instructor: Alice Meyers

Location: Albany Senior Center

Min: 10; Max: 20

World Affairs & Politics

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 11-Mar 28*	Mon	9:45-11:15 am	10x	\$4	\$5
Apr 4-June 13	Mon	9:45-11:15 am	10x	\$4	\$5

Instructor: Constance Cole

Location: Albany Senior Center

Min: 12; Max: 35 *No class on Jan 18, Feb 15 & May 30

Birds of the Bay Area

AGES 50-OLDER

From Pt. Reyes to Petaluma, Berkeley to Burlingame, the Bay Area is full of beautiful parks and shorelines, and the diversity of birdlife is amazing. Some of the best birding in America is found locally. Phoebe's to phalaropes, sandpipers to swallows, hawks to hummingbirds, they are everywhere. Confused about Oystercatchers, falcons or Red-tailed hawks? This course will teach you the differences between them and more than 75 others. With a little practice, most of the birds can be identified! Your travels in the wilds, or in your own backyard, will be much more memorable with your new birding skills. Not to mention the admiration of your friends, still trying to figure out the difference between a hawk and a handsaw! This course is an introduction to the Birds of the Bay Area, and will alternate between 4-class sessions (Jan 11, Feb 8, Mar 14 and Apr 4) and 6 field trips (Jan 25, Feb 1, Feb 22, Feb 29, Mar 21 and Mar 28) for a 10-week semester.

In the field the instructor will point out techniques of bird observation and identification. Classes will focus on field guides, checklists, bird biology and binocular use. Fieldtrips are to Pt. Isabel shoreline, Corte Madera marsh, Temescal Regional park, Lake Merritt, Martinez shoreline and Briones Regional park. Carpooling available to fieldtrip locations. \$5 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 11-Apr 4*	Mon	9 am-noon	10x	\$85	\$90

Instructor: Ted Pierce

Location: Albany Senior Center

Min: 8; Max: 20

*No class on Jan 18, Feb 15 & Mar 7

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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 25-Mar 21*	Mon	11:15 am-1:15 pm	8x	\$185	\$190

Instructor: Becky Jaffe

Location: Albany Senior Center

Min: 8; Max: 20

*No class on Feb 15

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 4-Apr 18*	Mon	2-4 pm	14x	\$96	\$101

Instructor: Bill Hyman

Location: Albany Senior Center

Min: 4; Max: 30

*No class on Jan 18 & Feb 15

Drawing with Pen, Ink and Brush

AGES 50-OLDER

Open to all levels and ages. Pen, ink & brush is an inexpensive, versatile, easy-to-use drawing media that can resemble an intricate line drawing etching or a painting in black and white. (Working in black & white is good training for painters in learning to see and build strong value structures in their compositions.) Techniques such as free-flowing pen and brush lines and shading with cross-hatching, stippling, and wash to achieve a range of values on the gray scale will be taught using a variety of approaches and exercises. Basic drawing, composition, perspective and a special, easy method for achieving matting/framing very economically will be taught to all. Students should bring any supplies they already have to first class where materials will be discussed & list handed out. Students will supply their own pens, ink, brushes and lightweight paper. The instructor will supply special paper and other materials for the class. Advanced students or those who have taken a class with Stephanie can work in watercolor or their choice of any drawing or painting media, with instructor working with them individually. See instructor's work in black and white etching on her website to see some of the techniques students will learn. \$4 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Feb 2-Mar 22	Tue	Noon-3 pm	8x	\$129	\$134

Instructor: Stephanie Scott, www.StephanieScottArtist.com, (925)256-4093, StephaniePaints@yahoo.com

Location: Albany Senior Center

Min: 4; Max: 20



Savoring Short Stories: Winter

AGES 50-OLDER

We'll continue to read *The Pushcart Book of Short Stories*, edited in 2008 by Bill Henderson.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 4-Mar 21*	Mon	11:30 am-1:30 pm	10x	\$75	\$80

Instructor: Debra Ratner

Location: Albany Senior Center

Min: 4; Max: 30

*No class on Jan 18 & Feb 15

Savoring Short Stories: Spring

AGES 50-OLDER

This spring we'll read short stories in the anthology *Let Me Tell You Where I've Been: New Writing by Women of the Iranian Diaspora*, edited by Persis M. Karim in 2006.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 4-June 13*	Mon	11:30 am-1:30 pm	10x	\$75	\$80

Instructor: Debra Ratner

Location: Albany Senior Center

Min: 4; Max: 30

*No class on May 30

Novels: Winter

AGES 50-OLDER

This term we will read *The Stranger*, by Albert Camus, before we read the novel that critiques yet honors it: Kamel Daoud's *The Meursault Investigation*. Both books are available in paperback. As ever, there is no need to read the novels before we begin the term.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 6-Mar 9	Wed	3-5 pm	10x	\$75	\$80

Instructor: Debra Ratner

Location: Albany Senior Center

Min: 4; Max: 30

Women's Lives for Winter & Spring

AGES 50-OLDER

Let Me Tell You Where I've Been: New Writing by Women of the Iranian Diaspora is rich in evocative autobiographical writing by many contributors. We'll read it in winter and spring terms. Persis M. Karim edited this anthology in 2006.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Jan 8-Mar 11	Fri	2-4 pm	10x	\$75	\$80
Mar 25-May 27	Fri	2-4 pm	10x	\$75	\$80

Instructor: Debra Ratner

Location: Albany Senior Center

Min: 4; Max: 30

World Literature

AGES 50-OLDER

Class reads great, enduring literature from around the world, especially the classics from America, England and Europe. Such fiction, long and short, delves into universal human concerns such as love, religion and death, and confronts persistent, unanswerable questions. We move at snail's pace over puzzling and intriguing passages, emphasizing language, structure, method and implicit meanings. Issues of genre, technique, symbolism and historic background are also considered. Students discuss, challenge, dispute, re-interpret and misquote what the old teacher is trying to say.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Mar 8-June 7	Tue	10 am-noon	14x	\$103	\$108

Instructor: Bill Hyman

Location: Albany Senior Center, South Room

Min: 4; Max: 30

Novels: Spring

AGES 50-OLDER

Winter's Bone, by Daniel Woodrell, is an astonishing novel. As *The New York Times Book Review* said, "... this novel will speak to readers as long as there are readers."

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Mar 23-May 25	Wed	3-5 pm	10x	\$75	\$80

Instructor: Debra Ratner

Location: Albany Senior Center

Min: 4; Max: 30

Travel

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.

Shen Yun Chinese Dance Performance at San Francisco's War Memorial Opera House

AGES 50-OLDER

Trip includes: Transportation and performance tickets. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 6	Wed	11 am-5:30 pm	1x	\$75	\$79
January 9	Sat	11 am-5:30 pm	1x	\$75	\$79

Min: 12; Max: 21

Cantor Arts Center on the Stanford University Campus

AGES 50-OLDER

Trip includes: Transportation. Lunch and exploring on your own at the museum.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 21	Thur	10 am-3 pm	1x	\$29	\$34

Min: 12; Max: 21

Nob Hill & Fairmont Hotel Tour with Happy Hour

AGES 50-OLDER

Trip includes: Transportation and professional bus/walking tour guide. Happy hour at the Fairmont Tonga Room on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 27	Wed	1-7 pm	1x	\$39	\$44

Min: 12; Max: 21

Superbowl City & 50th NFL Experience in San Francisco

AGES 50-OLDER

Fan village designed to celebrate the milestone Super Bowl 50. Trip includes transportation and admission.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 1	Mon	1-7 pm	1x	\$49	\$54
February 3	Wed	1-7 pm	1x	\$49	\$54

Min: 12; Max: 21

San Francisco Chinese New Year Parade

AGES 50-OLDER

Trip includes transportation and bleacher seat ticket. Lunch and exploring on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 20	Sat	8:30 am-5 pm	1x	\$39	\$44

