

ALBANY
Activity Guide



COMMUNITY-BUILDING ALBANY-STYLE

Getting to know Hugh

Want to get to know your neighbors a bit better? Why not organize a neighborhood event or activity? Hosting a block party is a sure-fire way to get people together and build community on your block. Block off the street,* have a potluck and enjoy Albany's weather while you finally meet the family across the street.

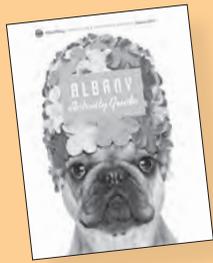
Looking for a different way to build community on your block? Albany folks have hosted New Years walks to Albany Hill, signed up for the Recreation Department's Block Movie Night program, hosted a street dance party, and hosted street tree-planting parties.

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.

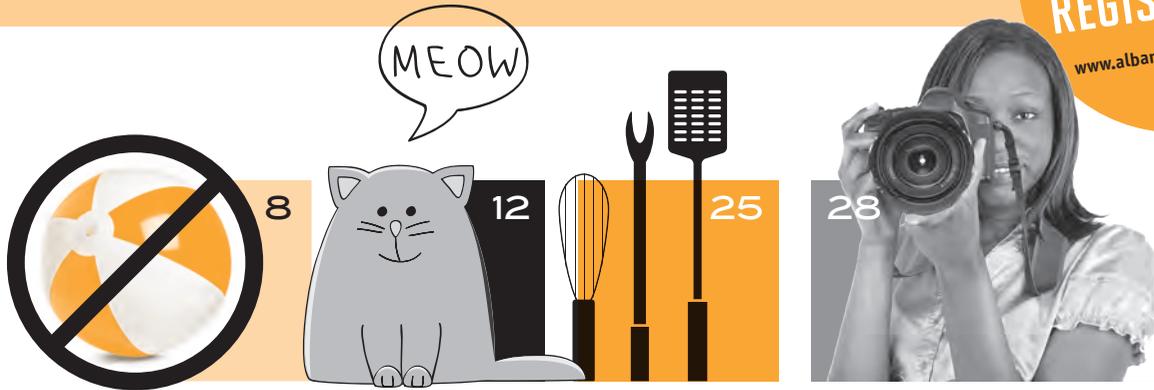
For more information:
www.albanyca.org/community

*Get permit from Recreation & Community Services Dept., Albany Community Center.



SUMMER'S IN YOUR FACE
 Summer approaches. Now's the time to jump on getting signed-up for camps, as they fill up fast. There'll be no dog days this summer when there are so many engaging things to do in this *Activity Guide!*

TRY OUR
**FREE ONLINE
 REGISTRATION**
www.albanyca.org/onlinereg



<p>Youth Activities</p> <ul style="list-style-type: none"> Art & Music 2 Dance 3 Martial Arts 4 Sports & Fitness 6-7 Special Interest 7 Spring Break Camps 8 Summer Camps 10-19 Friendship Club 20-21 Teens@842 22 AV Apprentice Program 23 <p>Adult Activities</p> <ul style="list-style-type: none"> Cooking 24-25 Special Interest 25 Fitness & Dance 26 Special Interest 27 Run Around Town 29 Adult Sport Leagues 30 Senior Center 32-34 Boomers & Beyond Walking 35 	<ul style="list-style-type: none"> Exercise 36-37 Literature 37 Special Interest 38-39 Travel 40-42 Senior Events 43-44 Arts Committee 45 @theCenter 46 Dinner with Albany 47 Events 48-55 Albany FilmFest 56-57 Arts & Green Festival 58 Neighbors 59 Map 60 Green Things 61 Volunteers 62 Friends of Albany Parks 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

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.
May 4-June 1	Wed	2:15-3:15 pm	5x	\$109	\$119

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

Classical Guitar Technique

AGES 16-ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 21-June 25	Sat	10-11:30 am	6x	\$82	\$92
July 9-Aug 13	Sat	10-11:30 am	6x	\$82	\$92

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

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.
May 4-June 1	Wed	4-5:15 pm	5x	\$119	\$129

Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
 Min: 4; Max: 8

Draw/Paint from Life & Beyond

AGES 5-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 3-May 31	Tue	3:45-4:45 pm	5x	\$99	\$109

Instructor: Paquerette Clark
Location: Albany Community Center, Craft Room
 Min: 4; Max: 16

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!

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 \$85. We offer two make-up classes per session to be used at any convenient location, day and time. \$50 License Fee payable to instructor on first day of class. It includes a CD, MP3 code to download song collection, Song Book, Parent Guide DVD and Musical Growth chart.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 8–Aug 12	Fri	9:30–10:15 am	6x	\$104	\$114
July 8–Aug 12	Fri	10:30–11:15 am	6x	\$104	\$114

Instructor: East Bay Music Together Staff
Location: Albany Community Center, EOC Room
 Min: 6; Max: 12



Flute Explorers: Beginning Flute Class

AGES 9-11

Want to try the flute and learn the basics of tone, hand position and music notation? Join the Flute Explorers team! We'll navigate a new flute adventure in each class, preparing kids for their school band program. Students provide their own instrument and folding stand. Children younger than 9 may attend with instructor's permission.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 2–Aug 23	T/Th	9:30–10:30 am	7x	\$95	\$105

Instructor: Emily Sapa
Location: Albany Community Center, EOC
 Min: 4; Max: 10



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.
May 6–June 17	Fri	11:30 am–noon	7x	\$69	\$79
May 6–June 17	Fri	1:30–2 pm	7x	\$69	\$79

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

Ballet: Level 1

AGES 5-7

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 6–June 17	Fri	3:30–4 pm	7x	\$69	\$79

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

Ballet: Level 2

AGES 8-13

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 6–June 17	Fri	4:40–5:25 pm	7x	\$96	\$106

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



Tap: Beginning

AGES 3.5-5

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 6–June 17	Fri	2–2:30 pm	7x	\$69	\$79

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

Tap: Level 1

AGES 5-7

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 6–June 17	Fri	4:05–4:35 pm	7x	\$69	\$79

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

Tap: Level 2

AGES 8-13

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 6–June 17	Fri	5:30–6:15 pm	7x	\$96	\$106

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

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.
May 5–June 16	Thur	4:10–4:55 pm	7x	\$79	\$89

AGES 9-13

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 5–June 16	Thur	5–6 pm	7x	\$79	\$89

Instructor: Beth Ellis-Dickson, BethEllisDance.com
Location: Albany Community Center, Rooms 1 & 2
 Min: 5; Max: 15

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.
May 7-May 28*	Sat	9-11 am	3x	\$60	\$70
June 4-June 25	Sat	9-11 am	4x	\$60	\$70
July 2-July 30	Sat	9-11 am	5x	\$60	\$70
Aug 6-Aug 20	Sat	9-11 am	3x	\$60	\$70

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org
Location: Albany Community Center, Hall, Rooms 1 & 2 (May 21) Albany Senior Center (Aug 20)
 Min: 5; Max: 25 *No class on May 14

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.
May 2-May 27*	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
June 1-June 29	M/W/F	4:15-5:15 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
July 1-July 29*	M/W/F	4:15-5:15pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Aug 1-Aug 24	M/W/F	4:15-5:15 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 May 13 & July 4



Albany Karate For Kids!

AGES 6-18

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 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.
May 7-June 25	Sat	1-2x/week	\$99	\$109
July 2-Aug 20	Sat	1-2x/week	\$99	\$109
May 7-Aug 20	Sat	1-2x/week	\$187	\$197

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 & Tournament: May 21, 8 am-noon; Class & Test on Aug 20, 8 am-noon)
 Min: 4; Max: 50

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 & Fitness

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.
May 4-June 1	Wed	6:30-8 pm	5x	\$59	\$69
June 15-July 13	Wed	6:30-8 pm	5x	\$59	\$69
July 27-Aug 24	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.
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-June 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 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.
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-June 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 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.
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-June 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 May 30

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.
May 4-June 22	Wed	5:45-6:45 pm	8x	\$100	\$110
June 29-Aug 17	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

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 be 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.
June 18-Aug 13*	Sat	5:30-6 pm	8x	\$115	\$125

Instructor: Kidz Love Soccer Staff,

Rainout Hotline (888) 372-5803

Location: Memorial Park, Front West Grass

Min: 6; Max: 20

*No class on July 2

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.
June 18-Aug 13*	Sat	4:50-5:20 pm	8x	\$115	\$125

Instructor: Kidz Love Soccer Staff,
Rain-out Hotline (888) 372-5803
Location: Memorial Park, Front West Grass
Min: 6; Max: 24 *No class on July 2

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.
June 18-Aug 13*	Sat	4:15-4:50 pm	8x	\$115	\$125

Instructor: Kidz Love Soccer Staff,
Rain-out Hotline (888) 372-5803
Location: Memorial Park, Front West Grass
Min: 6; Max: 24 *No class on July 2

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.
June 18-Aug 13*	Sat	3:30-4:15 pm	8x	\$115	\$125

Instructor: Kidz Love Soccer Staff,
Rain-out Hotline (888) 372-5803
Location: Memorial Park, Front West Grass
Min: 6; Max: 24 *No class on July 2



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.
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: Michael Glass (April), (510) 524-9232, www.kidscarpentry.com
Location: Albany Community Center, Craft Room
Min: 6; Max: 9 *No class on Apr 25

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.
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 Apr 14

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 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

Look! Spring Break Camps

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.



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-Paquette. 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.
Apr 12-Apr 15	Tu-F	9:30 am-noon	4x	\$104	\$114

Instructor: Paquette 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), Cordanices 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

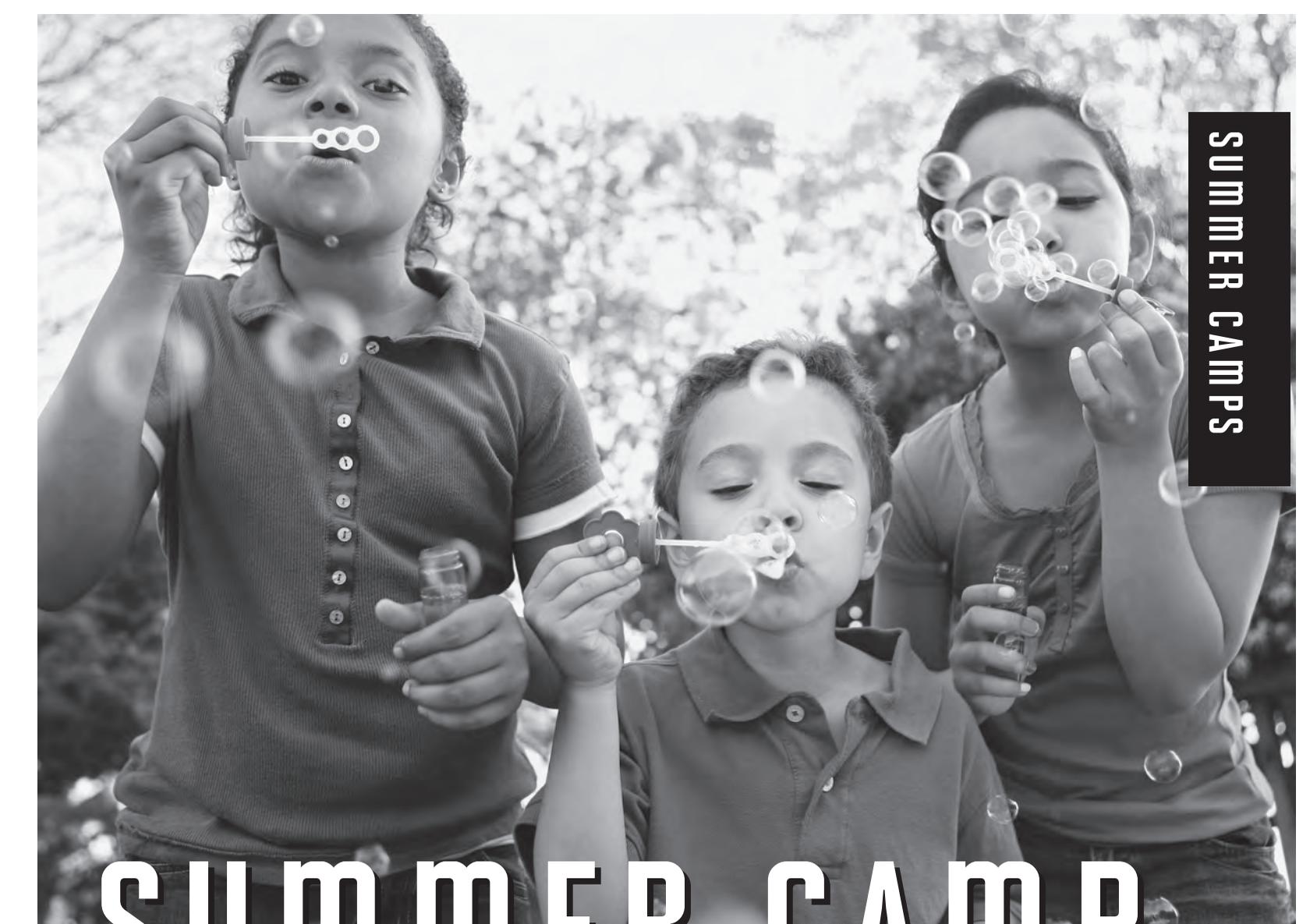
NEW

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

A black and white photograph of three children blowing bubbles. The child on the left is a girl with braids, wearing a dark polo shirt, blowing a bubble. The child in the middle is a boy, also in a dark polo shirt, blowing a bubble. The child on the right is a girl wearing glasses and a dark top, blowing a bubble. They are all holding bubble wands and small bottles of bubble solution. The background is a soft-focus outdoor setting with trees.

SUMMER CAMPS

SUMMER CAMP

Get a jump on setting-up summer activities for the youngsters in your household. Following is our listing of camps offered this summer. Camps fill up fast, so register early!

