

Exercise

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.
Sept 2-Dec 18*	M/W/F	9-10 am	43x	\$5	\$6

Instructor: Allan Jacinto

Location: Albany Community Center, Hall (Mon)

Albany Senior Center, Multi-Use Room (Wed/Fri)

Min: 5; Max: 20

*No class Sept 7, Nov 11 & 27

Gentle Stretch

AGES 50-OLDER

Most people, young and old, experience lower back problems, stiffness and reduced mobility sometime in their life. At age twenty five, I too experienced a lower back problem. With the expert advice and exercises from a physical therapist I have been free of lower back pain, as long as I've continued the exercises, for over thirty years. The combination of these exercises and my dance background serves as the foundation of my Gentle Stretch Class. Class benefits include increased mobility, reduced discomfort and individual instruction. Class welcomes all abilities and is open to everyone. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 1-Dec 15	Tue	12:30-1:30 pm	16x	\$2	\$3

Instructor: Connie Woods

Location: Albany Senior Center, Multi-Use Room

Min: 2; Max: 10

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.
Sept 2-Dec 18*	Wed/Fri	10:30-11:45 am	31x	\$2	\$3

Instructor: Yachiyo

Location: Albany Community Center, Hall

Min: 5; Max: 30

*No class on Nov 11 & 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.
Sept 2-Dec 16*	Wed	Noon-1 pm	15x	\$8	\$9

Instructor: Regina Wells

Location: Albany Senior Center, Multi-Use Room

Min: 3; Max: 12

*No class on Nov 11

Effortless Power: Self-Defense through the Feldenkrais Method

AGES 50-OLDER

This class uses gentle and easy movement to explore key aspects of self-defense that anyone, regardless of age or ability, can do. Classes will include escapes from grabs, improving balance and using your voice effectively. Students should wear loose, comfortable clothing. Gwen is a Guild Certified Feldenkrais Practitioner, holds black belts in three martial arts, and has been teaching self-defense for five years. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 2-Dec 16*	Wed	12:30-1:30 pm	14x	\$7	\$8

Instructor: Gwen Brookes

Location: Albany Community Center, Hall

Min: 2; Max: 15

*No class on Nov 11





Women’s Empowerment Dance and Gatherings

AGES 50 AND OLDER

Join us for Bellydance, movement and women’s empowerment fun, education and information. You can participate by sitting or standing. Every level and ability is welcome and encouraged. Come for your Mind, Body, Spirit, Health and Beauty! First Thursday of the Month is for orientation and review of topics and open discussions and activities. See class calendar at first meeting for pre-scheduled special classes. Bring a mat or towel to each class. Drop in on any Thursday. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 14–Dec 14	Mon	5–6 pm	14x	\$1	\$2

Instructor: Sandhya, www.bellydancercrones.com, www.bellydancerworld.com
Location: Albany Senior Center, South Room
 Min: 2; Max: 10

Brain Dance* & Beyond: Releasing the Dancer Within

AGES 50–OLDER

Gentle exercise through movement improvisation in community. Starting with the focusing sequence of the Brain Dance* and elements of Tai Chi, we will waken body, mind and spirit following inner impulses and moving together as a group. Inspired by the Orff Schulwerk music approach and the elements of community dance pioneered by Rudolf Laban, this class provides a safe space for relaxation, play and deep expression through movement. Each class will offer time and space for creative input from the participants. Join the warm community of Impromptu No Tutu, a new improvisational dance group evolving at Albany Senior Center. Class welcomes all abilities and is open to everyone. Greacian Goeke is a Certified Orff Schulwerk Music and Movement Teacher and a faculty member at Crowden Center for Music in the Community in Berkeley and Mills College Children’s School in Oakland. *Developed by Anne Green Gilbert, Creative Dance Center, Seattle.