Min: 12; Max: 21

Pacific Orchid Exposition at Fort Mason

AGES 50-OLDER

Trip includes transportation, admission and docent tour. Lunch on your own at Ghirardelli Square.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 26	Fri	9 am-5 pm	1x	\$39	\$44

Min: 12; Max: 21

Red Hawk Casino in Placerville

AGES 50-OLDER

Trip includes transportation to the casino.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 2	Wed	9 am-4 pm	1x	\$19	\$24

Min: 12; Max: 21

High Hand Nursery & Café in Loomis

AGES 50-OLDER

Trip includes transportation and lunch reservation. Exploring and lunch at the High Hand Cafe on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 9	Wed	8:30 am-5 pm	1x	\$39	\$44

Min: 12; Max: 21

Beach Blanket Babylon

AGES 50-OLDER

Trip includes transportation and admission. Exploring Lunch on your own in North Beach.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 13	Sun	11 am-5 pm	1x	\$69	\$74

Min: 12; Max: 21

Billionaires Row

AGES 50-OLDER

Trip includes transportation and professional tour guide (includes some walking). Lunch in the neighborhood on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 23	Sun	9 am-4 pm	1x	\$39	\$44

Min: 12; Max: 21

Giants vs. A's Exhibition Game in Oakland

AGES 50-OLDER

Trip includes transportation, admission and lunch.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 2	Sat	10 am-5 pm	1x	\$69	\$74

Min: 12; Max: 21

Explore South San Francisco & San Mateo Coastline Parks

AGES 50-OLDER

Trip includes transportation and professional guide including bus tour and optional short walks. Lunch on your own along the way overlooking the water.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 13	Wed	9 am-4 pm	1x	\$39	\$44

Min: 12; Max: 21

Silverado Trail and Wine Tasting at Mumm Vineyards

AGES 50-OLDER

Trip includes transportation and tasting at Mumm Vineyard. Lunch on your own in Calistoga.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 18	Mon	9 am-4 pm	1x	\$49	\$54

Min: 12; Max: 21

Jackson Rancheria Casino in Jackson

AGES 50-OLDER

Trip includes transportation to the casino.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 27	Wed	9 am-5 pm	1x	\$19	\$24

Min: 12; Max: 21



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.

Discover Cuba

AGES 50-OLDER

8 Days: March 9, 2016

Trip Includes: Roundtrip airfare, hotel, ground transfers, 16 Meals (6 breakfasts, 6 lunch and 4 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

Cost: \$4895 per person, double occupancy; \$600 single supplement. Deposit: \$500 per person. Final payment due September 15, 2015.

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

Gardens & Mansions: Featuring New Orleans & Cajun Country

AGES 50-OLDER

7 Days: April 10, 2016

Trip Includes: Roundtrip airfare, hotel, ground transfers, 10 Meals (6 breakfasts, 4 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

Cost: \$2265 per person, double occupancy; \$625 single supplement. Deposit: \$300 per person. Final payment due January 10, 2016.

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

Southwest Trains & Canyons

AGES 50-OLDER

8 Days: June 16, 2016

Trip Includes: Roundtrip airfare, hotel, ground transfers, 12 Meals (7 breakfasts, 1 lunch and 4 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

Cost: \$2665 per person, double occupancy; \$900 single supplement. Deposit: \$300 per person. Final payment due March 15, 2016.

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

SPECIAL PRESENTATION: SENIOR TRAVEL TROUPE 2016 SCHEDULE

Thursday, January 14, 2016 • 1 pm • Free

Want to learn more about our Extended Vacations for 2016? Come see our exciting lineup from Premier World Discovery.

- Cape Cod & the Islands (September)
- Venice & the Italian Lakes (October)
- Holland Windmills & Rhine River Castles (October)

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.



Oakland Chinatown

AGES 50-OLDER

Trip includes transportation. Exploring, shopping and lunch are on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 13	Wed	11 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

Golden Gate Park & 9th Ave Lunch

AGES 50-OLDER

Trip includes transportation. Exploring, shopping and lunch are on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
February 10	Wed	10 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

The Yard at Mission Rock in San Francisco

AGES 50-OLDER

Trip includes transportation. Exploring, shopping and lunch are on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
March 16	Wed	10 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

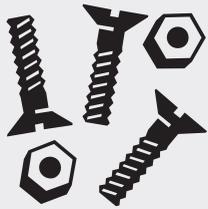
Windmills and Tulips: Queen Wilhelmina Tulip Garden and Beach Chalet or Park Chalet Restaurants in San Francisco

AGES 50-OLDER

Trip includes transportation. Exploring the garden and lunch are on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 8	Fri	10 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21



ALBANY SENIOR RESOURCE EXPO

Thursday, April 21 • 10 am–1 pm • Free

Join us for the 8th Annual Senior Resource Expo in Albany. Representatives from different organizations that provide assistance to seniors and caregivers will be on hand to share information on housing, healthcare, transportation and more. Free lunch served (while supplies last) and a special gift given to the first 100 guests in attendance.



OLDER AMERICANS MONTH HIGH TEA

Thursday, May 19 • 12–2 pm • \$5

Join us for this very special event honoring Older Americans. Come have tea and a light lunch while listening to wonderful entertainment. Decorate your table, create a unique centerpiece and bring your favorite teacups. Prizes will be awarded for best tables. Reserve your table now at the Senior Center. Reservation deadline is Friday, May 13. Admission fee includes tea and lunch.

Friends of Albany Seniors
Fundraisers
to support the Albany Senior Center

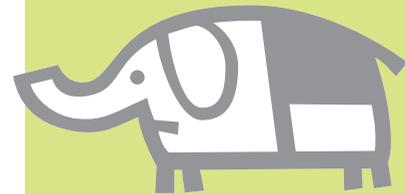


Pancake Breakfast

Join the Friends of Albany Seniors for breakfast prepared especially for you by Albany firefighters.

**Saturday, February 20
9 am–1 pm**

\$8 Adults, \$5 Children 6 and under.
(\$9/\$6 if purchased after 2/1/16)



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 30 • 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



Night at the Oscars

**Sunday, February 28 • 4 pm • \$30
(Includes 3-course dinner)**

Come walk down the "red carpet" at the Albany Senior Center as we present the 88th Annual Academy Awards, live from Los Angeles. Watch the Oscars in style!

Champagne Welcome Reception • Live Jazz music • 3-Course dinner • Swag bag give-a-ways • Free Raffle • Many more surprises

Maximum capacity is 40 guests so get your ticket early by calling the Senior Center.

Detail, *Morning Fog*, 2015
 Book pages, soft pastel
 and acrylic medium on
 handmade paper
 24×36"



SUZANNE JOYAL **IMAGINE HORIZONS**

January 9–April 4 • Opening Reception: January 10, 4–6 pm
 Albany Community Center Foyer

Suzanne comes from a quiet, remote town in Maine. She travels to a remote corner of Zambia to work with poor women there. Suzanne has lived in Marin for 15 years where she has had the opportunity create art with children of all ages and abilities. Her multi-media collage paintings explore the texture and joy to be found when you find beauty in the every day.

"I am intrigued with pushing the limits of my materials, and finding new and unique ways to work with them. I currently work with old book pages, carefully analyzing the stages of decay and discoloration to add depth to a work. And I am enthralled by the possibilities of soft pastel: I apply it dry and then paint on top of it with acrylic medium. The layers of color and texture are boundless."

ABOUT THE GALLERY

The Albany Community Center Art Gallery is supported by the City of Albany and managed by the Albany Arts Committee. The Albany Arts Committee sponsors four art shows per year and each exhibit runs for approximately three months. The Gallery has played host to wonderful and talented artists from Albany and our neighboring cities. We would like to give a special thanks to two local businesses, La Vie en Rose and Design-a-Sign, who generously contribute to each show.

Applying to the Gallery

The Albany Arts Committee is accepting submissions now with a deadline of August 26, 2016 for shows starting January 2016 through December 2016. The shows are three months long and are displayed in the Community Foyer Gallery. The gallery committee will be meeting in September 2016 to select the shows for the coming year. Please note we do not accept group shows. For information about the application process visit www.albanyca.org/arts.