Cooking

World Cooking I

NEW

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

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, sauté, 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

Kitchen Laboratory

NEW

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

World Cooking II

NEW

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

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 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



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



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



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

Art & Music

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

INSTRUCTOR SPOTLIGHT

Natacha Christopherson has been an been an art educator for twelve years. She graduated from the School of the Art Institute of Chicago with a BA in Fine Arts and Emphasis in Art Education. Over her career, she has had the chance to teach and get to know students from all over the country and around the world. "Whether I'm teaching international students in Italy or teaching at a high-needs public school in Chicago, the goal is the same. I believe in the power of art to build self-esteem and as a means of positive expression and reflection. That's why I work hard to create a safe learning environment so that all of my students can learn the tools and benefits of artistic expression." Natacha teaches 7th and 8th grade art and ceramics at Albany Middle School.



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

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

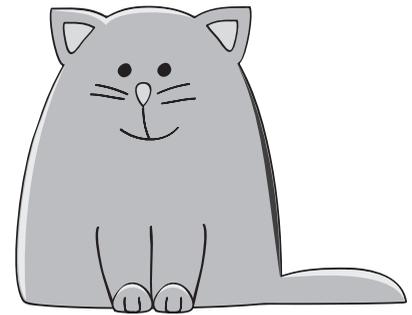
Explorations in 3D

AGES 10-13

In this class students will work in 3D to create original art. This is a multi-media class with a focus on plaster gauze. Projects will begin by brainstorming and sketching and will culminate in a final sculpture. Ideas will be refined during several mini-lessons where students can use a variety of materials such as paint, air-dry clay, wire and found objects. Beginners and experienced artists welcomed. \$25 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20-June 24	M-F	10 am-noon	5x	\$150	\$160

Instructor: Natacha Christopherson
Location: Albany Middle School, Art Room
 Min: 8; Max: 16



Cartooning 101 Camp

AGES 8-11

Anyone can do this camp - if you have a pencil and an imagination! This camp will help develop your drawing skills and creativity. Design an original cartoon character. Understand the creative process and development of a cartoon from brainstorming. Create a comic strip and comic book. Learn about: bird's eye view, gag punch lines, props, a flying hamburger, speech bubbles and thumb nail sketches. Campers with special needs are required to have an assistant. Come join the fun with our local artist, Jamie Aberegg. \$10 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20-June 24	M-F	9-11:30 pm	5x	\$167	\$177

Instructor: Jamie Aberegg
Location: Albany Community Center, Craft Room
 Min: 5; Max: 12

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

Sports

SUMMER CAMPS

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



Pickleball for Teens Camp

AGES 11-14

A sport for all ages, Pickleball 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. Bring water and snack.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20-June 24	M-F	10 am-noon	5x	\$84	\$94
June 27-July 1	M-F	10 am-noon	5x	\$84	\$94
July 11-July 15	M-F	10 am-noon	5x	\$84	\$94

Instructor: Albany Recreation Staff B. Bell
Location: Ocean View Park, 900 Buchanan, Albany
 Min: 4; Max: 16

Gymnastics and More

AGES 3-5.5

This camp is designed to introduce young children to the sport of gymnastics. Children will learn beginning gymnastics and tumbling skills, working on bars, low balance beams, mini-trampolines, vaulting blocks and barrels and incline mates. Each day, your child will also participate in many other group activities including ball games, music activities and parachute and relay and circuit races. Students will be introduced to strength and flexibility exercises with fun and challenging games. During the child's rest time, they will explore a variety of craft projects and other hands on activities. Note: One week pre-registration prior to camp start date required.

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

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



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
Aug 15-Aug 19	M-F	1-4 pm	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

Skyhawks Cheerleading Camp

AGES 6-12

Skyhawks Cheerleading Camp teaches the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand and body movements and jumping techniques. The week concludes with a choreographed performance. All participants receive pom-poms, a t-shirt and a merit award. 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



Girls Multi-Sport Camp

AGES 7-12

We combine soccer, softball and volleyball into one fun-filled week, allowing young female athletes to discover and develop a passion for a variety of sports in one setting. Participants will learn the essential rules, strategies and skills of each sport, along with vital life lessons such as teamwork and sportsmanship. Program is instructed by Skyhawks highly trained local female coaches. All participants receive a t-shirt, sports ball and a merit award.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	1-4 pm	5x	\$159	\$169
Aug 1-Aug 5	M-F	1-4 pm	5x	\$159	\$169

Instructor: Skyhawks Staff

Location: Memorial Park, 1331 Portland Avenue, Albany

Min: 6; Max: 16



Special Interest

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

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

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



Journalism & Debate Camp

AGES 10-14

Do you enjoy writing? Do you look forward to debates with your friends or parents? This camp encourages writing and oral presentation in a relaxed, fun and supportive environment. Participants learn the 5W's of journalism-style writing, and how to apply them through writing exercises and a final human interest piece. You don't have to be an avid writer to enjoy this class. Journalism presents the facts objectively, much like many reports students are required to complete during their middle school and high school years. The debate portion of the week will focus on taking a side of a specific issue, and presenting it to your peers, in a non-intimidating, objective way. Whether you're interested in formal debate or not, this supportive forum will help improve oral presentation skills and encourage listening to other viewpoints with respect and regard. Note: Each session will offer different topics of interest. Attending multiple sessions is encouraged.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20-June 24	M-F	9-11:30 pm	5x	\$154	\$164
Aug 8-Aug 12	M-F	9-11:30 pm	5x	\$154	\$164

Instructor: Rj Bruno

Location: Albany Community Center, EOC (June); Rooms 1 & 2 (August)

Min: 6; Max: 20



INSTRUCTOR SPOTLIGHT

Lawrence Lemon has been a professional magician for over 40 years and has performed aboard luxury yachts, in the finest hotels, convention centers, for schools, libraries, and private parties sponsored by the most prestigious entertainment companies in the world. Allied with New York's Big Apple Circus and their Clown Care Program, Lemon dispensed magical medicine for sick children in hospitals and was even the star in a Television Show, 'It's A Magical World'.



So if you'd like to learn magic, sign-up for his class, *Anyone Can Learn Magic!* Students will use cards, coins, dollar bills, handkerchiefs and rope to develop magical skills they can use anywhere. They will acquire stage presence, increase their physical dexterity, learn how to engage an audience, and develop their magical persona. We'll also learn how to juggle! The class will instill confidence, a sense of accomplishment, but mostly, we'll have fun!

Touch Typing

AGES 9-12

Is your child quick with a click but slow on the go for actually typing words and sentences? This self-paced typing camp offers a fun adventure in typing that helps students develop proper technique, improve speed and accuracy, and develop confidence when typing and using a keyboard! Through games and fun drills, this camp provides a relaxed learning environment that can better prepare a student for middle school/high school assignments. This practical program is designed for students to become more familiar, comfortable, and ultimately more confident typing and using a keyboard for school assignments, tests and personal use. (Neo2 devices and software will be provided).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 13-June 17	M-F	9 am-11:30 am	5x	\$185	\$195

Instructor: Rj Bruno

Location: Albany Community Center, EOC

Min: 6; Max: 20

NEW

Anyone Can Learn Magic!

AGES 9-12

Students not only learn magical secrets and principles, they'll practice with cards, coins, dollar bills, handkerchiefs, and rope, developing magical skills they can use anywhere. They will also acquire stage presence, some physical dexterity, as well as juggling skills. The class will help instill the confidence and a sense of accomplishment they'll need to perform. \$10 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 5-July 8	Tue-F	1:30-4 pm	4x	\$114	\$124

Instructor: Professional Magician, Lawrence Lemon

Location: Albany Community Center, Rooms 1 & 2

Min: 6; Max: 10

NEW

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 TEKologies

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.

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 TEKologies
Location: Albany Community Center, Hall
 Min: 11; Max: 24

Eco-Engineering using LEGO®

NEW

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 TEKologies
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 TEKologies
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 TEKologies
Location: Albany Community Center, Hall
 Min: 11; Max: 24

Construction Vehicles & Machines using LEGO®

NEW

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 TEKologies
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 TEKologies
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

Science

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

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

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

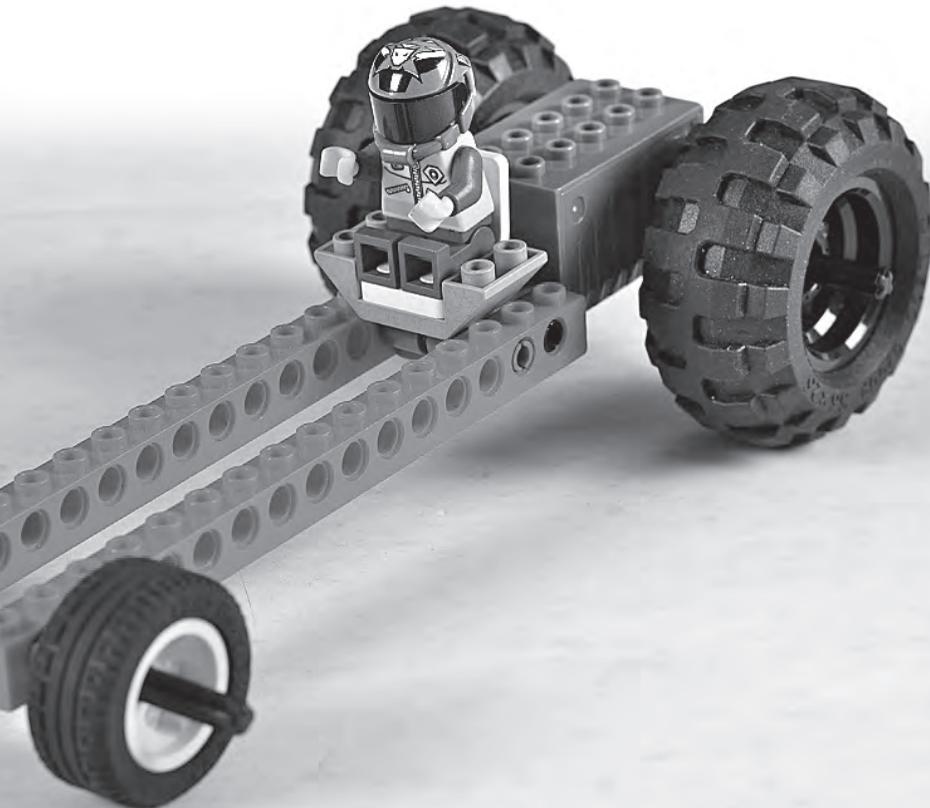
The Mad Science Secret Agent Camp is a fun journey into the world of detection, spy science and forensics. Campers will examine the science behind the spy tools made famous by the world's greatest spies! We will reconstruct activities using scientific methods and use the science of cryptology to send 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



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 30 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.

SPRING 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

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.
 Trips are subject to change.
 10-child minimum.
 Meets at Ocean View Park.



FALL OPEN ENROLLMENT

Begins Friday, July 1, 8 am
 at the Ocean View Park
 Friendship Club

Friendship Club SCHEDULE

TIME	ACTIVITY
1:55-2:15 pm	Transport early bird from schools to FC
2:15-3:30 pm	Supervised free play; transport late birds from schools to FC
3:30-3:45 pm	Circle time
3:45-4 pm	Snack
4-5:30 pm	Homework assistance
5:30-6 pm	Outdoor activities, field sports, games, park play, homework
6 pm	Quiet indoor games

SUMMER CAMP 2016

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

June 13-17*	Mini Camp	No Trips
June 20-24	Movie-Screen	Day@The Movies/Fremont Rock-n-Jump
June 27-July 1	Pixie-Fairy	Pixieland/Fairyland
July 5-8**	Science & Games	Games2U/Lawrence Hall of Science
July 11-15	Campin' at the Park	Tilden Park/Heather Farms Park
July 18-22	Animal Party	Chuck E. Cheese/SF Zoo
July 25-July 29	Rollin' on the Farm	Paradise Roller Rink/Ardenwood Farms
Aug 1-5	Jelly-Train	Jelly Belly Factory/Sonoma Train town
August 8-12	Double Jump	Sky High/Pump it Up
August 15-19	Captivi-Sea	Oakland Zoo/USS Hornet

• Trips on Tuesdays/Thursdays • Fridays on-site movie days • AM & PM snacks
 For information contact Brad (510) 559-7220. To register, call (510) 524-9283.
 Camps fill-up fast, call today!

*Mini Camp fee is \$190 Albany Residents/\$200 Non-Residents

**Camp closed on July 4, fee that week \$180 Albany Residents/\$190 Non-Residents

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 fall session is August 15, 2016. Interviews and orientation for the fall session will be held August 16-19, 2016. Contact Johanna Jenkins for more information.



Photos: Dorothy Brown Photography

TEEN AUDIO-VISUAL APPRENTICE PROGRAM

**Ages 13–17 • Mid-May–Mid-October 2016 • \$200 Stipend
Four (4) Apprenticeship openings available**

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

Learn how to use professional audio and video equipment while producing TV and web content. Participants will also gain valuable work experience while having fun in a team environment. There is no cost for this program—we actually pay you!

Participants will have hands-on experience learning live sound for musical and spoken-word events, stage lighting, event production, multi-camera video broadcast, audio/video recording and editing, as well as practical advice related to job skills.

After completion of the A/V Apprentice Program, crew members will receive an official City of Albany certificate of accomplishment, commendation from the Albany City Council, a \$200 stipend, and may be eligible for paid employment with the City of Albany Recreation & Community Services Department. Applications are due by April 22, 2016. If selected, must be available to work Music in the Park, 3:30–9:30 pm, every Wednesday in September and Dinner with Albany on September 24, as well as, other A/V events and promotions.