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

Instructor: Greacian Goeke
Location: Albany Senior Center, Multi-Use Room
 Min: 2; Max: 30 *No class on Nov 27

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

AGES 50–OLDER

Practice in traditional women’s dances from Greece, Bulgaria, Armenia, Macedonia and other Balkan countries where ancient wisdom is still detectable in the folk culture. Simple, repetitive, and rich in teachings, the dances foster interconnectedness and empower us to be more fully present as women and as citizens of the Earth. In a dynamic line that describes circles, spirals, meanders, crescent moons and other earth mandalas to exquisite ethnic music, we can recover a joy in being alive today. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 2–Dec 16*	Wed	10:15–11:30 am	14x	\$6	\$7

Instructor: Catherine Sutton
Location: Albany Senior Center, Multi-Use Room
 Min: 4; Max: 20 *No class on Nov 11



Special Interest

Gardening for Pleasure

AGES 50-OLDER

Tony Wolcott, Master Arborist for the City of Albany, will share tips and useful information to make your gardening experience pleasurable and successful. This 3-part class will focus on pruning; how to sharpen and use pruning tools, pruning cuts-what to do and not to do, young tree training and a video will be viewed. Student will get hands-on experience on pruning.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Dec 3-Dec 17	Thur	2-3 pm	3x	FREE	FREE

Instructor: Tony Wolcott
 Location: Albany Senior Center, South Room
 Min: 2; Max: 30

NEW

All Things Considered: Current Events Class with Ted Pierce

AGES 50-OLDER

Our current events class is getting a new groove! The class will address a wide variety of issues in the news through an eclectic approach that includes lectures, class discussion, guest speakers, book excerpts, films and occasional field trips. We will use a wide variety of historical approaches, such as economic, environmental and political analysis to help provide insight, ideas and solutions for complex national and international issues and events.

Ted Pierce has a long career in Adult Education at several East Bay schools, and has taught Current Events at Albany and Berkeley for four years. His approach leads to an informative, enjoyable and exciting discussion of issues in the news.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 14-Nov 23*	Mon	9:30-11 am	10x	\$27	\$30
Drop-in Fee				\$3	\$4

Instructor: Ted Pierce
 Location: Albany Senior Center, Multi-Use Room
 Min: 10; Max: 40

*No class on Oct 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. Fee for this class is \$12 for AARP members, \$14 for Non-members. Checks/money orders only, payable to: AARP.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 8 & 15	Thur	9 am-1 pm	2x		

Instructor: TBD
 Location: Albany Senior Center, South Room
 Min: 10; Max: 30



Walking

Exploring Local Natural Treasures on Foot

AGES 50-OLDER

Enjoy walking at a moderate pace while exploring natural treasures and history of the 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 used them.

September: Charming Small Gardens in Fall

Shirley Jowell leads another leisurely, level walk exploring charming small local gardens that minimize need for water and chemicals, with fall features and some new discoveries. Meet at Albany Senior Center, 846 Masonic (near Solano, AC Transit 18). Information: sjowell@att.net, (510) 525-7012.

October: Kensington Hill Loop

Susan Schwartz leads a vigorous loop through historic Sunset View Cemetery, UC Berkeley's Blake Gardens estate, and El Cerrito paths and parks, ending with optional lunch or snack at Fat Apples. Meet at Sunset View Cemetery entrance, 101 Colusa (AC Transit 79, walk from El Cerrito Plaza BART). Steep stretches; wear hiking shoes, bring sticks if you use them. Information: f5creeks@aol.com, (510) 848-9358.

November: Alameda's Secret Waterways

Meet in front of Safeway, 867 Island Drive, on Bay Farm Island in Alameda (turn west into shopping ctr. from Island just N. of McCartney), to explore Bay Farm Island's peaceful hidden canals. Easy, level walk followed by optional Chinese lunch. Information: sjowell@att.net, (510) 525-7012.