2016 ALBANY CIVICS ACADEMY

Get a behind-the-scenes look at city government!

**Thursday Evenings, 6:45–9 pm
March 31–May 12, 2016 (7 sessions)
Albany City Hall
1000 San Pablo Avenue, Albany**

The final session will be a graduation ceremony at the City of Albany council meeting held on Monday, May 16, 2016.

**Online registration:
www.albanyca.org/ACA**

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

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

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

the objectives of the Albany Civics Academy are:

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

Who can apply?

Residents who are interested in applying for the Albany Civics Academy need to complete the online application by March 24, 2016. The fee for the program is \$10. Priority will be given to Albany residents 17 years or older. Albany business owners will be accepted, space permitting. The ACA will be limited to 22 participants.



@ theCenter

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

Noon Year's Eve

Thursday, Dec. 31 • 11 am–1 pm • Free

Is it tough to keep the kids awake past 9 pm on December 31st? This year celebrate New Year's Eve fun at the family-friendly hour of Noon! We encourage K–5th grade children and their families to stop by for arts, crafts, activities, trivia, celebratory ball drop, goodies and countdown to Noon. Ring in 2016 Albany style!

Cornhole Night

Friday, Jan. 29 • 7–9 pm • Free

You are invited to a fun easy going night of Cornhole: also known as “bags” or “that one game Ryan and Suzzy have where you throw the bean bag at the board with a hole in it”. Come check out the backyard BBQ game that is sweeping the nation! This is a drop in event, everyone is welcome. We will have 3 boards, 12 couples can play at a time.

Albany FilmFest Red Carpet Academy Awards Party

Fridays, Feb. 26 • 7–9 pm • Free

Get ready for Albany FilmFest in March at our festive community opening party. All ages welcome! See some films, play some games, crafts for kids, red carpet photo, trivia contest with prizes, enjoy adult (and all-age) beverages—and, of course, the free popcorn will flow.

Albany Celebrity Game Night

Friday, Mar. 25 • 6:30–8:30 pm • Free

The City of Albany is hosting its very own version of Celebrity Game Night. Your host for the evening is the hilarious and talented Blaine Flynych. Teams will be comprised of 4 Albanians–1 teacher, 1 City staff member, 1 resident and 1 wild card! Blaine will take our contestants through a series of raucous team games that require knowledge of pop culture and thinking quickly on your feet. As the audience, you will be asked to help along the way. Join us for a wacky night of hilarity and wittiness!

The Bare Bones of the Bone Room

Friday, Apr. 29 • 6:30–7:30 pm • Free

The Bone Room has been on Solano Avenue for over 20 years and has been a local curiosity from the start. Learn about the Bone Room's origins, see some of the shop's most bizarre and unique items and hear tales of their procurement. Get a rundown on bone cleaning, collecting and conservation. Bring your best questions to be answered by the staff and get to know your favorite shop a little bit better!

SONGS ON SOLANO

Spread Some Cheer.
Be Merry!

*

FRIDAY, DECEMBER 11, 2015

6:30 PM

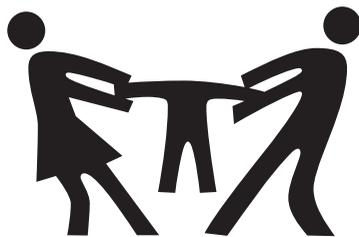
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WEAR A SCARF

AND MEET AT THE CORNER OF

SOLANO & STANNAGE

*



Join in Albany's community-wide CLOTHING SWAP

Tuesday, January 12, 2016 • 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.

CELEBRATE NOON YEAR'S EVE

Thursday, December 31, 2015

11 am–1 pm

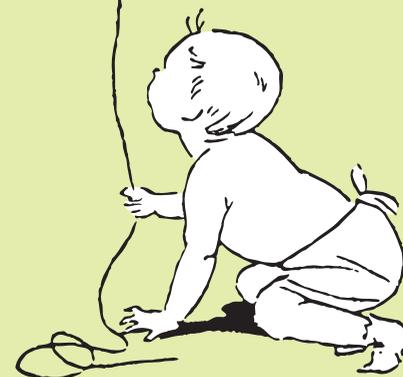
Albany Community Center Hall

FOR KIDS

(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 2016-Albany-style!



Santa on Solano

FREE

Photo with Santa
Popcorn and Treats

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

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

Noon to 4:00

Three Weekends in
December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Chloe's Closet

1545 Solano Avenue

across from Safeway in Albany

EAT
SHOP
PLAY
LIVE
do it here.



Sports Equipment Swap

Thursday, February 25 • 6–6:30 pm (Be ready to swap!)
Albany Community Center Rooms 1 & 2

Instead of purchasing new shin guards or a baseball glove this year, participate in the Albany Sports Equipment Swap. Bring your gently used sports paraphernalia that you no longer use and exchange them for items that fit your needs for this year! Perhaps your child wants to try a new sport this season. Not a problem—at the Sports Equipment Swap, you can exchange your soccer cleats for volleyball knee pads! Leftover equipment will be donated.

Examples of items to donate/exchange:

Baseball: gloves, bats, balls. **Volleyball:** knee pads, balls.

Soccer: shin guards, cleats, shorts, socks. **Tennis:** rackets.

Lacrosse: stick, ball, gloves, pads. **Basketball:** ball, shorts, jerseys.

For more information contact Nick Jordan, njordan@albanyca.org.

DROP-IN PICKLEBALL

Outdoor:

Tuesdays, 4–6 pm

Ocean View Park, Pickleball Courts

Indoor:

Sundays, 5–7 pm

Albany High School Gym

\$5 drop-in court fee, \$2 paddle rental



City of Albany Community Services Department presents

RUN AROUND TOWN



Run Every Sunday
8AM • Suzette Crêpe Cafe, 1226 Solano Ave.

Both short & long courses



New route(s) each week



TOOL POOL

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

Do you need some extra tools for that fall 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 myturn.albany.com/library and check-out a tool from our growing inventory. Tools are available for one-week rentals. We are also accepting tool donations at anytime. For more information contact Liam Kelly at lkelly@albanyca.org.

EARTH DAY CELEBRATION & CLEANUP

Saturday, April 23, 2016
9 am–12:30 pm

Meet at the foot of Buchanan Street.

Join the City of Albany and the Watershed Project for a waterfront cleanup in celebration of Earth Day! Wear sturdy shoes, a hat and sunscreen, and bring your own reusable water bottle and gloves if you have them. Children must be accompanied by an adult. Please consider riding a bike or walking to the event! Visit www.albanyca.org/greenalbany for more information.





Walk 'n Roll to School Day
1st Wednesday of February, March & April

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

BLOOD DRIVE

Tuesday, March 8 • 9:30 am–3 pm
Albany Community Center

Mark your calendars for the upcoming Red Cross Blood Drive at the Albany Community Center.

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



Community Emergency Response Team (CERT) Course

Tuesdays, March 8–April 26 • 6–9 pm • Free

CERT training gives you the practical skills to put out a fire, perform disaster medicine, and conduct a light search & rescue. But more importantly, it teaches you to how to make smart decisions. Visit <http://tiny.cc/AlbanyCert> for course details.

Sign-up today, class limited to 20 participants!
Contact Eileen Harrington to register:
eharrington@albanyca.org • (510) 528-5710

albany preschool presents

Crafts, Games, Food, Music, Egg hunt...

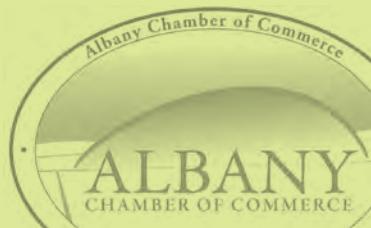
the Spring Bunny arrives at 11 a.m. on an Albany Fire Truck!