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

Cooking

Thai New Year Feast

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 cleaver, 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

Medley of Fried Rice Workshop

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 5	Thur	6:30-9:30 pm	1x	\$53	\$63

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

Japanese Hot Meal

ADULT

There are more to Japanese foods other than Sushi. Sushi's counterparts come in many forms and cooking techniques, either hot or cold noodles, grilled meats, fried and steamed seafood. Let's prepare a complete Japanese meal such as Chicken Yakitori, Udon Noodles, Kabocha Salad, Salmon Teriyaki, Tempura, and tapenyaki. Bring your sharp chef knife or cleaver, cutting board, hand towel and beverage. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 11	Wed	6:30-9:30 pm	1x	\$53	\$63

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

Thai Vegetarian Meals

ADULT

Using recipes from his book "Buddha's Table", Chat Mingkwan, chef, instructor and author, offers a hands-on cooking class to explore the use of Thai plant-base ingredients. We will convert popular Thai dishes, such as PadThai, Tom Yum, etc. into delicious vegetarian meals. Learn to use exotic Thai herbs, spices and seasonings with local fresh garden ingredients. Let's get healthy together and add this type of cooking to your vegetarian repertoire. Bring your sharp chef knife or cleaver, cutting board, hand towel and beverage. \$12 material fee paid to the instructor.

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

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

Dim Sum Workshop

ADULT

Dim Sum means "a little bit of heart," and these little savories and sweets surely gladden the heart and palate. Dim sum can be served as an elegant and a fun light appetizer, lunch, snack or as a special treat. We will learn to use a variety of specialties to create popular items, and learn techniques of filling and wrapping in hands-on preparing delicious dim sum, such as Pork and Shrimp Dumplings, BBQ Pork Buns, Chinese Broccoli, Sesame Seeds Balls, etc. Bring your sharp chef knife or cleaver, 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.
May 26	Thur	6:30-9:30 pm	1x	\$53	\$63

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

Korean Cooking

ADULT

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

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

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

Healthy Stir-Fries

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 21	Thur	6:30-9:30 pm	1x	\$53	\$63

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

Asian Seafood

ADULT

Using his new cookbook, "Asian Fusion," Chat invites you to join his quest for seasonal eating. Let's make popular Asian seafood dishes into light meals and maintain the soul that makes Asian cuisine so healthy. We will make for each meal, 5 dishes from various Asian Cuisines, such as China, India, Japan, Thailand, Vietnam, etc and make them healthier and more beneficial by using only fish, seafood, and vegetable products. Learn to use different local seasonal seafood, seasonings, and herbs and prepare popular Asian dishes. Bring your sharp chef's knife or cleaver, cutting board, hand towel, apron and beverage. \$15 material fee paid to the instructor.

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

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

Indian Vegetarian Cooking

ADULT

In this 3-hour workshop, students will learn how to prepare mouth-watering vegetarian dishes from the cuisines of India. At the end of the class, students can enjoy a multi-course meal. Menu: Mango and tomato dhal (using red lentils), coconut fried rice, cabbage and peas curry. \$10 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 7	Sat	10 am-1 pm	1x	\$40	\$50

Instructor: Vijji Sundaram
Location: Albany Community Center, Kitchen
 Min: 5; Max: 12

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.
May 18	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.
May 25	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. The masa used in the tamales does contain lard, and is not vegetarian. \$9 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 1	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.
June 8	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.
June 29	Wed	6:30-8 pm	1x	\$39	\$49

Instructor: Ilah Jarvis
Location: Albany Community Center, Kitchen
 Min: 3; Max: 10



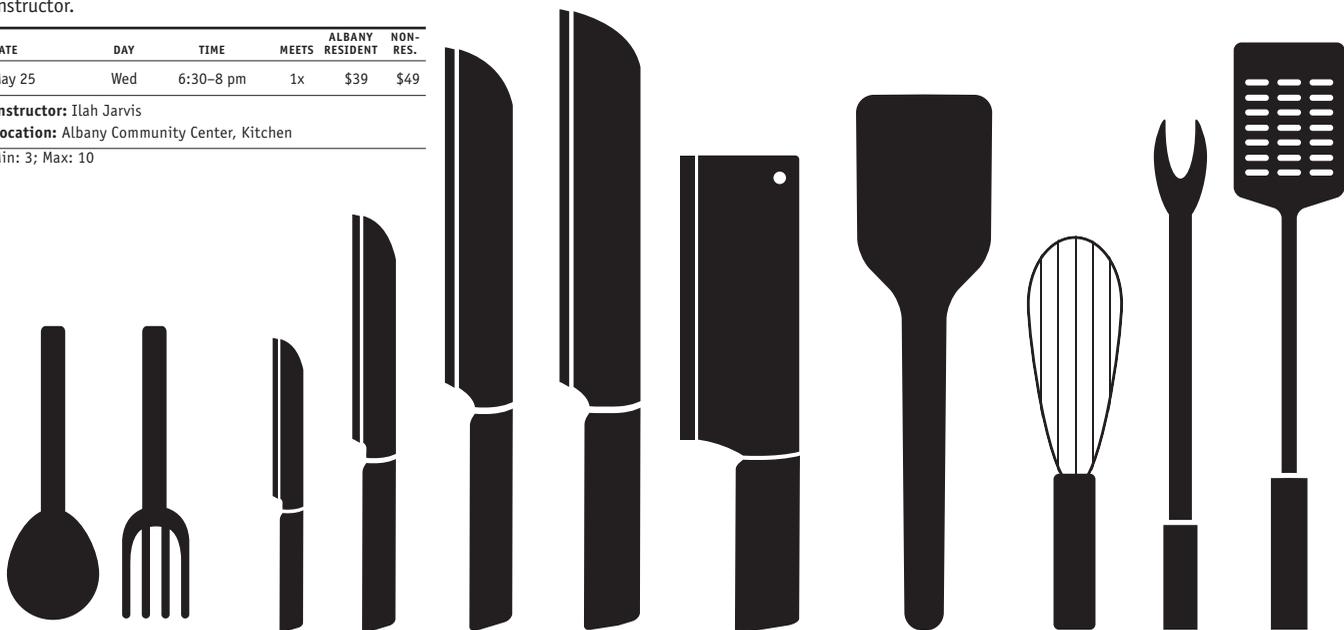
Italian Cooking (Beginner)

ADULT

This class provides with authentic Italian cuisine classes for all levels of food lovers and students. It promotes togetherness through cooking bringing habits that will increase personal health and individual growth. This is a journey into the Italian culture and values that have traveled all around the world making of La Dolce Vita a dream. This Italian cooking class makes the dream come true into a real kitchen. You will learn how to make a delicious meat and vegetarian pasta dish, soffritto, basic sauces. At the end of the class, students can enjoy a nice meal! Bring knife/cleaver, cutting board, hand towel, apron and beverage. \$15 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 16	Mon	6:30-9 pm	1x	\$55	\$65
June 20	Mon	6:30-9 pm	1x	\$55	\$65
July 18	Mon	6:30-9 pm	1x	\$55	\$65

Instructor: Francesca Biffi
Location: Albany Community Center, Kitchen
 Min: 5; Max: 8





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.
May 5–June 16	Thur	7–8 pm	7x	\$79	\$89

Instructor: Beth Ellis-Dickson; BethEllisDance.com
Location: Albany Community Center, Rooms 1 & 2
 Min: 5; Max: 10

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.
May 5–June 16	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

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

WEDNESDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 4–June 22	Wed	7:15–8:45 pm	8x	\$112	\$122
July 6–Aug 24	Wed	7:15–8:45 pm	8x	\$112	\$122

FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 6–June 24*	Fri	7–8:30 pm	7x	\$98	\$108
July 8–Aug 19	Fri	7–8:30 pm	7x	\$98	\$108

WEDNESDAY & FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 4–June 24*	W/F	See Above	15x	\$178	\$188
July 6–Aug 24	W/F	See Above	15x	\$178	\$188

Instructor: David Bertlin & Ronn Guidi
Location: Albany Community Center, Hall; Rooms 1 & 2 (July 29); Albany Senior Center (May 27 & June 24)
 Min: 9; Max: 21 *No class May 13

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.
May 4–June 22	Wed	5:45–6:45 pm	8x	\$100	\$110
June 29–Aug 17	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

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.
May 4–June 1	Wed	6:30–8 pm	5x	\$59	\$69
June 15–July 13	Wed	6:30–8 pm	5x	\$59	\$69
July 27–Aug 24	Wed	6:30–8 pm	5x	\$59	\$69

Instructor: Viji Sundaram
Location: Albany Community Center, Rooms 1 & 2
 Min: 5; Max: 20

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.
May 2–June 27*	Mon	6:30–8 pm	8x	\$92	\$102
July 11–Aug 22	Mon	6:30–8 pm	7x	\$80	\$90

Instructor: Jennifer Sowerwine
Location: Albany Community Center, Hall
 Min: 5; Max: 30 *No class on May 30

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.
May 2–June 27*	Mon	7–9 pm	8x	\$150	\$160
July 11–Aug 22	Mon	7–9 pm	7x	\$132	\$142

Instructor: Lynn Sun, USATT Certified Coach
Offsite Location: i Table Tennis Albany, 533 San Pablo Avenue
 Min: 4; Max: 8 *No class on May 30

Special Interest

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.
May 3–June 16*	T/Th	6–7:30 pm	12x	\$108	\$118
July 5–Aug 11	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 May 24 & May 26

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.
May 2–June 20*	Mon	6:30–8:30 pm	7x	\$90	\$100
June 27–Aug 8*	Mon	6:30–8:30 pm	6x	\$78	\$88

Instructor: Craig Good, clgood@gmail.com
Location: Albany Community Center, Rooms 1 & 2
 Min: 5; Max: 20 *No class on May 30 & July 4

De-Clutter Workshop–5 Easy Steps



ADULT

It's Spring! Time to get organized, clear out the clutter, simplify and plan on how to use your space more efficiently. Is it your closets, the garage, a spare room or your desk or work space that needs to be organized? This workshop will give you the tools and resources you need to begin to de-clutter those areas of your house that you have been thinking about clearing out, and get more organized.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 16	Mon	10 am–noon	1x	\$24	\$34

Instructor: Jean Goldman
Location: Albany Community Center, EOC
 Min: 10; Max: 25

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.
May 7–May 28*	Sat	9–11 am	3x	\$60	\$70
June 4–June 25	Sat	9–11 am	4x	\$60	\$70
July 2–July 30	Sat	9–11 am	5x	\$60	\$70
Aug 6–Aug 20	Sat	9–11 am	3x	\$60	\$70

Instructor: Maida Sensei and certified staff, (510) 290-8640, kiaikido@kiaikido.org
Location: Albany Community Center, Hall, Rooms 1 & 2 (May 21) Albany Senior Center (Aug 20)
 Min: 5; Max: 25 *No class on May 14

The Clutter Connection to Wellness



ADULT

Learn fresh ways to rethink the far reaching physical, mental, emotional, and spiritual effects that "accumulation of stuff" has on our total being. Discover how individual archetypes process clutter differently. Experience more energy, efficiency, creativity, and contentment by cultivating new structures to resist 'over-stuffed' schedules, homes and mental clutter.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 11	Wed	6:30–8:30 pm	1x	\$29	\$39

Instructor: Nadine Oei
Location: Albany Community Center, EOC
 Min: 5; Max: 30

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.
May 21–June 25	Sat	10–11:30 am	6x	\$82	\$92
July 9–Aug 13	Sat	10–11:30 am	6x	\$82	\$92

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

Art

Beginning/Continued Painting with Acrylics

ADULT

Open to all levels and 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 and 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-lives or other subjects of their choosing. Continuing or advanced students will 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 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, the instructor will discuss materials and hand out a materials list at the first class. \$4 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 7–July 19	Tue	6:30–9 pm	7x	\$129	\$139

Instructor: Stephanie Scott, www.StephanieScottArtist.com, (925) 256-4093, StephaniePaints@yahoo.com
Location: Albany Senior Center, South Room
 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.
Apr 20–June 22	Wed	7–9 pm	10x	\$84	\$94
June 29–Aug 31	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

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 4–June 8	Wed	9:45 am–12:15 pm	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; EOC & Craft Room (May 4)
 Min: 4; Max: 12

Beginning Watercolor

ADULT

Discover how easy and beautiful watercolor can be. We will make delicate gradations, hard edges and surprising patterns with paint. Then we mix colors and create the illusion of shadow and light to create wonderful still life and landscape paintings. Drawing skills are not required for this class, and gentle instruction is provided as needed. A materials list is provided upon registration.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 3–June 7	Tue	6:30–8:30 pm	6x	\$98	\$108

Instructor: Ilah Jarvis
Location: Albany Community Center, Craft Room
 Min: 3; Max: 10



Basic Drawing

ADULT

This class is differentiated to each student's level. 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 and shadow, with observation of shading and detail. "If you can see you can draw".

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 16–Aug 15*	Mon	6–8 pm	12x	\$45	\$55

Instructor: Shay Stephens
Location: Albany Senior Center
 Min: 5; Max: 15 *No class on May 30 & July 4

Contemplative Photography: Seeing Fresh

ADULT

Learn what great photographers have always known. Strong images start with clearing your mind of pre-conceived notions to see the world with fresh eyes. Each week we will work with an aspect of visual perception; color, texture, light, space and form in innovative ways. Whether photography is your hobby, art media or a starting point for painting or drawing, this class will change the way you see. Suitable for all levels of experience and equipment. Text: The Practice of Contemplative Photography by Michael Wood and Andy Karr. Bring to each class, camera, card reader or cable, laptop, USB stick and notebook.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 17–June 14	Tue	10 am–12:30 pm	5x	\$87	\$97

Instructor: Rebekah Younger
Location: Albany Community Center, Rooms 1 & 2
 Min: 5; Max: 20





RUN AROUND TOWN SUNDAYS: THE R.A.T.S. RUNNING CLUB

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

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

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

MARIN MONSTER Sunday, September 18 • 8 am

RATS eat hills for breakfast! Start training for this year's Marin Monster 10K fun run. This run will kick-off Albany Local Week (September 18-24) and will score you BIG points on your scorecard! There will be snacks and refreshments afterwards at the Albany Community Center. Registration of \$30 is required for this event. Register by contacting eadams@albanyca.org or download an application at www.albanyca.org/adultsports.