December: Waterfront Birding

Meet at Sea Breeze Deli, 598 University Ave., Berkeley, for a waterfront walk to discover fall and winter migrants. Dress for all weather; bring binoculars if you have them. Easy, mostly level walk but not all wheelchair accessible. No dogs, please. Information: f5creeks@aol.com, (510) 848-9358.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 10	Thur	9-11 am	1x	FREE	FREE
October 8	Thur	9-11 am	1x	FREE	FREE
November 12	Thur	9-11 am	1x	FREE	FREE
December 10	Thur	9-11 am	1x	FREE	FREE

Instructor: Susan Schwartz & Shirley Jowell
Location: See above for location meeting spots

Min: 5; Max: 20



NEW

Walk, Talk & Be Healthy!

AGES 50-OLDER

A new, free, program designed to encourage walking as a healthy life style for adults 50+. Ride on the new Senior Center shuttle bus to regional parks and other interesting places. Walk as you connect with other seniors. Walks are usually 1 to 4 miles, and are generally easy to moderate in difficulty. Bring a bag lunch. Space is limited. Sign-up is required. Difficulty: Rating 1=Easiest, Rating 5=Hardest

DATE	DAY	TIME	RATING	DESTINATION
September 8	Tue	8:30 am-1 pm	1	Coyote Hills, East Bay Parks-Guided Program: "Ohlone People & Landscape"
September 15	Tue	8:30 am-1 pm	2	Redwood Regional Park, Contra Costa County
September 22	Tue	8:30 am-1 pm	2	Tomales Bay State Park, Marin County
October 13	Tue	8:30 am-1 pm	1	Chinatown SF, fortune cookie factory & dim-sum restaurant
October 20	Tue	8:30 am-1 pm	2	Tennessee Valley, Marin Headland
October 27	Tue	8:30 am-1 pm	1	Crown Memorial Beach, Alameda
November 10	Tue	8:30 am-1 pm	2	Mount Diablo Summit Trail-1 mi walk around the summit
November 17	Tue	8:30 am-1 pm	2	Rodeo Beach Trail, Fort Cronkite, Marin Headland
December 8	Tue	8:30 am-1 pm	3	Telegraph Hill SF, walking Tour
December 15	Tue	8:30 am-1 pm	1	Rosie the Riveter Memorial Park, Richmond
December 29	Tue	8:30 am-1 pm	1	Sobrante Ridge Regional Preserve, Contra Costa

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

Travel

Delta Cruise

AGES 50-OLDER

Join us for a lovely 2-hour cruise on the Delta. Lunch will be provided during the cruise. Bring your cameras, the cruise will offer some spectacular views and great photo opportunities.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 9	Wed	8:30 am-4 pm	1x	\$39	\$44

Min: 10; Max: 20

Asian Art Museum: Lord of the Samurai

AGES 50-OLDER

Come along as we explore the Asian Art Museum in San Francisco. The Museum is one of the largest devoted to Asian art in the Western world. Your trip will take you on a tour of the Lord of the Samurai exhibit. The exhibit features more than 160 pieces from the Hosokawa family collection. Objects include calligraphy, suits of armor, tea wares, paintings, masks and musical instruments. You will also have some time to explore the museum on your own. Lunch is not provided. Bring your own or plan to eat at the Museum Café.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 16	Wed	9 am-2:30 pm	1x	\$20	\$25

Min: 10; Max: 18

Capitola Village

AGES 50-OLDER

Join us as we spend a day in Capitola, an intimate beach village tucked in a river valley in Santa Cruz County on the Monterey Bay. Capitola Village is located along a wide beach with a breathtaking view of Monterey Bay. The City's wharf and riverside areas remind one of a village in France or perhaps a Mediterranean coast in Italy. Stroll through the numerous beachfront craft galleries, boutiques and restaurants. Lunch is not included, bring your own lunch or plan to eat in one of the many restaurants in Capitola.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 30	Wed	8:30 am-4:30 pm	1x	FREE	FREE