THE SPRING FASTER

SATURDAY, MARCH 26, 2016, 10AM-2PM
Memorial Park on the lawn at Portland & Ramona Ave, Albany

EVERYTHINGALBANY

Your hub for everything in Albany
everythingalbany.com



Albany Beach Clean-Up & Sand Globe Workshop

Sunday, February 14
1–3 pm

Bottom of Buchanan Street

Give the beach some love this Valentine's Day! Join friends and neighbors to keep the beach clean and have fun. Bring your own gloves and buckets or use ours. Beach cleaners park free at the race track parking lot, courtesy of Golden Gate Fields. Enter near the heron sculpture at foot of Buchanan Street.

Sponsored by Albany Landfill Dog Owners Group (aldog.org) in collaboration with East Bay Regional Park District, Friends of Albany Parks, environmental artist Zach Pine (naturesculpture.com), the Samavesha Community Program, and Golden Gate Fields.

OCEAN VIEW COMMUNITY ORGANIC GARDEN

Gardeners wanted!

The Ocean View Community Organic Garden serves Albany residents. Enjoy the spirit of community while growing delicious food and flowers. No experience necessary. The garden is located in the Ocean View Park at 900 Buchanan Street (behind the tennis courts). Contact the Albany Recreation & Community Services Department at (510) 524-9283 or email recinfo@albanyca.org for more information. The non-refundable plot fee is \$60 per year. Join us for our "Open Garden" on 2nd & 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.



S H O P A L B A N Y





Cellular Soapbox

Hey Albany! KALB is producing a new show and we need you to make it happen!

Show people in Albany what you do, what your hidden talents are, what you think about important issues, or what makes you laugh. So, if there's something you want people to see or know about, take a 1 minute cell phone video of it, submit it to our channel, and we'll play it on TV!

All you have to do is upload your cell phone videos to:
<https://www.hightail.com/u/AlbanyKALB>
 Let free speech and self-expression thrive in Albany!

ALBANY FILMFEST & KALB PRESENTS: WINTER/SPRING EVENTS

Documentary on Couples Coping with Early Alzheimer's

AGES: ALL

San Francisco filmmaker Barbara Klutinis presents her feature documentary *The Sum Total of Our Memory: Facing Alzheimer's Together* (57 minutes). In this touching and informative film, a favorite of many at last year's Albany FilmFest, couples affected by a partner's recent diagnosis of Alzheimer's come to terms with their changing roles. Prominent Alzheimer's medical experts from UCSF and CPMC offer their perspectives on diagnosis, the nature of the disease in the aging brain, helpful attitudes in caring for loved ones, stigma, support for caregivers, clinical trials, and overall healthcare concerns. Stay after the film for an audience Q&A with the director.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
December 15	Tue	7-8:30 pm	1x	Free	

Featuring: Barbara Klutinis
Location: Albany Library, Edith Stone Room, 1247 Marin Avenue

TV Academy: Go Behind the Scenes at Albany's Cable Channel and Media Outlets

AGES: ALL

Albany media may be the best kept secret in Albany. Did you know we have a cable TV station (KALB-33), streaming video on the City's website, and our own YouTube channel? Best of all, it's for and about Albany's citizens! You can watch City meetings you're unable to attend (or just want to relive), watch educational and entertainment programming and you can even make and show your own content. Join our staff and members and Albany's Community Media Access Committee to learn about Albany's awesome media opportunities, tour our semi-secret underground TV studio and learn how you can make your voice heard in your own community.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
January 21	Thur	7-8:30 pm	1x	Free	
March 10	Thur	7-8:30 pm	1x	Free	
April 28	Thur	7-8:30 pm	1x	Free	

Featuring: KALB Staff & Community Media Access Committee
Location: Albany Library, Edith Stone Room, 1247 Marin Avenue

Best of the (Albany Film)Fest 2016

AGES: ALL

Variety, quality, sheer pleasure. Join us for a retrospective showing of the winners of this year's Albany FilmFest. Relive the glory or see what you missed.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
April 19	Tue	7-8:30 pm	1x	Free	

Featuring: Waylon Bacon
Location: Albany Library, Edith Stone Room, 1247 Marin Avenue

Summer Surprise!

AGES: ALL

Stay tuned for more information about this event. Get on the Albany FilmFest mailing list for details about this and all of our events: info@filmfest.org.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 21	Tue	7-8:30 pm	1x	Free	

Featuring: Waylon Bacon
Location: Albany Library, Edith Stone Room, 1247 Marin Avenue

A co-presentation of Albany FilmFest, the Albany Library and Friends of the Albany Library. For more information, contact info@albanyfilmfest.org

YOU CAN MAKE IT! AND WE WANT TO SEE IT! LEARN MORE AT KALB33.ORG



ALBANY FILM FEST

The 6th Annual (Short and Really Short) Albany FilmFest returns to the Albany Twin!

All-day screening: **Sunday, March 20, 2016**

Special kids' matinee: **Saturday, March 19, 2016**

"Great ambiance!" Watch our films at Landmark's Albany Twin on Solano Ave. Enjoy the comfortable seats, big screen, and deco-era ambiance of the big downstairs theater. Wheelchair accessible.

"Amazing variety!" Discover a filmmaker's festival.

Comedy! Drama! Documentary! Animation! Independent short films chosen for originality and quality, judged by working film industry professionals.

"So friendly!" Enjoy a real community celebration. We're supported by the City of Albany, local businesses, and community members, and powered by a dedicated team of volunteers and city staff.

**"Creative,
fun, local...
inspired!"**

Help support youth media education in Albany.

An important part of Albany FilmFest's mission is to encourage youth to explore and develop communication, storytelling, and creativity through film, video, and media. We have two youth filmmaker categories and a family-friendly kid's matinee screening. Proceeds from our events support a variety of young filmmaker camps, classes, and events.



Albany Filmmakers' Showcase: Special free category just for Albany residents

Want a chance to see your film screened at Albany FilmFest? Only two rules:

1. You live in Albany or went to school here
 2. Your film or video is less than 30 minutes
- Free, fun, noncompetitive
 - All ages welcome, first-time filmmakers welcome
 - Teachers/community group leaders: class or group video/film projects wanted (ask how we can help)

Complete FAQ and rules at www.albanyfilmfest.org, or contact info@albanyfilmfest.org

Learn about special Pop-Up Events throughout the year, and find out how you can enter, support, or attend Albany FilmFest: www.albanyfilmfest.org or contact info@albanyfilmfest.org

Albany FilmFest Red Carpet Academy Awards Party!

February 26, 2016, 7-9pm

Albany Community Center Main Room

With two days to go until the Oscars, and just three weeks until Albany FilmFest, it's time to celebrate film! All ages welcome! See some films, play some games, get your celebrity picture taken, enjoy adult (and all-age) beverages – and, of course, the free popcorn will flow.

- Preview our new short films, see some of your old favorites
- Academy Awards & Albany FilmFest Trivia Contest – prizes!
- Get your red carpet photo taken on our step & repeat stage
- Crafts for kids
- Limited edition Albany FilmFest tee shirts & bags for sale
- Enjoy free popcorn and meet our Popcorn Mascot

All profits from Albany FilmFest support youth media education in Albany.

See You
There!

Free
Popcorn!

SUNDANCE.
CANNES.
ALBANY!

AFF PRESENTS CALENDAR

Albany FilmFest Presents

This free bi-monthly film series is presented on **Tuesdays from 7-8:30pm** at the Albany Library's Edith Stone Room.

Co-sponsored by Albany Library and Friends of the Albany Library.

February 16: SELECTED YOUTH SHORTS FROM CAMP REEL STORIES + Q&A

Get ready to be inspired! Watch some of the amazing short films created in this one-week media camp for girls and meet some young filmmakers. Working in small, collaborative groups, this camp gives the campers the opportunity to make and broadcast their own short films. A Q&A follows the films.

April 19: BEST OF THE (ALBANY FILM)FEST 2016

Variety, quality, sheer pleasure. Join us for a retrospective showing of the winners of this year's Albany FilmFest. Relive the glory or see what you missed!