SPRING & SUMMER TRAINING
 Continue consistent training for your spring and summer goals. Many of our runners will be entering the San Francisco Marathon and the Marin Monster 10K. Whatever you are training for consistency is key to achieve your fitness goals! Facebook @Albany Adult Sports and Twitter @AlbanySports.



ADULT LEAGUES



Why should the kids get to have all the fun?

**Summer is made for new teams and new friends!
Come join one of our leagues and play in a friendly, open environment!**

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

**LET'S BE
FRIENDS!**

(on Facebook)
[/albanyadultsports](https://www.facebook.com/albanyadultsports)

SOFTBALL: MEN'S & CO-ED

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

SOCCER: OUTDOOR 5-ASIDE CO-ED

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

KICKBALL: MINI LEAGUE

This summer Albany continues its Kickball Mini-League—6 weeks of non-stop play! Play starts in April 2016. Grab 10 of your best friends and get on the field every Friday night. Release your inner child with this throwback sport. Details on www.albanyca.org/adultsports.

PICKLEBALL: DROP-IN

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

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



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www.albanyca.org/enotify



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



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www.albanyca.org/socialmedia



1000 San Pablo Avenue
(510) 528-5710
cityhall@albanyca.org



Urban Village by the Bay

SENIOR CENTER



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



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

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 & BB Funds, Albany Paratransit provides a subsidy on taxi rides to Albany residents 80 years and over and people with disabilities 18 years and over.

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



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.

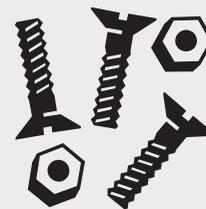
Celebrate with us at one of our **Special Event Dinners!** Enjoy great food, entertainment, games and friendly company in a festive atmosphere! Sign-up at the front desk or call (510) 524-9122 and pay at the door. Admission is \$5.

MOTHER'S DAY DINNER
Friday, May 6 • 4 pm

FATHER'S DAY DINNER
Thursday, June 16 • 4 pm

AUGUST HOT ROD DINNER
Friday, August 26 • 4 pm

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



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.

Health Services

Podiatry: Wednesdays, May 18 and July 20, 1–4 pm. Podiatry services provided by a licensed podiatrist at a low cost.

Over 60 Health Clinic: Dates TBA. A nurse provides foot care, blood pressure checks, medication review and more.

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. Call the Senior Center for more details (510) 524-9122.

Upcoming discussions: Exploring the Services for Seniors, Senior Brain Health, Nutrition and You, Grief Support

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 May 30 & July 4 (City Holidays)

Needlecraft & Beading

May 2–August 29 • 9–11 am

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

Line Dancing for Beginners

May 2–August 29 • 1:45–2:45 pm

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

Senior Center Chorus

May 2–August 29 • 3–4 pm

Come sing away with people that love music.

TUESDAYS

Matinee Movie of the Week

May 3–August 30 • 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

May 4–August 31 • 9–11 am

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

Beginning Japanese

May 4–August 31 • 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

May 5–August 25 • 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!

May 5–August 25 • 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

May 5–August 25 • 1:45–2:45 pm

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

Mandarin Conversation

May 5–August 25 • 11:30 am–12:30 pm

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

Lunchtime with Technology

May 5–August 25 • Noon–1:30 pm

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

Mahjong & Games

May 5–August 25 • 1–3 pm

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

FRIDAYS

French Conversation

May 6–August 26 • 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

May 6–August 26 • Noon–3 pm

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

ALBANY SENIOR CENTER COMMUNITY SHUTTLE

Keeping seniors active & engaged

The Albany Senior Center Community Shuttle takes adults age 50+ on walking tours and day trips, and provides regular, free door-to-door grocery shopping trips for Albany residents age 60+. Registration is required for all programs.

The Albany Senior Center Community Shuttle is funded by Measures B & BB, administered by the Alameda County Transportation Authority.



Walking

Pole Walking for Balance, Exercise & Maintaining Mobility

AGES 50-OLDER

Learn vital skills to improve your endurance, posture, confidence, gait, spine function and upper body strength. Feel taller and walk with renewed attitude! Easy-to-learn techniques and gentle exercises help preserve your joints and prolong your independence! Includes practice pole walking (weather permitting a gentle bus excursion) to enjoy the outdoors. Variety of top quality poles provided. Explore which poles best fit your body and will help you achieve your goals. Repeaters \$15.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 26	Thur	9:30 am-12:45 pm	1x	\$28	\$33
August 4	Thur	9:30 am-12:45 pm	1x	\$28	\$33

Instructor: Jayah Faye Paley, ACE Certified Personal Trainer
 Location: Albany Senior/Youth Annex, 842 Masonic Ave.
 Min: 7; Max: 12

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.

May: *Be a kid again in Tilden*

Join Ranger Bob Flasher on an easy ramble to Tilden Park's Little Farm, Jewel Lake and Nature Center. We'll bring celery so you can feed the critters! Meet at the turnaround at the north end of Central Park Drive. (From Grizzly Peak Dr. at the top of Spruce St., take Canyon Drive steeply downhill. At the bottom, turn left on Central Park Drive. Park close to the turnaround. Tilden Nature Area map at www.ebparks.org).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 19	Thur	9-11 am	1x	FREE	FREE
June 16	Thur	9-11 am	1x	FREE	FREE
July 21	Thur	9-11 am	1x	FREE	FREE

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

June: *Smell the roses in the Berkeley Hills*

F5C Vice-President Shirley Jowell leads us through the Berkeley Rose Garden and Codornices Park, two of Berkeley's most beautiful and historic parks, plus up and down century-old historic paths. Great views, easy pace, but some steps. Meet at the Rose Garden overlook, 1200 Euclid (S. of Eunice). Information: sjowell@sbcglobal.net.

July: *Taste wild edibles along Cerrito Creek*

F5C President Susan Schwartz points out edible, medicinal, and useful wild plants, and you'll taste a few. Meet at the north end of Cornell Ave./S. edge of El Cerrito Plaza. This is an easy walk, but a last, optional leg will involve fording the creek on stepping stones.



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.
May 3-June 21	Tue	10:30-11:30 am	8x	\$8	\$9
July 5-Aug 23	Tue	10:30-11:30 am	8x	\$8	\$9

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



Ethnic Folk Dance & Ballet Techniques

AGES 50-OLDER

Class will cover basic ballet exercises and apply ballet techniques to folk dance. Each session will concentrate on learning one international folk dance variety. Bring your ballet shoes. Beginners and advance dancers all welcomed. Instructor Shi, formerly principle dancer of Shanghai Ballet, had 25 years of experience teaching ballet, ethnic dance and ballroom dancing. He is experienced in teaching seniors both with and without ballet background. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 3-June 21	Tue	11:45 am-12:45 pm	8x	\$8	\$9
July 5-Aug 23	Tue	11:45 am-12:45 pm	8x	\$8	\$9

Instructor: George Shi
Location: Albany Senior Center, Multi-Use Room
 Min: 4; Max: 25

Rosen Method Movement

AGES 50-OLDER

Discover the benefits of Rosen Method Movement in this class that provides easy, unhurried movements set to music, designed to improve alignment and flexibility, deepen awareness, help prevent stress-related injury and promote healing. 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, or use the ones provided. Fee is per class and drop-ins are welcome.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 4-Aug 24	Wed	12:15-1:15 pm	17x	\$8	\$9

Instructor: Helen Morgan & Deborah Marks
Location: Albany Senior Center, Multi-Use Room
 Min: 3; Max: 15

Zumba® for the Mature

AGES 50-OLDER

Zumba® is the popular dance fitness craze that is sweeping the world! Zumba® Gold is a modified version and is the perfect class for beginners, older active adults, the de-conditioned adult and for anyone who desires a slower paced work out with just as much fun. Filled with Latin and international music and rhythms, we move to the sounds of Salsa, Merengue, Reggaeton, Cumbia, Samba, Bhangra and more. Build strength and burn calories! Improve balance and memory-get in shape the Fun Way! Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 5-Aug 25*	Thur	10:15 am-11:15	16x	\$7	\$8

Instructor: Helen Vaughn
Location: Albany Senior Center, Multi-Use Room
 Min: 6; Max: 18 *No class on May 19

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.
May 4-Aug 24	Wed	10:15-11:30 am	17x	\$7	\$8

Instructor: Catherine Sutton
Location: Albany Senior Center, Multi-Use Room
 Min: 4; 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. Please note: No classes in August but they will resume September 9.

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 6-July 29	Fri	10:15-11:30 am	13x	\$9	\$10

Instructor: Greacian Goeke
Location: Albany Senior Center, Multi-Use Room
 Min: 2; Max: 25

Gentle Yoga

AGES 50-OLDER

This class provides a gentler approach to the practice of yoga. Enjoy the benefits of increased flexibility, strength, balance and well being. Yoga encourages better posture, improves breathing and digestion, relaxes and calms the mind. Class is suitable for all levels. Wear loose and comfortable clothing. Bring your own mat if you have one. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 2-Aug 30*	M-F	9-10 am	81x	\$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 May 19, May 30, July 4, Aug 24, Aug 26 & Aug 29

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.
May 2-Aug 22*	M/W/F	10:30-11:30 am	47x	\$3	\$4

Instructor: Yachiyo Otsubo

Location: Albany Community Center, Hall

Min: 20; Max: 45

*No class on May 30, July 4, Aug 24, Aug 26 & Aug 29

Fitness into the Golden Ages: Weight & Balance Training



AGES 50-OLDER

The Albany Senior Center is partnering with **All In One Fitness** to present "Fitness into the Golden Ages". With over 25 years of professional fitness experience, the All-in-One trainers will help you improve your strength, mobility and balance for enhanced quality of life. With their non-intimidating and gentle approach, they will train you using simple body resistance exercises, exercise tubes and dumbbells, medicine balls and other small apparatus. Come see what training can do for you! Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 12-Aug 25*	Thur	12:45-1:30 pm	15x	\$5	\$6

Instructor: Sarah Abelson, NASM & ACE Certified Personal Trainer; Jasmine Buczek, National Academy of Sports Medicine Certified Personal Trainer and Corrective Exercise Specialist
Location: Albany Senior Center, Multi-Use Room; All in One Fitness, 614 San Pablo Avenue (2nd Thursday of each Month)

Min: 4; Max: 10

*No class on May 19



Literature

Savoring Short Stories: Summer

AGES 50-OLDER

We will have one more term of reading *The Pushcart Book of Short Stories*, edited in 2008 by Bill Henderson.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 20-Aug 22*	Mon	11:30 am-1:30 pm	9x	\$75	\$80

Instructor: Debra Ratner

Location: Albany Senior Center, Multi-Use Room

Min: 4; Max: 30

*No class on July 4

Novels: Summer

AGES 50-OLDER

Fathers and Sons, by Ivan Turgenev, is an affecting novel that outraged many Russians in 1862. Please buy Signet Classic, translated by George Reavey.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 1-July 27	Wed	3-5 pm	9x	\$75	\$80

Instructor: Debra Ratner

Location: Albany Senior Center, South Room

Min: 4; Max: 30

Women's Lives: Summer

AGES 50-OLDER

Remembered Rapture: the writer at work is a collection of essays by bell hooks, the brilliant "cultural worker" who grew up in the rural South. Topics include class and race as well as writing. Published by Henry Holt in 1999.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 10-July 29	Fri	2-4 pm	8x	\$70	\$75

Instructor: Debra Ratner

Location: Albany Senior Center, South Room

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.
May 31-Aug 30	Tue	10 am-noon	14x	\$103	\$108

Instructor: Bill Hyman

Location: Albany Senior/Youth Annex, 842 Masonic Avenue

Min: 4; Max: 30

Oral Performing Arts: Reading & Storytelling



AGES 50-OLDER

Lead by experienced storytelling instructors. Class will feature techniques that enhance recitation and storytelling. Read your favorite pieces of literature out loud in an engaging way. Or, enhance the telling of your favorite stories and fables. Have a chance to perform in class and learn from the instructor in a constructive way. This is a low key, fun course offered for the first time. Come be entertained! All instructors are tellers from Stagebridge and are experienced instructors in various school programs. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 3-July 19	Tue	10-11:30 am	12x	\$5	\$6

Instructor: Jon Florey, Ann Riley, Terry Stokes, Marian Ferrante

Location: Albany Senior Center, South Room

Min: 4; Max: 30



Special Interest

Watercolor Tricks & Techniques

AGES 50-OLDER

Experiment and have fun while learning a variety of ways to handle watercolor, mix watercolor with other media, try new techniques and produce a wide variety of effects you can later put into your paintings. Keeping it free and expressive, we will scrub out, use lift off fluid, sponges and stencils, gouache, experiment with back runs, wax crayons, colored inks, plastic wrap, drafting tape, colored pencils, pastels, foil, plastic wrap, tissues and paper towels, salt, different brushes and papers, learn stippling, water perspective, brush drawing, dry brush and more! Class is for complete beginners or experienced painters who want to free up, explore and learn some new stuff. Bring supplies you already have to first class where list will be handed out. \$8 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 7-July 19	Tue	Noon-3 pm	7x	\$129	\$134

Instructor: Stephanie Scott, www.StephanieScottArtist.com, (925)256-4093, StephaniePaints@yahoo.com
Location: Albany Senior Center, Multi-Use Room
 Min: 4; Max: 20

World Affairs & Politics

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Apr 4-June 13*	Mon	9:45-11:15 am	10x	\$4	\$5
June 20-Aug 22*	Mon	9:45-11:15 am	9x	\$4	\$5

Instructor: Constance Cole
Location: Albany Senior Center, Multi-Use Room
 Min: 12; Max: 35 *No class on May 30 & July 4