Min: 10; Max: 21

Culinary Institute of America & Napa Outlets

AGES 50-OLDER

Join us for an afternoon of dining and shopping in the gorgeous Napa Valley. First, we will enjoy lunch at the Culinary Institute in Napa. Greystone's terraced gardens of herbs, vegetables, and flowers provide the perfect introduction to the vibrant colors, enticing aromas and bustling activity of the Wine Spectator Greystone Restaurant. Local, seasonal ingredients are the inspiration for the cuisine, which features California's bounty from the land and sea. Next, we will head to the Napa Outlets which will provide you a wonderful afternoon of shopping.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 7	Wed	10 am-5 pm	1x	\$30	\$35

Min: 10; Max: 21

Marine Mammal Center

AGES 50-OLDER

Join us on a guided tour of the newly rebuilt, state-of-the-art Marine Mammal Center in Sausalito. You will view seal and sea lion patients and learn how the hospital functions. You will get a chance to look into key areas such as the Fish Kitchen, Chart Room, Laboratory and Post-Mortem (optional). You will also have the opportunity to gain a deeper understanding of marine mammals and their ocean environment. Lunch will be provided at the Paradise Bay Restaurant in Sausalito.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 14	Wed	9 am-3 pm	1x	\$25	\$30

Min: 10; Max: 21

San Francisco Pier 39

AGES 50-OLDER

There is something for everyone at PIER 39, San Francisco's Premier Bay Attraction, a festival marketplace with more than 110 stores, 12 bay view restaurants and a variety of fun-filled attractions for all ages including: our world-renowned sea lions, street performers and live daily entertainment. Bring your own lunch or plan on eating at one of Pier 39's tasty restaurants.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 21	Wed	9 am-4 pm	1x	FREE	FREE

Min: 10; Max: 20

Pastorino Farms/Half Moon Bay

AGES 50-OLDER

Enjoy a docent-led tour of a working nursery and pumpkin farm to learn through visual and hands-on experiences how pumpkins, flowers and other vegetables are grown. A slice of pumpkin pie and coffee will end your morning at the farm. Then we're off to one of the best restaurants in Half Moon Bay; the Moss Beach Distillery for lunch. It offers ocean view dining, delicious food, and their own ghost! After lunch, enjoy some time in Half Moon Bay's charming downtown.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
November 4	Wed	9 am-4:30 pm	1x	\$30	\$35

Min: 10; Max: 21

Korbel Winery

AGES 50-OLDER

A must on any trip to the wine country is a visit to the historic Korbel Champagne Cellars. This hour long guided tour goes through the antique vaults and the History Museum. You'll see where the world-famous Korbel Champagnes were first made more than 100 years ago, and the history of the Korbel legacy. A gourmet box lunch will be provided on the upper deck of the Winery Deli.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
November 18	Wed	9 am-4 pm	1x	\$35	\$40

Min: 10; Max: 21

Academy of Sciences

AGES 50-OLDER

Back by popular demand! We are heading once again to the new Academy of Science. The new Academy of Sciences is redefining what it means to be a science museum; a single building that evokes the interdependence of ocean, earth and space. The 412,000 square foot structure houses an aquarium, a planetarium, a natural history museum, a 4-story rain forest, is home to 40,000 animals and hundreds of innovative and engaging exhibits including a 2 1/2 acre Living Roof. Lunch is on your own at the Academy Café or The Moss Room restaurant.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
December 2	Wed	9 am-3 pm	1x	\$20	\$25

Min: 10; Max: 21

Union Square & Cheesecake Factory

AGES 50-OLDER

It's that time of the year again when the lights drape the huge 85-foot pine tree in the middle of Union Square. You will have some time on your own to shop and sightsee. We will dine high above at the Cheesecake factory where you will enjoy a great view of the Square. Bring your camera to take some great holiday pictures!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
December 16	Wed	11 am-6 pm	1x	\$20	\$25

Min: 10; Max: 21