June 21: SUMMER SURPRISE!

Stay tuned for more information about this event. Get on the Albany FilmFest mailing list for details about this and all of our events: info@albanyfilmfest.org.



Saturday, February 27 1-4pm

Girls 12-18 • Edith Stone Room, Albany Library, 1249 Marin Ave., Albany

Albany FilmFest Presents: Camp Reel Stories for Girls Animation Workshop

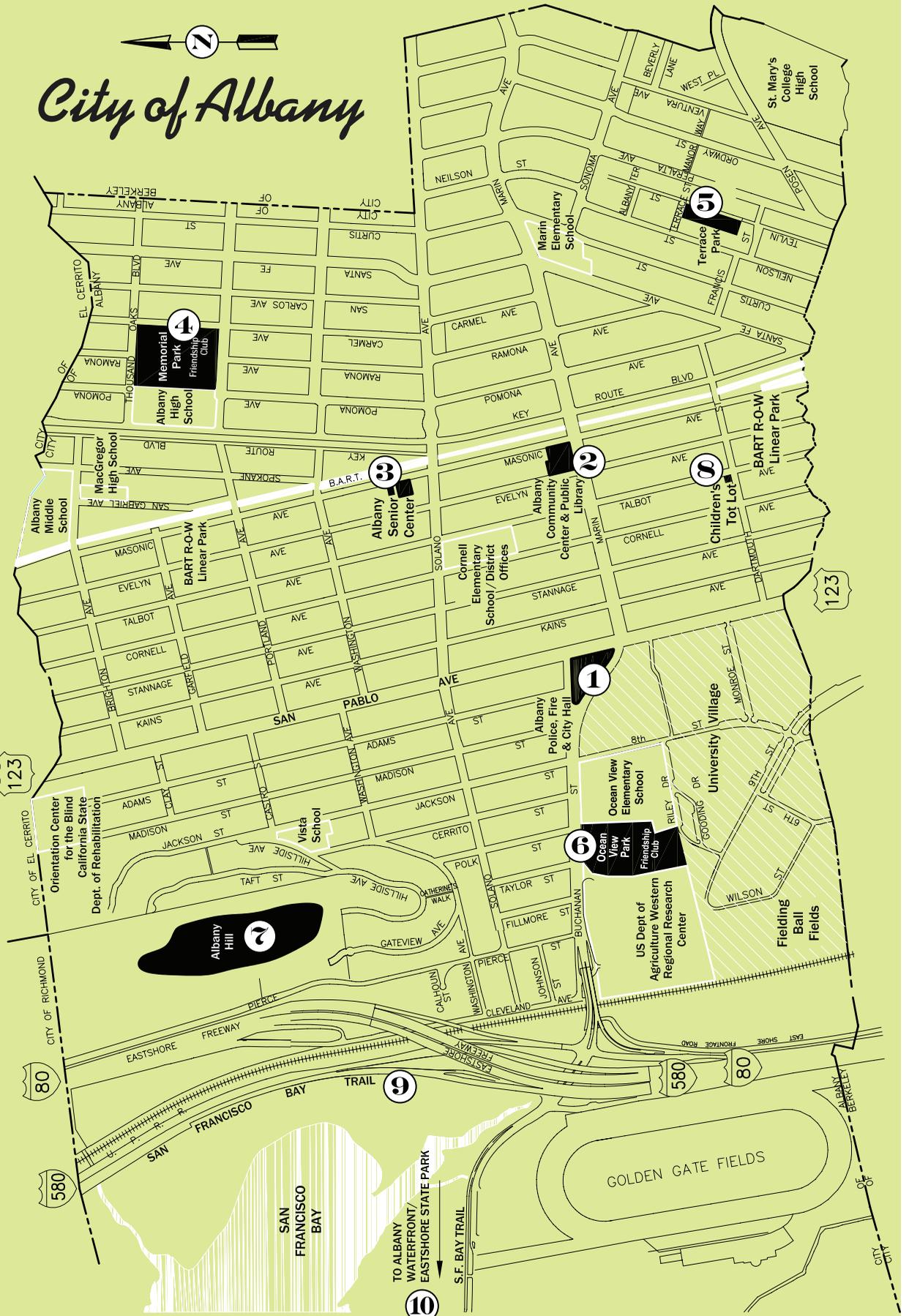
Girl power meets animation: Learn animation and break down stereotypes all at the same time in this hands-on workshop from **Oakland's Camp Reel Stories – A Media Camp for Girls**. If you are interested in working in film, video, or media of any kind, this is a great introduction.