Beginning Bridge Part I



AGES 50-OLDER

Are you looking for a new social outlet to enrich your life and help keep your mind sharp? Why not learn to play bridge, the world's most intriguing card game! "Beginning Bridge Part I" is designed for the absolute beginner as well as those looking for a review of fundamentals. Come and join us as we have fun and make new friends playing bridge.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 26-June 23*	Thur	9:30-11:30 am	4x	\$37	\$42

Instructor: Terry Terzian
Location: Albany Senior Center, South Room
 Min: 12; Max: 48 *No class on June 9

Beginning Bridge Part II



AGES 50-OLDER

Designed for those who have taken "Beginning Bridge Part I" or who are already familiar with the very basics of bridge.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 30-July 21	Thur	9:30-11:30 am	4x	\$37	\$42

Instructor: Terry Terzian
Location: Albany Senior Center, South Room
 Min: 12; Max: 48

Beginning Bridge Part III



AGES 50-OLDER

Designed for those who have taken "Beginning Bridge Part I and II" or who are already familiar with the materials covered in those courses.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 28-Aug 18	Thur	9:30-11:30 am	4x	\$37	\$42

Instructor: Terry Terzian
Location: Albany Senior Center, South Room
 Min: 12; Max: 48

Bridge: Supervised Play



AGES 50-OLDER

Do you enjoy playing bridge and are you looking to play more often? Are you looking for a friendly environment in which you can practice and refine skills? Perhaps you played years ago and would like to start up again. Whatever your needs, "Supervised Play" will help increase your confidence while having fun doing so. This course is designed for students already with at least a working knowledge of the game. Receive instruction while you play.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 26-June 23*	Thur	Noon-2:30 pm	4x	\$47	\$52
June 30-July 21	Thur	Noon-2:30 pm	4x	\$47	\$52
July 28-Aug 18	Thur	Noon-2:30 pm	4x	\$47	\$52

Instructor: Terry Terzian
Location: Albany Senior Center, South Room
 Min: 12; Max: 48 *No class on June 9

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.
May 2-June 27*	Mon	11:15 am-1:15 pm	8x	\$185	\$190

Instructor: Becky Jaffe
Location: Albany Senior Center, South Room
 Min: 8; Max: 20 *No class on May 30

The Art of Seeing: Fine Art Photography for Beginners



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 beginner photographers.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 4-June 29*	Wed	Noon-2 pm	8x	\$185	\$190

Instructor: Becky Jaffe
Location: Albany Senior Center, South Room
 Min: 8; Max: 20 *No class on June 1

INSTRUCTOR SPOTLIGHT

Terry Terzian began his illustrious teaching career in the late '70s, while a student at the University of California at Davis. In the 35+ years since then, Terry has shared his passion for the game of Bridge with literally thousands of students, both on land as well as on numerous ocean cruises.

Terry is an Accredited American Contract Bridge League (ACBL) Star Teacher with Special Newcomer/Intermediate Certification. Terry has also excelled in the competitive aspect of the game and, in achieving the rank of Gold Life Master, has accumulated in excess of 3,000 masterpoints. To facilitate learning Terry prefers a practical, hands-on approach in the classroom!

Terry direct the new comprehensive Bridge Program at the Albany Senior Center.

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. With a little practice, most birds can be identified! Spring is a wonderful time to observe migration, nesting and song among our feathered neighbors. 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 falcon!

This class is a 5-week introduction to the Birds of the Bay Area, has 5 classroom sessions and 5 field-trips. In the field, the instructor will point out techniques of bird observation and identification. Classes will focus on binocular use, field guides, checklists and review of species seen during field trips. Field trips are to Garin Regional Park, Lake Merritt, Briones Regional Park, Coyote Hills Regional Park and Wildcat Canyon Regional Park. Carpooling may be available to fieldtrip locations. The classroom days are Mondays (May 2, 9, 16, 23, and June 6). Trips are on Thursdays (May 5, 12, 19, 26 and June 9) and meet at the field trip site. \$5 material fee paid to instructor. Note: you will need binoculars for the field trips, but they aren't necessary for the first classroom meeting.

Anne Hoff, the enthusiastic instructor, is certified as a Master Birder by the California Academy of Science and Golden Gate Audubon. She has been teaching bird watching in the Bay Area for 9 years and leading Audubon field trips for longer, and has taught many fledgling birders over the years.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 2-June 9*	Mon	10:30 am-noon	5x	\$85	\$90
	Thur	8:30-11 am	5x		

Instructor: Ted Pierce

Location: Albany Senior/Youth Annex, 842 Masonic Ave.

Min: 10; Max: 15

*No class on May 30 & June 2

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.
May 6-Aug 26	Fri	Noon-1:30 pm	17x	Donation	

Instructor: Mary McKenna

Location: Albany Senior Center, South Room

Min: 4; Max: 35

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.
May 2-Aug 15**	Mon	2-4 pm	14x	\$96	\$101

Instructor: Bill Hyman

Location: Albany Senior Center, South Room

Min: 4; Max: 30

*No class on May 30 & July 4

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

DATE	DAY	TIME	MEETS	AARP MEM.	NON-MEM.
May 5 & May 12	Thur	1-5 pm	2x	\$15	\$20
June 2	Thur	1-5:30 pm	2x	\$15	\$20

Instructor: Alice Meyers

Location: Albany Senior Center, South Room

Min: 10; Max: 20

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.
May 12-June 23*	Thur	1:30-3 pm	6x	\$34	\$39

Instructor: Carol Carlisle

Location: Albany Senior Center

Min: 5; Max: 20

*No class on May 19



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.

Ardenwood Historic Farm

AGES 50-OLDER

Trip includes transportation, walking docent tour and box lunch.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 12	Thur	9:30 am-3 pm	1x	\$29	\$34

Min: 12; Max: 21

Tale of Two Chinatowns: San Francisco Chinatown Heritage Walk

AGES 50-OLDER

Trip includes transportation, 2-hour walking docent tour. Exploring and lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 18	Wed	9:30 am-3 pm	1x	\$29	\$34

Min: 12; Max: 21



Academy of Sciences: Behind the Scenes

AGES 50-OLDER

Trip includes transportation, admission and a docent tour. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 1	Wed	10:30 am-2:30 pm	1x	\$64	\$69

Min: 12; Max: 21

35th Annual Art and Wine Festival in Walnut Creek

AGES 50-OLDER

Trip includes transportation. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 5	Sun	10:30 am-3 pm	1x	\$24	\$29

Min: 12; Max: 21

Mare Island Tour and Lunch

AGES 50-OLDER

Trip includes transportation, docent tour (2-3 hours) and catered lunch.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 15	Wed	9:15 am-3 pm	1x	\$49	\$54

Min: 12; Max: 21

River Rock Casino in Geyserville, CA

AGES 50-OLDER

Trip includes transportation to the casino. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
June 29	Wed	9 am-4 pm	1x	\$19	\$24

Min: 12; Max: 21

Los Altos Art and Wine Festival

AGES 50-OLDER

Trip includes transportation. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 9	Sat	10:30 am-3 pm	1x	\$24	\$29

Min: 12; Max: 21

BAMFA-Berkeley Art Museum

AGES 50-OLDER

Trip includes transportation and docent tour. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 21	Thur	10:30 am-2:30 pm	1x	\$24	\$29

Min: 12; Max: 21

Legion of Honor: Wild West: Picturing America's Frontier

AGES 50-OLDER

Trip includes transportation, admission and docent tour. Lunch on your own at the museum cafe.

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

Min: 12; Max: 21

Graton Casino in Rohnert Park

AGES 50-OLDER

Trip includes transportation to the casino. Lunch on your own.

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

Min: 12; Max: 21

Palo Alto Festival of the Arts

AGES 50-OLDER

Trip includes transportation. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
August 28	Sun	9:30 am-3 pm	1x	\$24	\$29

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.

Cape Cod & the Islands

AGES 50-OLDER

7 Days: September 18, 2016

Trip Includes: Roundtrip airfare, hotel, ground transfers, 9 Meals (6 breakfasts, 3 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

Cost: \$2265 per person, double occupancy; \$650 single supplement. Deposit: \$300 per person. Final payment due July 15, 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, May 26, 2016 • 1 pm • Free

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

• **Venice & the Italian Lakes (October)**

- **Music Cities Christmas (December)**
- **Rose Parade New Year's (December)**
- **2017 Arizona Spring Training Getaway (March)**

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.



Sebastopol Lunch at the Barlow

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
May 23	Mon	10 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

Yountville Lunch

AGES 50-OLDER

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

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

Min: 12; Max: 21

Pescadero Lunch & Harley Goat Farm Tour

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
July 27	Wed	10 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

Half Moon Bay Lunch

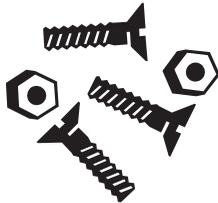
AGES 50-OLDER

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

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

Min: 12; Max: 21

ALBANY SENIOR RESOURCE EXPO



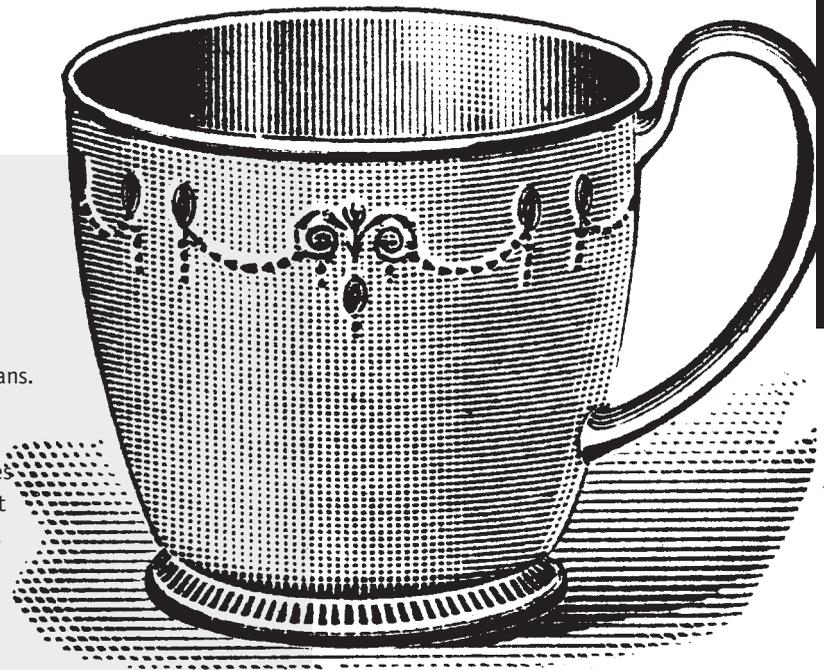
Thursday, April 21 • 10 am-1 pm • Free

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 light refreshments 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 refreshments.



**Backyard BBQ:
Pre-Independence Day
Celebration**

Join us for a cook-out sponsored by the Friends of Albany Seniors to celebrate our nation's birthday. Enjoy patriotic music, BBQ chicken dinner, with pasta, vegetables and dessert.

Proceeds go to support the Senior Center.

**Saturday, July 2
5:30–7:30 pm • \$7**

Call to reserve a dinner.

**The Senior/Youth Annex
842 Masonic Avenue, Albany**



Hawaiian Luau

Enjoy an evening of entertainment and a delicious BBQ chicken dinner prepared by the Albany Lions Club.

**Saturday, August 20
5–7:30 pm**

\$11 Adults, \$5 Children 6 and under.
(\$12/\$6 if purchased after Aug 7)

**Albany Community Center
1249 Marin Ave., Albany**



*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 be not be accepted.

**Albany Senior Center
846 Masonic Avenue, Albany**

CELEBRATE OLDER AMERICANS MONTH: "BLAZE A TRAIL"

GET CONNECTED

Every Monday in May • 1 pm • Free

Join our Senior Services Coordinator, Mary McKenna as she shows you how to use the internet to find services that promote health and social well being of individuals, families, neighborhoods and communities.

BRIDGE BASH

Thursday, May 12 • 11:30 am–1:30 pm
Free

Are you looking for a new social outlet to enrich your life and help keep your mind sharp? Why not learn to play bridge, the world's most intriguing card game! Join us for this free event to kick off our new Bridge Program at the Albany Senior Center. We'll serve a free lunch and then our new instructor, bridge legend Terry Terzian will give an over-view of his program including a free hands-on lesson.

HEALTH & WELLNESS: DIABETIC NUTRITION

Wednesday, May 10 • 10 am • Free

Eating well is one of life's greatest pleasures. Having diabetes shouldn't keep you from enjoying a wide variety of foods including some of your favorites. Seniors with diabetes have the same nutritional needs as anyone else. Learn to plan your meals to help you manage your diabetes and thrive. This topic will be presented by the dynamic speaker, Trinh Tran PhD. Trinh has been teaching at CCSF since 2006. Trinh has her PhD in Nutrition Biology from UC Davis

DINNER CINEMA

Friday, May 27 • 1:30–2:45 pm
\$4 (Suggested Donation)

Enjoy a delicious, nutritious meal in our dining room and then stay for the showing of "Some like it Hot". This classic stars Tony Curtis, Jack Lemmon and Marilyn Monroe.

OLDER AMERICANS MONTH HIGH TEA

Thursday, May 19 • Noon–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 (for 4), 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, 2016. Admission fee includes tea and lunch.

S H O P A L B A N Y





Elizabeth Lyons, detail, *Anser anser domesticus*, 2014. Oil-based ink, rice paper and woodcut, 18 x 12".

ELIZABETH LYONS INK, PAPER, WOOD

April 9–July 3 • Opening Reception: April 10, 4–6 pm • Albany
Community Center Foyer

The Ink, Paper, Wood show is a collection of twelve 18 x 24" framed woodcuts produced between 2014 and 2015. Many of the representational images come from drawings made while sipping coffee at cafes around the East Bay, as well as other places Elizabeth likes to visit like the Albany Library, the Casa Oaxaca gift shop and the Highland Coin-Op Laundry.

Included are smaller works, also relief prints, but cut in linoleum. The smaller pieces date from 1985 to present, giving a retrospective of how her printmaking has evolved.