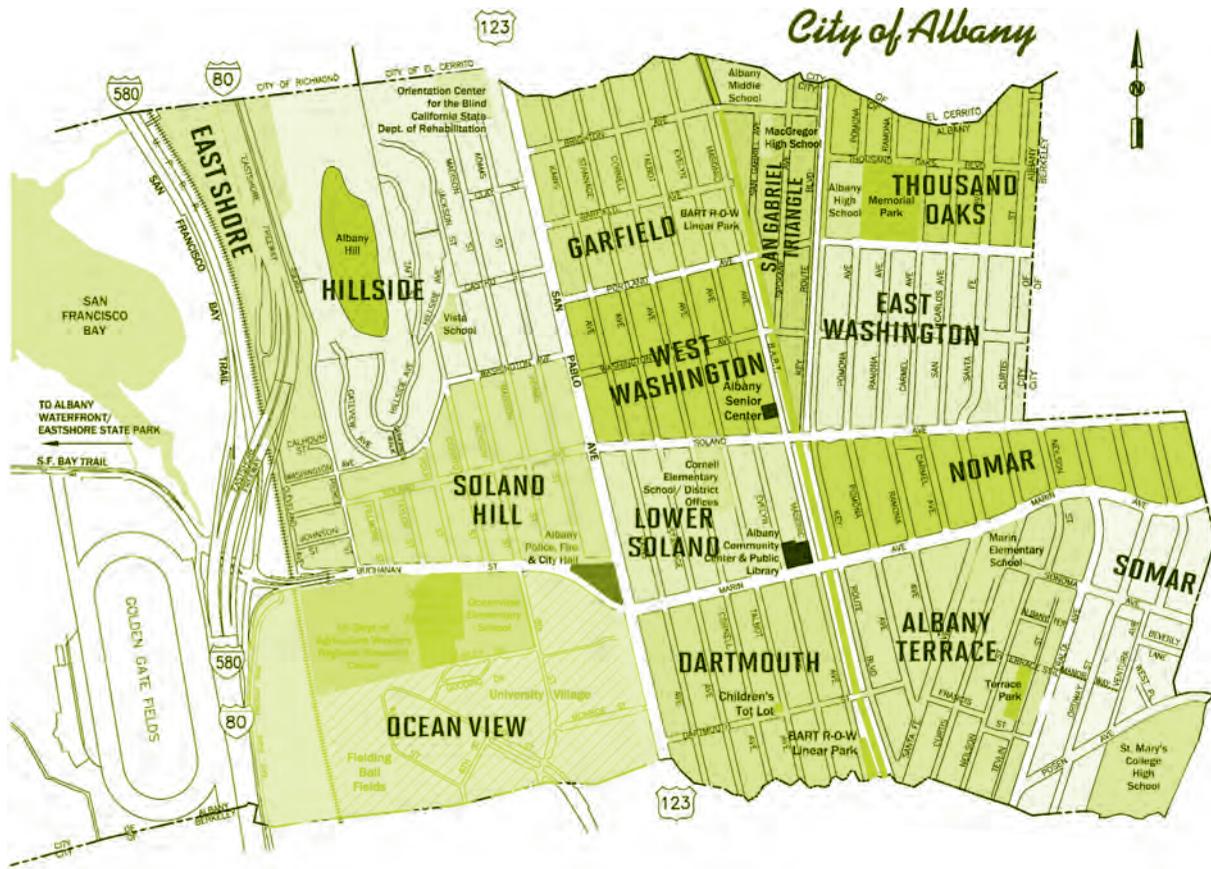
MAP

City of Albany



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





AROUND YOUR BLOCK

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

FEATURED IN

The New York Times USA TODAY Los Angeles Times WALL STREET JOURNAL

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

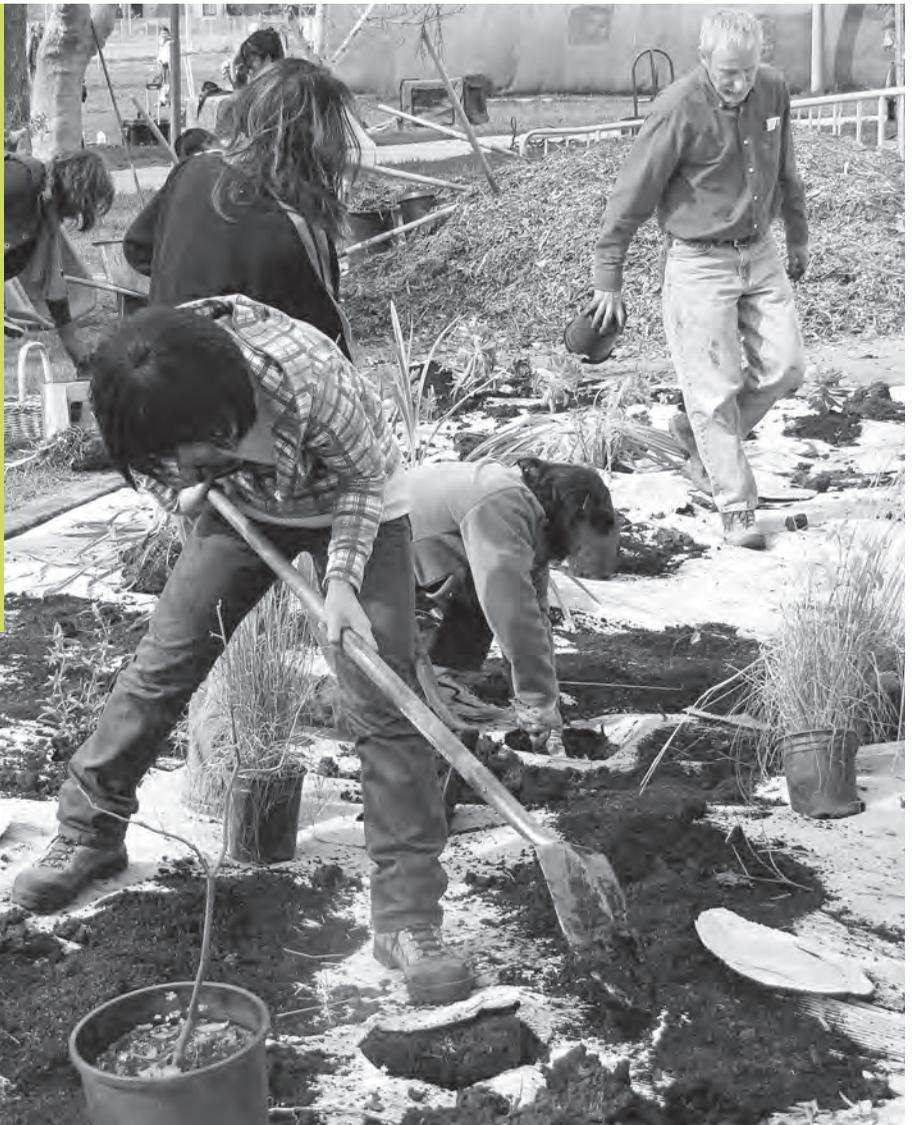
**LANDSCAPING
VOLUNTEERS
NEEDED**

(Green thumb not required)

Begin the fall by joining on of our volunteer programs in Albany:

- Friends of Albany Parks
- Weed Warriors

For more information about the programs visit www.albanyca.org/volunteer.



Albany's Volunteer Corps was established to match qualified volunteers with various City departments in need of assistance for special projects, events and day-to-day tasks. Volunteers gain hands-on experience in City government, serve their community, develop a sense of community pride, enhance the City's programs in a cost-efficient manner, establish a sense of teamwork and meet other community members.

Listed here are some of the events and projects where you can lend a hand throughout the year. For more information and specifics about items listed contact Liam Kelly at lkelly@albanyca.org or visit www.albanyca.org/volunteer.

VOLUNTEERS NEEDED

UPCOMING OPPORTUNITIES

Dec: Noon Year's Eve, Sr. Center Holiday Dinner, Songs on Solano, Sr. Center Holiday Market, Tool Pool

Jan: MLK Week, @theCenter, Clothing Swap, Tool Pool

Feb: Sr. Center Pancake Breakfast, Chinese New Year, Tool Pool, @theCenter

Mar: Friends of Albany Parks, @theCenter, Tool Pool

Apr: Friends of Albany Parks, @theCenter, Earth Day Waterfront Clean-up, Tool Pool

ONGOING PROJECTS

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



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 meal by pouring cooled FOG into a sturdy paper container or egg carton and dispose into your green organics cart.

WHAT IS PACE?

PACE stands for Property Assessed Clean Energy and it is a voluntary financing program that allows residential and commercial property owners to borrow money to pay for renewable energy systems, energy efficiency improvements, water conservation and seismic retrofit projects. Loans are repaid via an annual assessment on the property tax bill. The City of Albany has authorized three PACE providers. You can contact them and see a list of available contractors on their websites: CaliforniaFIRST (www.californiafirst.org), AllianceNRG (www.allianceng.com), HERO (www.heroprogram.com).

Benefits of the program: No upfront costs, long-term, fixed-cost 100% financing, loans secured by the property rather than the owner's credit standing, assessment may be passed on to the next property owner in the event of sale, may be able to take tax deductions on interest, can be combined with rebates.

EARTH DAY WATERFRONT CLEAN UP

Saturday, April 23 • 9 am–12:30 pm • Albany Beach

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

COMPOST GIVEAWAY

Sunday, May 1 • 11 am–4 pm • Memorial Park

The City of Albany is giving away two bags of WM EarthCare Homegrown Compost per household at the Albany Arts & Green Festival. Make sure to come early because this giveaway will be first-come, first-serve. Albany residents qualify as long as you show your driver's license or Waste Management bill. Compost is 100% local, made from your own Bay Area yard trimmings and residential food scraps. Pick-up compost at the edge of the Park on Carmel Avenue. An additional giveaway will be held over the summer. www.albanyca.org/compostgiveaways.

EARTH HOUR

Saturday, March 26 • 8:30–9:30 pm

Turn off your lights for Earth Hour 2016. Earth Hour is an event that urges communities to switch off their lights for an hour each March in a symbolic gesture to inspire people to take action on climate change, visit www.earthhour.org.

OCEAN VIEW COMMUNITY ORGANIC GARDEN WEEKLY "OPEN GARDEN"

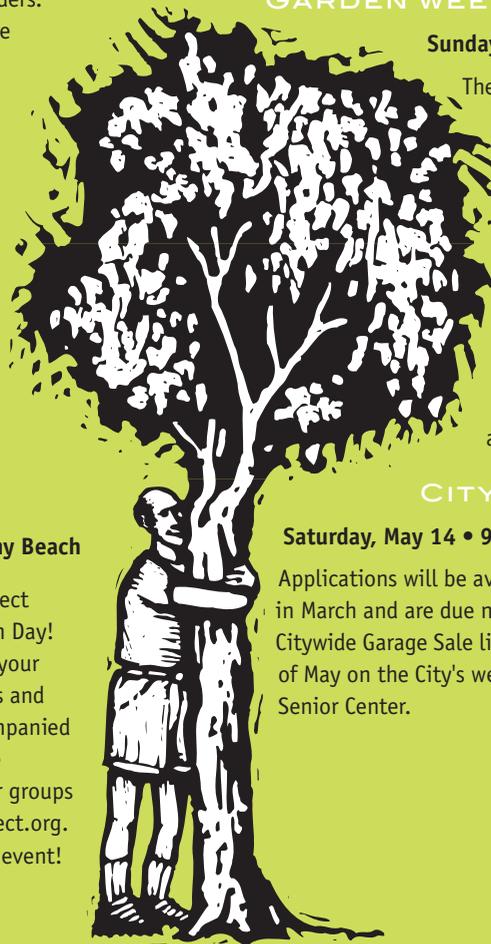
Sundays • 11 am–1 pm

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

CITYWIDE GARAGE SALE

Saturday, May 14 • 9 am–3 pm

Applications will be available at www.albanyca.org/greenalbany in March and are due no later than Friday, April 19 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.





The Friends of Albany Parks program encourages community members to get involved with the care, maintenance and beautification of their favorite neighborhood park.

Park Gala events provide social gatherings geared toward developing ideas for park improvement and getting residents involved with park maintenance. They help foster a better sense of community and build social capital as neighbors meet and work together. The Galas also provide an opportunity to volunteer for specific park maintenance tasks.

Friends of Albany Parks members will meet for a Clean-Up Day after the Gala. Each member who attends the Clean-Up Day will receive an official Friends of Albany Parks T-shirt. Additional events will be announced in the Summer 2016 *Activity Guide*.

For more information contact Liam Kelly at lkelly@albanyca.org or visit www.albanyca.org/volunteer.

Special thanks to the Albany Community Foundation, Volunteers from the Memorial Park Edible Garden and Friends of Five Creeks and Friends of Albany Hill for their partnerships.

PARK	GALA	CLEAN-UP
ALBANY BULB	NO GALA	SATURDAY, FEBRUARY 13, 9 AM
OHLONE GREENWAY	WEDNESDAY, FEBRUARY 24, 6:30 PM	SATURDAY, MARCH 5, 9 AM
MEMORIAL PARK	WEDNESDAY, MARCH 23, 6:30 PM	SATURDAY, APRIL 2, 9 AM
OCEAN VIEW PARK	WEDNESDAY, APRIL 27, 6:30 PM	SATURDAY, MAY 7, 9 AM

Get Connected!

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



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

www.albanyca.org/enotify



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



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

www.albanyca.org/socialmedia

1000 San Pablo Avenue

(510) 528-5710 

cityhall@albanyca.org 



Urban Village by the Bay

RENT
 one of our group picnic areas at Memorial, Ocean View or Terrace Parks for your next event!



**Parks
 Make
 Life
 Better!**



It's Picnic Time!

OCEAN VIEW PARK

The Ocean View Park picnic area has been expanded with permanent restrooms centrally located near the play and picnic area. The picnic area is located among beautiful Redwoods and the newly installed Ocean View Community Garden. The play area is spacious and features all-new swings and climbing structures!

There are six picnic areas available for reservation or you can rent the entire picnic area. Please call for pricing and information or see the picnic area diagram the City website at www.albanyca.org/rec.

Note: Picnic rentals require a \$30 refundable cleaning deposit.

MEMORIAL PARK

Memorial Park picnic area is located next to the ball field that includes a new large, two-sided, stone BBQ. The picnic area may be reserved in its entirety, or you may reserve half of the picnic area by reserving either the East Side or the West Side.

The East Side has four picnic tables, one small BBQ, and one side of the large BBQ. The East Side can be reserved for \$16 per hour for residents and \$18 per hour for non-residents.

The West Side has five picnic tables, two small BBQs, and one side of the large BBQ. The West Side can be reserved for \$20 per hour for residents and \$22 per hour for non-residents.

Both East and West sides can be reserved for \$36 per hour for residents and \$38 per hour for non-residents.

Note: Picnic rentals require a \$30 refundable cleaning deposit.

TERRACE PARK

Terrace Park has five new picnic tables, two new BBQs, and a permanent restroom with a beautifully designed tile mural on the outside of the new restroom structure.

The Terrace Park picnic area may be reserved for \$20 per hour for residents and \$22 per hour for non-residents.

Note: Picnic rentals require a \$30 refundable cleaning deposit.

Dogs in Albany's Parks

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

Solar Compactors in Albany Parks

New Recycling Bins our the Parks: New Big Belly Triple Stations for trash, recycling and organic waste. It is the first opportunity for park users to correctly sort and compost their organic waste (apple cores, pizza boxes, paper plates).



FOR RENT

Albany Facilities

FACILITIES



ALBANY COMMUNITY CENTER

The Albany Community Center features a large community room complete with a commercial-style kitchen and outdoor patio. The room is equipped with special sound and lighting for a stage or 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 Nick Jordan for a complete price quote and information at 559-7217.

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 Sid Shoenfeld at the Senior Center at 524-9122 for availability and a price quote.

BLOCK PARTIES & PICNIC RENTALS

Start planning for your spring block party-get together with friends and family. Organizing a Block Party or picnic in the park is a great way to enjoy the warm weather. **Invite the Albany Fire Department to make a presentation about disaster preparedness and we will waive the \$26 fee.**

Call Nick Jordan at 524-9283 for information regarding picnic rentals or Jess Cosby 559-7217 to initiate a block party application.

TENNIS COURTS

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

CITY CONTACTS

City Administration	(510) 528-5710
City Attorney	528-5858
City Clerk	528-5710
City Council	559-7250
Community Development	528-5760
Finance/City Treasurer	528-5730
Fire & Emergency Medical Services	528-5770
City Maintenance	524-9543
Human Resources	528-5714
Police	525-7300
Recreation & Community Services	524-9283
Friendship Club/Childcare Program	559-7220
Teen Center	559-7225
Senior Center	524-9122
Jobline	528-5777

COMMUNITY CONTACTS

Albany/Berkeley Soccer Club	526-3912
Chamber of Commerce	525-1771
Albany Education Foundation	558-6823
Albany Kid's Corner	526-7637
Albany Library	526-3720
Albany Little League	526-1404
Albany Lions Baseball	559-9148
Albany Project HOPE	684-2597
ECHO Housing (toll free)	855-ASK-ECHO
Berkeley Mental Health Family Services	981-5280
Berkeley Mental Health Adult Services	981-5290
Berkeley Mental Health Crisis Services	981-5290
Albany Preschool	527-6403
Albany Pool	559-6640
Albany Unified School District	558-3750
Albany YMCA	525-1130
Friends of the Albany Library	526-3720 x 26
Albany Memorial Veterans Building	525-9316
University Village Recreation	524-4926
Waste Management	613-8710
Parking Ticket Payments	(925) 335-8550

DID YOU KNOW?

There are a number of tax exemptions and fee discount programs available to Albany residents. For a comprehensive list visit:

www.albanyca.org/HumanServices

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



www.AlbanyCA.org

PARK & RECREATION COMMISSION

Chelle Putzer	Staff Liaison
Tod Abbott	Chair
Alene Pearson	Vice Chair
Dirk Larsen	Member
Emma Yee	Member
Britt Tanner	Member
Julie Herson	Member
Beth Remington	Member

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

CHARTER REVIEW COMMITTEE

Nicole Almaguer	Staff Liaison
Gabriel Baty	Chair
Caryl O'Keefe	Vice Chair
Lisa Schneider	Member
Preston Jordan	Member
Jim Lindsay	Member

Meets the 4th Monday of each month, as needed, at 7:30 pm, City Hall, Admin. Conference Room

ECONOMIC DEVELOPMENT COMMITTEE

Nicole Almaguer	Staff Liaison
Robert Cheasty	Chair
Stephanie Sala	Vice Chair
John Montagh	Member
Elizabeth Baker	Member
Jon Guhl	Member
Allen Cain	Member
Shaun Charles	Member

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

AD HOC DOG COMMITTEE

Brad Griffith	Staff Liaison
John Tonkin	Member
John Kartychack	Member

Meets (as needed) at 7:30 pm, Albany Community Center

ALBANY LIBRARY BOARD

Ronnie Davis	Staff Liaison
Sarah Levin	Member
Marge Atkinson	Member
Rosalie Gonzales	Member
Cynthia Hegedus	Member
Vacant	Member