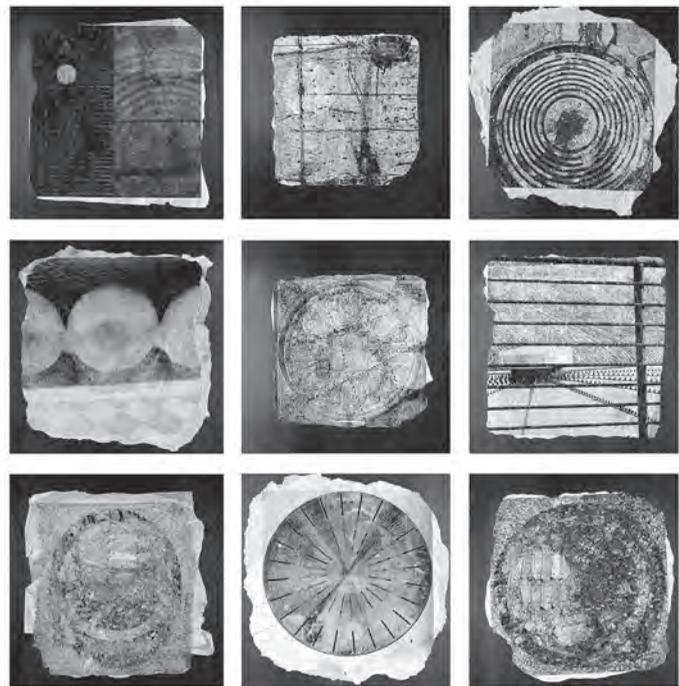
The Albany Community Center Art Gallery is supported by the City of Albany and managed by the Albany Arts Committee. The Albany Arts Committee sponsors four solo shows per year. Each exhibit runs for approximately three months in the Community Center Foyer Gallery. The Albany

TEDDY MILDER

IN CONSTRAINT/UNCONSTRAINED

July 9–October 2 • Opening Reception: July 10, 4–6 pm
Albany Community Center Foyer

In Constraint/Unconstrained began while searching for the Museum of Flamenco and "duende" in the old streets of Seville, Spain. "A photograph I took of the cobbled streets and crumbling walls told a story beyond the circles and squares of the imagery. Duende describes the mysterious, soulful passion and deep emotion expressed by Flamenco dancers, singers and instrumentalists. As I attempted to capture duende in my images, I began with two imposed constraints: work in black and white and use only circles and squares. I quickly found my ever-present texture and pattern sensibility poured into the work. The series became "unconstrained" as I composited subsequent [non] circles and [non] squares with images from my mind, scanned cloth, my home, New York, Seville, Madrid, and Morocco." The series continues with endless possibility in discovery of shapes, new materials and new metaphors. Fragility and strength carries the tension.



Teddy Milder, *Bunconstrained 2-10*, 2013. Archival pigment print on layered and crumpled hand-made tissue paper substrate, hand-stitched with metallic thread, mounted on steel plate. Series of nine. 12 x 12" each.

Arts Committee is now accepting submissions for shows between January and December 2017. Submission deadline is August 26, 2016. Please note that group shows are not accepted. For information about the application process visit www.albanyca.org/arts.

@ 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*

The Bare Bones of the Bone Room

Friday, Apr. 29 • 6:30–7:30 pm • Free

Our guess is that you've seen The Bone Room but have never actually been in The Bone Room. Are we right? The Bone Room specializes in all things once living from real human and animal skulls and skeletons to fossils to framed insects. It has resided on Solano Avenue for more than 20 years and has been a local curiosity from the start. Learn about store's origins, see and touch bizarre and unique items and hear tales of their procurement. Get a rundown on bone cleaning, collecting and conservation. Bring your obscure questions to be answered by staff. All ages welcome!

Bike-in Movie Night

Friday, May 27 • 6:30–8:30 pm • Free

May is Bike Month! Join us at the Albany Community Center for a "Bike-in Movie". We will be showing 'Breaking Away', a fun, family-friendly movie about a teenage boy's dream of becoming a professional cyclist. Ride your bike on down to the Albany Community Center and join us for this fabulous Bike Month event! We have plenty of space to park your bike in a protected area, complete with a massive bike rack. The popcorn is free and will be flowing freely! This film is PG. Special thanks to 5 Little Monkeys for co-sponsoring this bike-tacular event!

Albany Trivia Night

Friday, June 24 • 7–9 pm • Free

Is your head full of random knowledge? Do your friends always roll their eyes when you begin a sentence with "Actually..."? It sounds like the 2nd Annual Albany Trivia Night is right up your alley! Bring a group of friends or show-up by yourself and join a free-agent team. Join us at the Albany Community Center for pub trivia, Albany-style—multiple rounds, topics and maybe even a few wild cards. The 2015 Trivia Night winners will be back to defend their title—do you have what it takes to dethrone The Minions?

Albany Game Night ... Super-sized!

Friday, July 29 • 6:30–9:30 pm • Free

We may be a small town, but our idea of fun is HUGE! Join us for another installment of Albany Game Night...Super-sized! We will have a life-sized version of Monopoly, a giant Jenga set, huge playing cards and even colossal chess. The whole family is invited to drop by Albany Community Center for a massively good time—play a few hands of Go Fish! or stay all night.

City-wide Scavenger Hunt

Friday, Aug. 26 • 6:30–8:30 pm • Free

Ahoy matey! Last year's event brought more than a hundred Albanians together for a vigorous hunt around Albany. This year's list will be more challenging and you'll get bonus points for creativity! Can you find all the items before Davvy Jones catches up with ye'? Only one way to find out—we will see you on the 26th of August or it's the plank for ya! This event is sure to put the "ARRRRR" in Recreation. All generations are welcome! -Quote from 2015 Scavenger Hunt: *"Our team was comprised of FOUR generations of family and friends and EVERYONE had a blast!"*

DINNER WITH ALBANY SPONSORSHIP OPPORTUNITIES

PRESENTING SPONSORS

\$1500 (limited to four)

- Full-page ad in the Fall 2016 *Activity Guide*
- "Presenting sponsor" on Dinner with Albany poster and all marketing & promotion materials
- Logo on Dinner with Albany page of the City website
- Advertisement on KALB
- Logo on Dinner with Albany T-shirts
- Three VIP tables at Dinner with Albany (18 guests)
- Four VIP parking passes
- 18 VIP passes to the Sponsor's Tent
- Valet bike parking passes
- Three bottles of wine delivered to your table
- Special recognition announcement at Dinner with Albany
- 18 Dinner with Albany T-shirts
- 18 Dinner with Albany wine glasses

GOLD LEVEL

\$800 (limited to ten)

- 1/2-page ad in Fall 2016 *Activity Guide*
- Logo on Dinner with Albany page of the City website
- Logo on Dinner with Albany poster
- Advertisement on KALB
- Two VIP tables at Dinner with Albany (12 Guests)
- Two VIP parking passes
- 12 VIP passes to the Sponsor's Tent
- Valet bike parking passes
- Two bottles of wine delivered to your table
- 12 Dinner with Albany wine glasses
- Special recognition announcement at event

SILVER LEVEL

\$450 (limited to ten)

- 1/4-page ad in Fall 2016 *Activity Guide*
- One VIP table at Dinner with Albany (6 Guests)
- One bottle of wine delivered to your table
- Six Dinner with Albany wine glasses
- Valet bike parking passes
- Six VIP passes to the Sponsor's Tent

ADVERTISING

Fall 2016 *Activity Guide*

1/4-page: \$175, 1/2-page: \$250, Full-page: \$375. (Design services not included.)

DEADLINE

Deadline for sponsorship and for reserving advertising space is July 12, 2016.

Sponsors of this wonderful community event will receive a number of benefits, and valuable advertising exposure in our Fall 2016 *Activity Guide*, on the City website, and through event marketing materials. We are offering three levels of sponsorship for Dinner with Albany and selling ad space in our upcoming *Albany Activity Guide*.

The City of Albany Recreation Department's *Activity Guide* provides each Dinner with Albany sponsor with a valuable way to promote their business or organization through a publication that connects directly to involved and active community members. We print 13,500 copies and mail to over 8,000 homes in Albany, nearly 600 Albany businesses and 1,000 non-Albany residents. The *Activity Guide* remains in the homes of our readers for approximately four months; it is referred to multiple times by multiple readers.

If you are interested in becoming a sponsor of Dinner with Albany or placing an ad in the Fall 2016 *Activity Guide*, contact Chelle Putzer at (510) 559-7218 or cputzer@albanyca.org for more information.

SAVE THE DATE!

DINNER *with* ALBANY

Saturday, September 24, 2016 • 5:30-9:30pm
Solano Avenue between San Pablo and Masonic
Dinner Bell Rings at 6:45pm

The City will host a sit-down dinner on Solano Avenue for the entire City of Albany. Share a meal with friends, neighbors and family. There will be live music, dancing in the streets, table decorating contest and the dinner bell will ring at 6:45 pm. Table reservations begin August 8, 2016.

You can share a meal with friends and family in a number of ways:

- Reserve one or more tables with six chairs per table (\$45 each)
- Reserve a space (\$20 each) and bring your own table(s) and chairs
- Make reservations at one of the participating restaurants that will be offering sidewalk dining

More detailed information about Dinner with Albany will appear in the Fall *Activity Guide*.



BIKE TO SCHOOL DAY

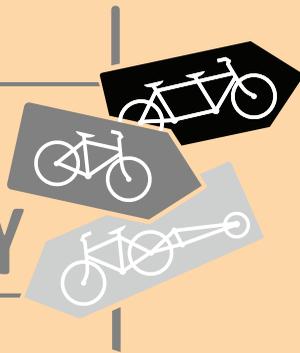
WEDNESDAY, MAY 11, 2016

Join your classmates and ride your bike to school!

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



BIKE TO WORK DAY



THURSDAY, MAY 12, 2016

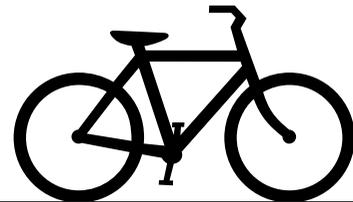
Stop by Albany's Energizer Station from 7-9 am
Ohlone Greenway at Marin Avenue

The Energizer Station will provide coffee, snacks, SWAG,
bike goodies and the famous Bike to Work Day bags.

www.ebbc.org/btwd

The City of Albany Community Services Department
presents

BIKE ABOUT TOWN



May 20, June 17, July 15, August 19
6:30PM - Bikes on Solano, 1554 Solano Ave.





Albany Police Activities League

**B I C Y C L E
R O D E O**

**Saturday, May 14, 2016 • 10 am–1 pm
Cornell Elementary School, 920 Talbot Avenue, Albany**

The goal of this fun and free event is to encourage riders to wear helmets on every ride, to give young cyclists basic skills for on-road riding and to teach them the rules of the road to help keep them safe. A free bicycle helmet will be given to the first 100 youth participants. Activities also include a bicycle confidence course and spectacular entertainment by Pete Brandt, flatland stunt rider. The focus of the rodeo is on elementary and middle school riders.

For more information please visit www.albanypal.net or call the Albany Police Department 525-7300.

Police and Youth Working Together for a Safer Community



Walk 'n Roll to School Day
1st Wednesday in 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!

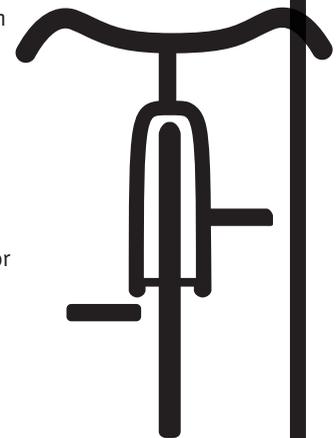
**Bike-In
Movie Night**

**Friday, May 27 • 6:30–8:30 pm • Free
Albany Community Center**

Ride your bike down to the Albany Community Center for a "Bike-in Movie".

- Movie: 'Breaking Away'(PG)
- Free popcorn
- Secure bike parking

Special thanks to our co-sponsor
Five Little Monkeys



Local Garden Swap

Bring your excess homegrown produce to swap with your neighbors.

Tuesday evenings beginning May 5, 6:30
(Be on time for best selection)
Albany Community Center Patio



CITYWIDE GARAGE SALE

Saturday, May 14, 2016 • 9 am–3 pm
Too much old stuff? Need space in your garage?
Host a garage sale!

Applications are available at Albany City Hall, Community Center and Senior Center or can be downloaded from www.albanyca.org/citywidegaragesale. Deadline to apply is Wednesday, April 20, 2016. The Citywide Garage Sale listings and maps will be available in late April on the website, City Hall, the Community Center and Senior Center.



Sports Equipment Swap

Saturday, July 23 • 9:45–11 am (Be ready to swap at 10 am!)
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.

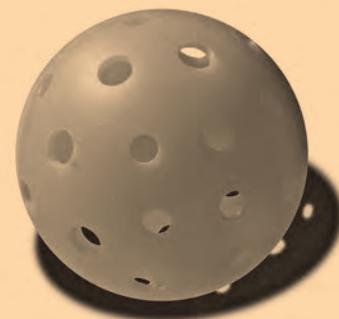
For more information contact Nick Jordan, njordan@albanyca.org.

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?

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.

The Tool Pool makes checking out the tools you need simple. Visit the online library and check out the growing inventory, create an account and then stop by the Albany Recreation and Community Services offices (1249 Marin Avenue) for verification. Please bring an ID or piece of mail to verify your address. Tools are available for one-week rentals. We are also accepting donations at anytime. Contact Brennen Brown at bbrown@albanyca.org. Check out www.albanyca.org/toolpool.

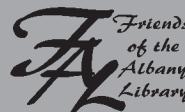
ASIAN HERITAGE MONTH

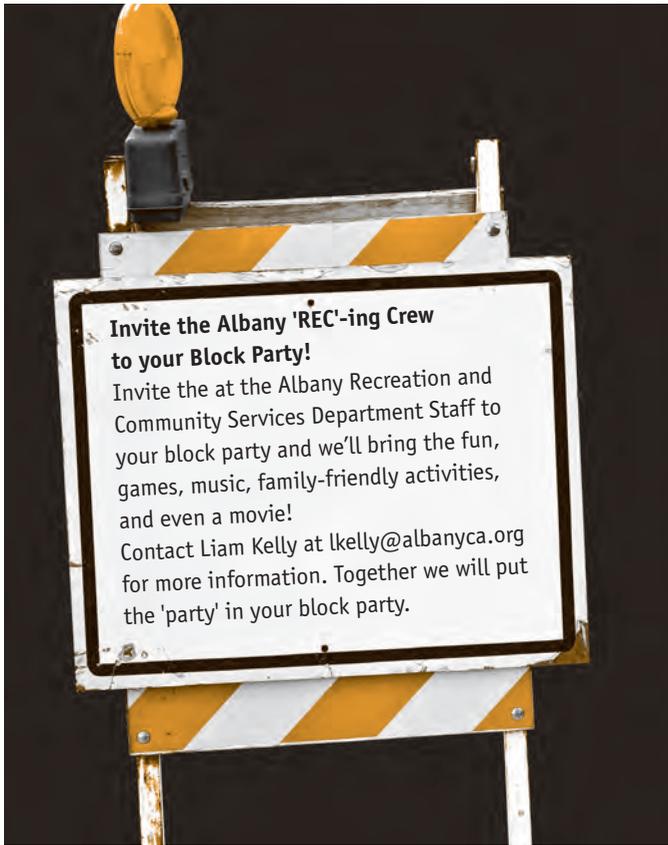
BUILDING HEALTHY COMMUNITIES THROUGH CULTURAL EXCHANGE

Saturday, May 21, 2015 | 2–5 pm | Albany Community Center | Free

**Cultural fashion show, traditional food, children's activities, entertainment
and educational resources**

**Sponsored by City of Albany, City of Berkeley,
Albany Library and Albany Methodist Church**





BLOOD DRIVE

Thursday, August 25 • 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".

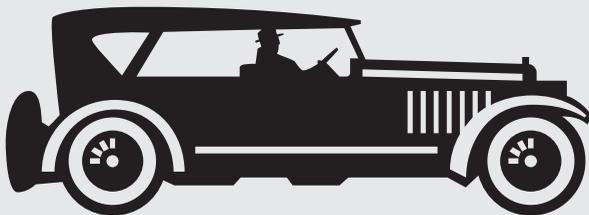
Albany Recreation & Community Services

CAR SHOW

Monday, July 4, 2016 (at the Green, Red, White & Blue Celebration)
Noon–3 pm • Memorial Park

Got a jewel of a car you want to show off? Register for the 4th of July Car Show! Registration forms will be available at www.albanyca.org/rec on May 2, 2016. This is an opportunity to either show your unique car or to enjoy the collections of others. Special classic cars, muscle cars, vintage cars, hot rods or cool electric cars are featured with one top prize awarded at the event.

Please email ephalen@albanyca.org or call Recreation Department at 524-9283 for more information.



Albany Lions 4th of July Pancake Breakfast

It's an Albany Tradition!

Monday, July 4, 2016
9 am–noon

Veterans Memorial Building
1325 Portland Avenue, Albany



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.thewatershedproject.org for more information.

Albany Beach Clean-Up & Sand Globe Workshop

Sunday, July 17, 2016

1–3 pm

Foot 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.





POLICE • COMMUNITY PARTNERSHIPS

National Night Out 2016 Tuesday, August 2

Close down your street for free and throw a block party, make ice cream sundaes or whatever brings your neighbors together. Register early to qualify for a visit from McGruff, give-away items for kids, a special host gift and a visit from city staff. Contact Sgt. Belman at dbelman@albanyca.org or visit www.albanyca.org/nno to register your block.

Parks Make Life Better!

Parks Make Life Better Month: In the Park Events Saturday, July 23, 2016 • Memorial Park, Albany

To celebrate our beautiful Albany parks, the City is hosting FREE “In the Park” events. Drop-in and participate in a class you’ve always wanted to try out: yoga, line dancing, aikido, tai chi, hip hop. Each hour-long class is taught by our very own Recreation Department instructors.

A schedule of “In the Park” events will be posted at Memorial Park, the Albany Community Center, the Senior Center, and on the City of Albany Recreation & Community Services Facebook page (www.facebook.com/albanyrec) in July.

BLOCK MOVIE NIGHTS

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

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

Movie Nights can take place on Saturdays or Sundays between: July 16–October 2.

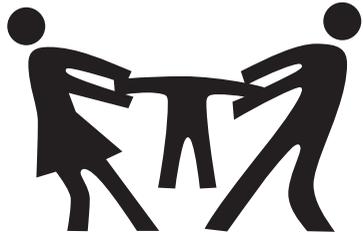
For more information, contact:
Liam Kelly at lkelly@albanyca.org.



Albany Summer Games Challenge

Fancy yourself a Track & Field wiz? Can you name all the events in the gymnastics all-around? Think you have a bead on the winners and losers in the medal count this year? Visit www.albanyca.org/rec or stop by the Albany Recreation Department to get your 2016 Summer Games scorecard. Pick which countries will win medals and turn your scorecard in to the Recreation Department before the opening ceremonies. Each entry wins an awesome Albany prize and the overall winner receives an Albany-style Medal.





Join in Albany's community-wide

CLOTHING SWAP & SEW

Tuesdays, April 19 & July 19, 2016

7:30 pm

Albany Community Center

Two awesome opportunities in one—clothing swap and fabric/textile repair!

The Swap: Bring your clean, usable, but no longer wanted used clothes and find some "new to you" clothes. Bring your friends and neighbors and one or more bags of your washed, gently worn items to our fabulous swap room where clothing will be set out by type (pants, shirts, dresses, etc.) and size! Choose items and take them home. We have mirrors, but no dressing rooms, so plan accordingly. Leftovers are donated to charity. All clothing sizes welcome!

The Sew: Bring fabric items you want to mend, your sewing machine (we will have one available if you don't have one) and any sewing notions you need or want to donate (thread, buttons, patches, pins, etc., we will have some.) Fixit Clinic (www.fixitclinic.org) coaches will be on hand with sewing machines and other tools to assist you repair your favorite fabric items, help reacquaint you with your sewing machine, and help you repair your non-working sewing machine (other broken household items are OK too.) Walk-ins are always welcome, but it helps to register in advance so the Fixit coaches know what to expect at <http://goo.gl/qTzh9J>.

Interested in helping with this awesome event? Volunteers are always welcome. Please check-in at <https://goo.gl/xS1MRK>.



Sunday, September 18, 2016 • 8 am • \$30

Start training now! The Marin Monster 10K fun run is exactly that...a monster of a run! Head straight up Marin Avenue and then weave your way back to the Albany Community Center. The Marin Monster kicks off Albany Local Week (September 18–24). Register early this run sells-out! Download an application at www.albanyca.org/adultsports.

SAVE THE DATE(S)

WEDNESDAYS
IN SEPTEMBER
6:30-8 PM

MEMORIAL
PARK

ALBANY'S
MUSIC
IN THE
PARK



SIXTH ANNUAL Albany FILMFEST

A Big "Thank You!" from Albany FilmFest to our Supporters!

We have a lot of gratitude and appreciation to share with all of the people and organizations that helped to make the 6th Annual Albany FilmFest a great success and a genuine community event.

Thanks to our volunteers for sharing their time, energy, and passion. They're the best! We quite literally could not put on this event without their help.

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

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

Finally, thanks to our awesome sponsors and partners for your generous help and support. Your generosity and commitment allow Albany FilmFest to support a diversity of voices, and to contribute to arts education and enjoyment in our community.

Hope to see you all next year!

EXECUTIVE PRODUCER LEVEL

Solano Avenue Association

DIRECTOR LEVEL

Albany Community Foundation
Mechanics Bank

Office of Alameda County District 5 Supervisor Keith Carson
LandmarkTheatres Albany Twin

CREATIVE DIRECTOR LEVEL

Abrams Claghorn Gallery • DTC Lighting & Grip • Golden Gate Fields
ROOF: Red Oak Opportunity Foundation

PRODUCER LEVEL

Arkin-Tilt Architects

IN-KIND PARTNERS

Albany Historical Society • Albany YMCA • Alliance Graphics
Arrow Glass • Berkeley Film Foundation • Bua Luang
Café Valparaiso • Camp Reel Films • Design-a-Sign • 4f lighting
Fistfull of Cake Films • Five Little Monkeys • Friends of the Library
Ivy Room • Lunafest • Mangia Mangia Ristorante
Rendez-Vous Café Bistro • Rhythmix Cultural Works
Rialto Cinemas Cerrito & Elmwood • Stone Bridge Press

2016 Judging Panel

Waylon Bacon • Geefwee Boedee • Gina Leibrecht • Emmy Scharlatt
Rick Tejada-Flores • Stephanie Watanabe • Laura Weiss

Albany FilmFest Team

Naomi Lucks Sigal, Festival Director & Communications
Jack Kenny, Partnership Director & Creative, Host
Peter Goodman, Arts Committee Chair & Festival Planning
Ellen Toomey, Brand & Communications Design
Beth Ellis-Dickson, Arts Committee & Social Media

City of Albany Staff

Jeremy Allen, KALB Manager, Technical & Planning Director
Nir Moaz, Technical Team Leader
Brennen Brown, Production Coordinator

EAT
SHOP
PLAY
LIVE

do it here



Solano Avenue is a local treasure: It has the charm of a small town, yet with an unmatched array of restaurants and retail establishments, including professional and personal services.

Where else can you find a larger collection of independently-owned "mom and pop" enterprises? Where else can you find such a dynamic range of services and get so many things done in one area?

Where else can you find a more culturally rich group of businesses with owners from all over the map? Nowhere else... It's on Solano!

solanoavenueassn.org

Creative Directors



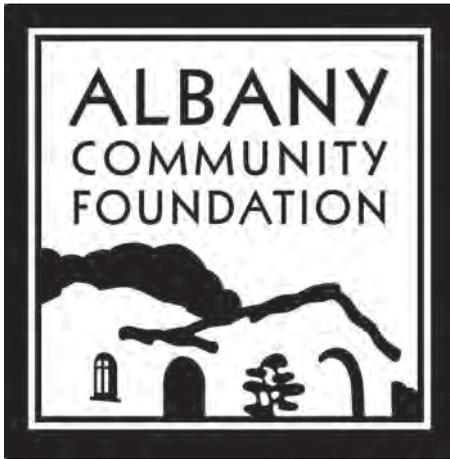
GOLDEN GATE FIELDS



Producer

ARKIN-TILT ARCHITECTS
Ecological Planning & Design





The Albany Community Foundation was founded in 2001 to expand charitable giving in Albany with an emphasis on recreation and social services, festivals and events, community beautification and civic good.

In addition to the FilmFest, ACF sponsors the High School's Spring Concert in the Park, the Albany Reads program, Park Clean-up Days, Dinner with Albany and many other community projects.

Albany Community Foundation
1164 Solano Avenue, Box 133
Albany, CA 94706

ACF is a non-profit corporation and all donations are tax deductible



Supervisor Keith Carson
Alameda County District 5

I am honored to represent the residents of District 5 on the Alameda County Board of Supervisors. District 5 is a vibrant community with diverse cultural and ethnic traditions. Our residents are passionate, engaged citizens who care deeply about the community and are working to make Alameda County a better place to live, work and play.

I have worked to find solutions to challenging issues, such as access to health care, ending poverty and homelessness, crime, improving business retention, and employment. I will continue to work to bring together people who have a wealth of talent and creative resources to address the shared problems in our communities.

P.O. Box 722
Oakland, CA 94604



Mechanics Bank has been helping Northern California businesses grow since 1905.

We offer a full range of banking and wealth management services for individuals, small businesses and large companies.

Our commitment is help you acheive your financial goals.

Jason Alabanza
V.P. / Branch Manager
Mechanics Bank - Albany Branch

801 San Pablo Avenue
Albany, CA 94706
510.558.2321

LANDMARK THEATRES
ALBANY TWIN



We deliver a unique, sophisticated entertainment experience through our embrace of compelling content and unsurpassed customer service.

We are the preferred destination for discovering independent, traditional and specialty film.

Albany Twin Theatre
1115 Solano Avenue
Albany, CA 94706

Sunday, May 1, 2016
Memorial Park
11am-4pm

LIVE ENTERTAINMENT
 BOOTHS & VENDORS
 ACTIVITIES FOR KIDS
 FREE BAGS OF COMPOST
 FOOD TRUCKS



Albany Arts & Green Festival

CELEBRATING

ALBANY'S COMMITMENT TO THE ARTS & THE ENVIRONMENT



Experience the arts!

Youth and adult performers on stage. Arts and crafts for sale. Gifts for Mother's Day. Kids can decorate the park with chalk and create their own art projects from repurposed materials.



Green your life & get involved!

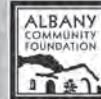
Get ideas to save energy, money, and water. Learn to reduce your carbon footprint. Connect with local green organizations. Discover how your food and lifestyle choices make a difference. Free compost (Albany residents, 2 bags max).