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

TRAFFIC & SAFETY COMMISSION

Aleida Andrino-Chavez	Staff Liaison
Harry Chomsky	Chair
Farid Javandel	Vice Chair
Ken McCroskey	Member
Robert del Rosario	Member
Susan Reeves	Member

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

POLICE & FIRE PENSION BOARD

Kim Denton	Chair
Nicole Almaguer	Vice Chair
Peter Maass	Member
Dustyn Wiggins	Member
Archie Stirling	Member

Meets the last Tuesday of the month at 10 am, City Hall, Conference Room

ARTS COMMITTEE

Liam Kelly	Staff Liaison
Peter Goodman	Chair
Beth Ellis-Dickson	Member
Noreen Linden	Member
Jen Daly	Member
Sheryl Black	Member
Vacant	Member
Vacant	Member

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

COMMUNITY MEDIA ACCESS COMMITTEE

Jeremy Allen	Staff Liaison
Terry Lamb	Chair
Liz McBee-Horner	Vice Chair
Jack Kenny	Member
Naomi Sigal	Member
Josh Lebowitz	Member
Emita Amatya	Member
Vacant	Member

Meets on the 4th Monday of each month at 6 pm, City Hall, Council Chambers

SOCIAL & ECONOMIC JUSTICE COMMITTEE

Isabelle Leduc	Staff Liaison
Margie Marks	Chair
Bart Grossman	Vice Chair
Kathy Diehl	Member
Roman Kaludi	Member
Vacant	Member

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

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*

RECREATION FACILITIES & STAFF

Albany Community Center

1249 Marin Avenue (510) 524-9283

Hours: 8:30 am–6:30 pm, Mondays & Tuesdays
8:30 am–5 pm Wed. & Thur.; 8:30 am–Noon Fridays
Chelle Putzer, Recreation & Community Services Director
Eva Phalen, Recreation Supervisor
Jess Cosby, Nick Jordan, Liam Kelly & Rosemarie Chu, Recreation Coordinators
Eleanore Adams, Adult Sports Coordinator
Korie Leach, Lily Quach & Brennen Brown, Recreation Project Assistants

Albany Friendship Club

900 Buchanan (Ocean View Park) (510) 559-7220
1331 Portland Ave (Memorial Park) (510) 525-0576
Hours: 1:55–6 pm, Monday–Friday
Summer Hours: 8 am–6 pm, Monday–Friday
Brad Griffith, Recreation Supervisor
Jamira Jenkins & Mary Boyett, Recreation Leaders

Albany Teens@842 Center

842 Masonic Avenue (510) 559-7225
Hours: 3–6 pm, Monday–Friday
Johanna Jenkins, Recreation Leader

Albany Senior Center

846 Masonic Avenue (510) 524-9122
Hours: 9 am–5 pm, Monday–Friday
Isabelle Leduc, Community & Human Services Manager
Sid Schoenfeld, Recreation Supervisor
Robin Mariona & Dora Allen, Recreation Coordinators

ALBANY PARKS

- Ocean View Park 900 Buchanan Street**
Tennis, Tennis Hitting Wall, Basketball, Softball, Soccer, Picnic, Friendship Club, Playground, Community Garden
- Memorial Park 1325 Portland Avenue**
Tennis, Basketball, Baseball/Softball, Soccer, Playground, Picnic, Friendship Club
- Jewel's Terrace Park Tevlin & Terrace Drive**
Tennis, Basketball, Playground, Picnic, Open field
- Dartmouth Tot Lot...Corner of Dartmouth & Talbot**
Play structure for small children

PLANNING & ZONING COMMISSION

- Anne Hersch Staff Liaison
 - Doug Donaldson Chair
 - Susan Friedland Member
 - Christopher Kent Member
 - Val Joseph Menotti Member
 - Erik Giesen-Fields Member
- Meets the 2nd & 4th Wednesday of each month at 7 pm, City Hall, Council Chambers*

CIVIL SERVICE BOARD

- Gene Boucher Staff Liaison
 - Jack Rosano Chair
 - Erika Lockhart Member
 - Robert Barde Member
 - Geoff Chin Member
 - Jay Marlette Member
- Meets on the 1st Monday of every odd-numbered month (as needed) at 6 pm, City Hall*

SUSTAINABILITY COMMITTEE

- Claire Griffing Staff Liaison
 - Max Wei Chair
 - Ron Golem Vice Chair
 - Thomas Cooper Member
 - Robert Uhrhammer Member
 - Janet Smith-Heimer Member
 - Sophia Howard Member
 - Vacant Member
- Third Wednesday of each month at 7:30 pm, City Hall, Administration Conference Room*

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

WATCH YOUR
Favorite
CITY COUNCIL, COMMITTEE
OR COMMISSION MEETING
ONLINE!

City of Albany Community Access TV
Cable Channel 33
www.albanyca.org/kalb



Register

HOW TO REGISTER

There are three 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

3 **BY PHONE OR FAX**
Call (510) 524-9283 during normal business hours to register by phone using your credit card, or fax your completed Registration Form (next page) to (510) 528-8914.

REFUND POLICY

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

Refunds requested prior to the first class or camp 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.

One (1) business days or fewer:

- No refunds allowed.

All Refund Requests must be made in writing to:

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

or by fax to (510) 528-8914, 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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Family Account Setup (List family members) Last Name	First Name	Birthdate	Gender (M/F)	Work/Cell Phone Number
<small>PRIMARY (ADULT) CONTACT</small>				()
<small>LIST ALL FAMILY MEMBERS WHO MAY PARTICIPATE NOW OR IN THE FUTURE</small>				()
				()
				()

Address _____ E-mail _____

City _____ State _____ ZIP _____ Home Phone () _____

Emergency Contact _____ Phone () _____

Activity Registration: Partipant Name	Birthdate	Class/Camp Name	Dates	Time	Fee
TOTAL FEES					\$

Payment Method Check Cash Credit Card

(Payable to City of Albany) Name on Card _____

Card # _____ Expires _____ Signature _____

Billing Address _____ State _____ ZIP Code _____

<p>Refund Policy</p> <p>Refunds will not be granted within 1 business day of the first class or camp meeting or after the first class or camp meeting</p> <p>Refunds requested prior to the first class/camp meeting:</p> <p style="margin-left: 20px;"><i>Five (5) business days or more:</i></p> <ul style="list-style-type: none"> • Payee will be refunded less a \$20 withdrawl fee. 	<p style="text-align: center;">Refunds will not be granted after the first class or camp meeting</p> <p style="margin-left: 20px;"><i>Four (4) business days or fewer:</i></p> <ul style="list-style-type: none"> • Payee will be refunded less \$40 late withdrawl fee. <p style="margin-left: 20px;"><i>One (1) business day or fewer:</i></p> <ul style="list-style-type: none"> • No refunds allowed. 	<p>Refund Requests must be made in writing to:</p> <p style="margin-left: 20px;">City of Albany Recreation and Community Services 1249 Marin Avenue Albany, CA 94706</p> <p>or by fax to (510) 528-8914, or by email to recinfo@albanyca.org.</p>
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<p>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.</p>	<p>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.</p>
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GET ENGAGED

COMMIT TO SERVE EXPO

JANUARY 11–18, 2016

ALBANY COMMUNITY CENTER

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



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

PRSRT STD
U.S. POSTAGE PAID
BERKELEY, CA
PERMIT #467
ECRWSS

CARRIER PRESORT
POSTAL CUSTOMER
ALBANY, CA 94706

CHINESE NEW YEAR *Celebration*

Help us celebrate the Year of the Monkey!

Thursday, February 11, 2016 • 3:30–5 PM

Free event for children ages 12 and under

Albany Community Center

1249 Marin Avenue

Gung Hay Fat Choy!