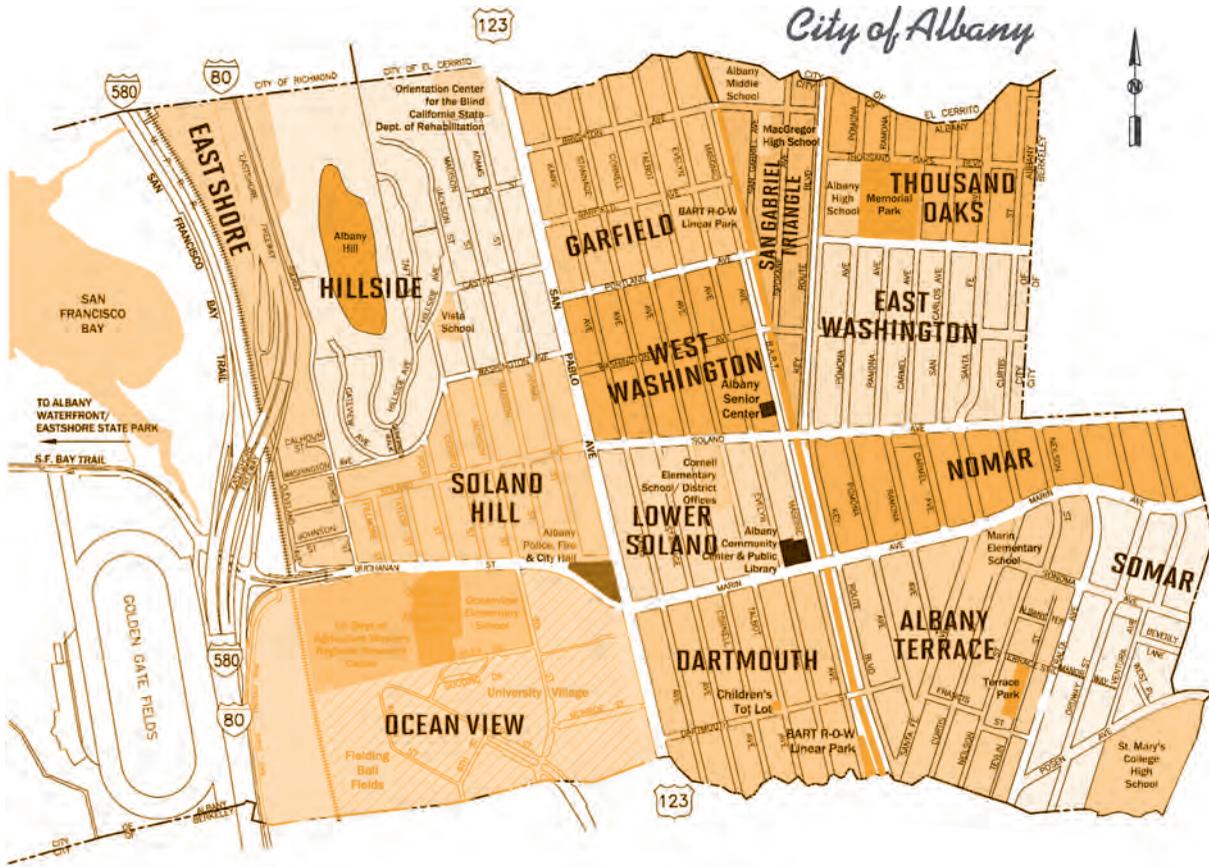
Check performance & activity schedules at albanyca.org/artsandgreenfestival



Ride your bike to the festival: Free bicycle valet parking and free or low-cost bike tune-ups! Provided by Albany Strollers & Rollers and Street Level Cycles.



Sponsored by the City of Albany, the Albany Sustainability Committee, Bua Luang Thai Cuisine, Waste Management of Alameda County, Renewal by Andersen, Albany Subaru, Solano Avenue Association, Albany Community Foundation, Transition Albany, and Albany Strollers & Rollers. Partner: the Albany Arts Committee.



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.**

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

www.albanyca.org/aroundyourblock

Nextdoor Albany

When neighbors start talking, good things happen.

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

To join today, visit www.nextdoor.com

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

FEATURED IN

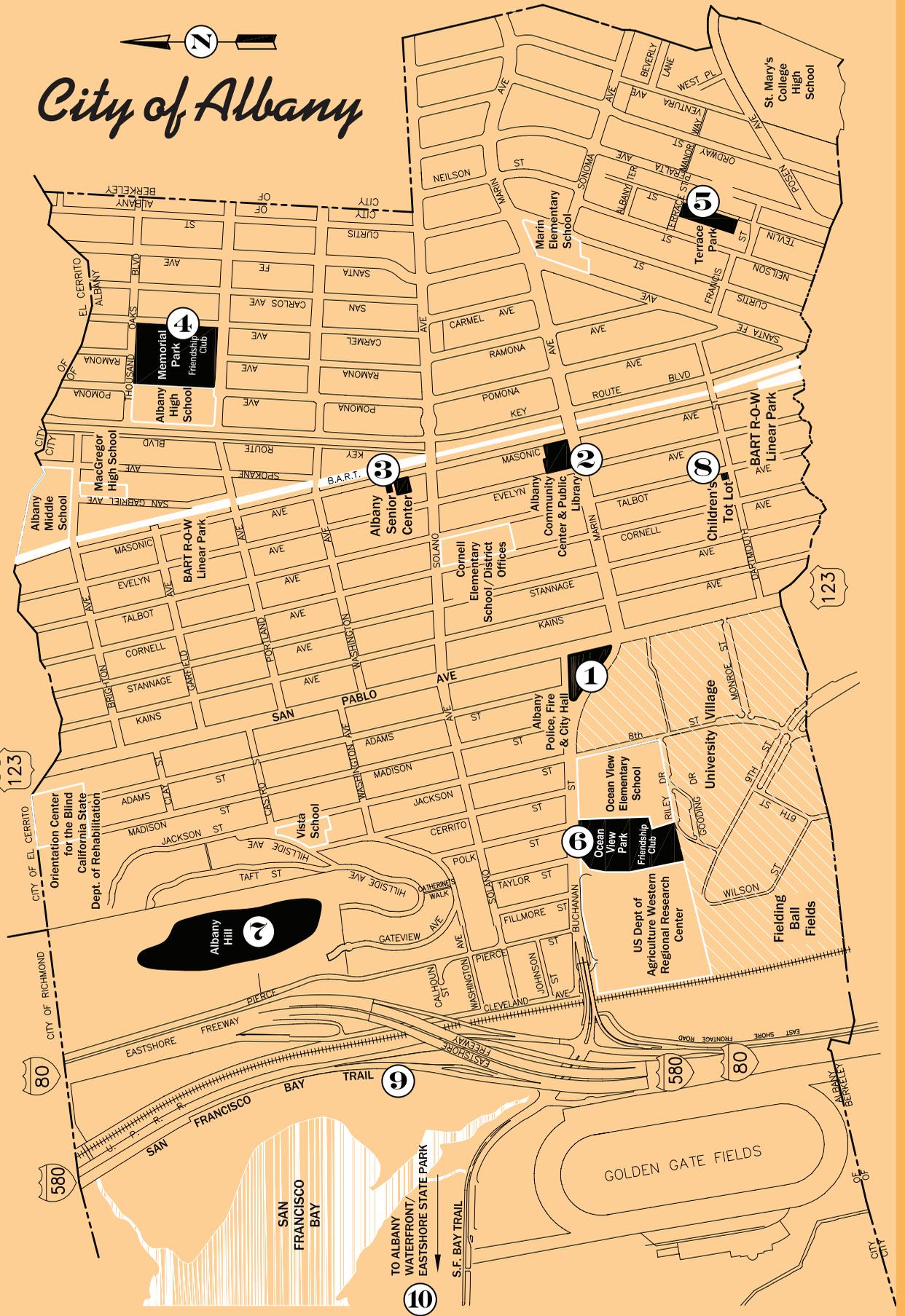
The New York Times USA TODAY Los Angeles Times WALL STREET JOURNAL

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



GREEN THINGS FOR YOU

COMPOST GIVEAWAY

Sunday, May 1 • 11 am–2 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. www.albanyca.org/compostgiveaways.

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!

OCEAN VIEW COMMUNITY ORGANIC GARDEN WEEKLY "OPEN GARDEN"

Sundays • 11 am–1 pm

The Ocean View Community Organic Garden serves Albany citizens who live in apartments or condos with little space to grow food. We strive to foster a spirit of community, with gardeners growing and sharing organic fruit, produce, herbs, and flowers. The garden is located in Ocean View Park at 900 Buchanan Street behind the tennis courts. Join us during our "Open Garden" on the 2nd and 3rd Sundays of the month 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 Wednesday, April 20 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.

APRIL IS EARTH MONTH!

Recycle

Picnickers can now compost their food waste and food-soiled paper in Albany parks, thanks to new Big Belly trash cans! Still confused about what you can recycle? You can always find recycling information in our entire brochure at www.albanyca.org/albanyrecycles.

Check out new opportunities for recycling and composting in local businesses! The City of Albany has been working with Waste Management's outreach staff to provide assistance, free internal recycling containers and signage to Albany Businesses and Multi-Family properties, which are required to separate recycling and organic materials through the Alameda County Mandatory Recycling Ordinance, visit www.recyclingrulesac.org for details.

Conservation: Save Water

Check out water-saving tips at www.albanyca/greenalbany and take advantage of EBMUD's free programs and services at www.ebmud.com, which include:

- Order a free WaterSmart Home Survey Kit to help you find and fix leaks, and check water flow rates.
- Schedule a free On-Site Home Water Survey to receive customized information on how to save water and money.
- Track and manage your water consumption online.
- Find rebates for appliances that conserve water.
- Get free high-efficiency showerheads, faucet aerators, and other water-saving devices.
- Find a lengthy list of WaterSmart tips for the tap.

Energy: Sign-up for the Home Energy Analyzer and get tips to reduce energy usage: www.homeenergyanalyzer.org





VOLUNTEERS NEEDED

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

Listed 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.

UPCOMING OPPORTUNITIES

Apr: Friends of Albany Parks (Memorial Park Clean-Up), @theCenter, Earth Day Waterfront Clean-up, Clothing Swap, Tool Pool

May: Friends of Albany Parks (Ocean View Park Clean-Up), Bike About Town, Bike to Work Day, @theCenter, Tool Pool

June: Bike About Town, @theCenter, Blood Drive, Tool Pool, Sr. Center Resource Fair

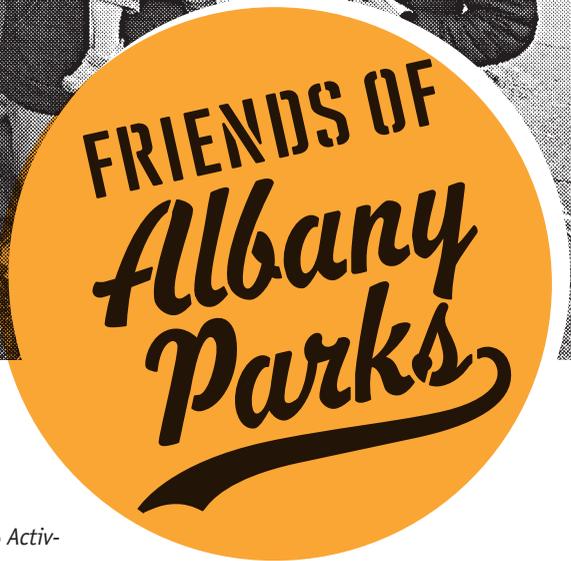
July: 4th of July Event, Bike About Town, @theCenter, Waterfront Clean-up, Tool Pool, Friends of Albany Parks

Aug: Bike About Town, @theCenter, Friends of Albany Parks

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





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 Fall 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
OCEAN VIEW PARK	WEDNESDAY, APRIL 27, 6:30 PM	SATURDAY, MAY 7, 9 AM
ALBANY HILL	NO GALA	SATURDAY, JUNE 25, 9 AM
TERRACE PARK	WEDNESDAY, JULY 27, 6:30 PM	SATURDAY, AUGUST 6, 9 AM

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

Recycling Bins in 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 or summer block party-get together with friends and family. Organizing a Block Party or picnic in the park is a great way 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.

Are you hosting a graduation party or looking to celebrate an amazing father this June?

Book your special event at the Albany Community Center and receive 10% off of the hourly rate. Discount is only valid for new Sunday rentals May–August, 2016. Make a reservation today! Contact Nick Jordan for more information or to schedule a tour of the facility, njordan@albanyca.org.

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
Britt Tanner	Vice Chair
Dirk Larsen	Member
Emma Yee	Member
Alene Pearson	Member
Beth Remington	Member
David Esbin	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 1st Thursday of each month at 5 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
Rosalie Gonzales	Vice Chair
Sarah Levin	Member
Marge Atkinson	Member
Cynthia Hegedus	Member
Karen Leeburg	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
Ken McCroskey	Chair
Robert del Rosario	Vice Chair
Harry Chomsky	Member
Farid Javandel	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	Vice Chair
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
Brian Beall	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
B. Bell, 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
Erik Giesen-Fields Vice Chair
Susan Friedland Member
Christopher Kent Member
Val Joseph Menotti 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: Participant 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

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

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

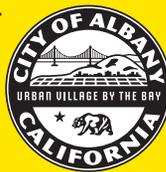
City of Albany Community Services Department & Bikes on Solano Present

BIKE ABOUT TOWN



**Fridays: May 20, June 17, July 15, August 19
6:30 PM · Bikes on Solano, 1554 Solano Ave.**

Pump up your tubes, grab your helmet, and be a part of Albany's BIKE ABOUT TOWN (BAT). BAT will take place on the third Fridays of May, June, July and August. Join us as we casually tour a bike route in Albany.



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

Special thanks to Bikes on Solano



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

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

CARRIER PRESORT
 POSTAL CUSTOMER
 ALBANY, CA 94706

4th of July

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

FAMILY FUN, ENTERTAINMENT, FOOD

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

Arrive early for the annual Albany Lions Club pancake breakfast,
 9am–noon, Veterans Memorial Building

Mustache & Beard contest

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

Diaper Derby

WHO'S GOT THE FASTEST BABY IN TOWN?

Monday, July 4th • Memorial Park

Divisions:

Crawlers: 6–10 months (10 feet)

Crawlers: 11+ months (15 feet)

Tippy Toe Toddlers: 11–24 months (15 feet)

Tippy Toe Toddlers: 24–30 months (20 feet)

Register at the Diaper Derby table at the event.



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