

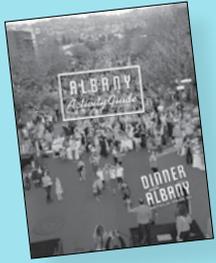


# ALBANY

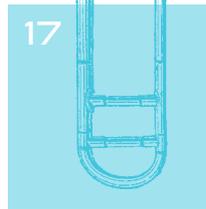
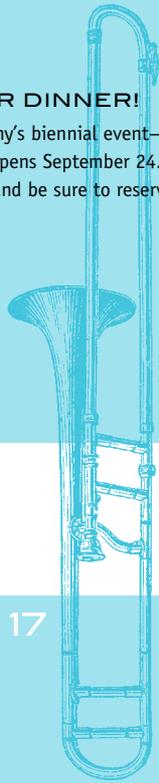
## *Activity Guide*

**DINNER**  
*with*  
**ALBANY**  
DETAILS: PAGE 50





**GET READY FOR DINNER!**  
 Mark your calendar: Albany's biennial event—  
 Dinner with Albany—happens September 24.  
 See page 50 for details, and be sure to reserve  
 your table(s) soon.



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[facebook.com/albanyrec](https://facebook.com/albanyrec)

# Summer Camp Leftovers

NEW

## Kitchen Laboratory

AGES 9-12

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

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

**Instructor:** Hilla Abel, [www.HealthInAPan.com](http://www.HealthInAPan.com)

**Location:** Albany Community Center, Kitchen

Min: 4; Max: 9



## 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

## 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

## 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

## 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.
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

NEW

## Construction Vehicles & Machines using LEGO®

AGES 5-7

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

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

**Instructor:** Play-Well TEKologies

**Location:** Albany Community Center, Hall

Min: 11; Max: 24



## 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.
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

## 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.
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

# Friendship Club SUMMER CAMP 2016

Children ages 6-12 (grades 1-5)

Mon-Fri • 8 am-6 pm

Ocean View Park

\$220 Albany Residents; \$230 Non-Residents

August 8-12: Double Jump: Sky High/Pump it Up

August 15-19: Captivi-Sea: Oakland Zoo/USS Hornet

For more information about the camp please contact Brad Griffith at (510) 559-7220. To register, please contact the Albany Recreation and Community Services Department at (510) 524-9283. Camps fill-up fast. Call today!

## 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.
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](http://www.kidscarpentry.com)

**Location:** Albany Community Center, Craft Room

Min: 6; Max: 11

## 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.
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.
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

# Special Interest

## 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.
Sept 1-Sept 29	Thur	4-6 pm	5x	\$154	\$164
Oct 6-Nov 3	Thur	4-6 pm	5x	\$154	\$164
Nov 10-Dec 15*	Thur	4-6 pm	5x	\$154	\$164

**Instructor:** Abby Skrivan, [www.writeonyouth.com](http://www.writeonyouth.com)  
**Location:** Albany Middle School, Room 203

Min: 6; Max: 20 \*No class on Nov 24

## 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.
Sept 12-Oct 31	Mon	2:15-3:30 pm	8x	\$148	\$158
Sept 12-Oct 31	Mon	3:30-4:45 pm	8x	\$148	\$158
Sept 12-Oct 31	Mon	4:45-6 pm	8x	\$148	\$158

**Instructor:** Director Michael Glass, (510) 524-9232, [www.kidscarpentry.com](http://www.kidscarpentry.com)

**Location:** Albany Community Center, Craft Room

Min: 6; Max: 9

## Video Game Coding & Design



AGES 8-12

In this class students will work with a partner to learn the basic principles of conditional coding and will work on fundamental video game design elements. Working with Multimedia Fusion software, you'll learn the conditional coding necessary to make your video game creations work. Students will make characters interact with the game environment, move around the screen and much more.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Oct 11	Tue	3:45-5:15 pm	6x	\$130	\$140

**Instructor:** Freshi Media Staff

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

Min: 9; Max: 15

## Touch Typing Plus

AGES 7-12 (2ND-5TH GRADERS)

Is your child quick to swipe but slow to type? The skill of keyboarding and touch typing has increased in importance in elementary curriculum, with computerized standardized tests and technology integration in the classroom. Touch Typing Plus is designed to help increase student knowledge of the keyboard and develop technology literacy. Whether it be a 3rd grade homework assignment or SAT's, touch typing skills play an important role in student's technology education. Touch Typing Plus keeps the FUN in FUNdamentals through fun typing games, word processing activities, self-paced speed and accuracy drills, all while demonstrating proper technique and form. Neo2 devices and software will be provided and used, however student knowledge easily translates to any device, including AUSD's Chromebooks used in the classroom for assignments and testing. Classes meet twice a week for 8 weeks. Taught by a technology integration educator, students increase typing proficiency and confidence that take them beyond the classroom experience. This program is open to Albany Unified School District students only.

2ND-3RD GRADERS

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 13-Nov 3	Tue/Thur	2:05-3:05 pm	16x	\$192	NA

4TH-5TH GRADERS

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 13-Nov 3	Tue/Thur	3:15-4:15 pm	16x	\$192	NA

**Instructor:** Rj Bruno

**Location:** Marin Elementary School, Multi-purpose Room

Min: 6; Max: 10

## Girls Who Code



AGES 10-14

New in Albany...Girls Who Code! GWC is a national nonprofit organization working to close the gender gap in the technology and engineering sectors. Did you know in middle school, 74% of girls express interest in Science, Technology, Engineering and Math (STEM), but when choosing a college major, just 0.4% of high school girls select computer science?

Girls explore coding in a fun, supportive and friendly environment. In addition to learning Computer Science, participants get exclusive access to Girls Who Code challenges, events, and speakers. Club members meet weekly and are taught by trained female volunteer facilitators. No experience necessary—curriculum is designed for students with a wide range of coding experience. Must provide own laptop computer—you may bring your own personal laptop or check one out at the Albany Library. Both Mac and PC are welcome.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Dec 12	Mon	3:30-5:30 pm	14x	\$15	\$25

**Instructor:** TBA

**Location:** Albany Community Center, EOC Room

Min: 3; Max: 20

## Jump, Jiggle & Roll: Kindergym Drop-in



AGES 0-4

Come wiggle your waggles away at Kindergym! Children can jump, crawl, run, move and groove for two whole hours of free play. A parent/caregiver must accompany children (1:3 ratio required).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Dec 19	Mon	9:30-11 am	15x	\$2	\$3

**Instructor:** Parent/Caregiver Supervision

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

Min: 3; Max: 30

## Musical Theatre (Beginning/Intermediate)



AGES 7-11

This class is an introduction to the basic techniques of musical theater: singing, dancing and acting. Through fun theater games, vocal exercises, dance, and improvisation your young performer will be ready to dance and sing their way to Broadway! Students will have the opportunity to write a 15-20 minute show, using music from Broadway Musicals, to be performed the last day of class. \$20 material fee paid to instructor for script and costume.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 9-Dec 9*	Fri	3:30-4:45 pm	12x	\$160	\$170

**Instructor:** Anne Clark

**Location:** Albany Community Center, EOC Room

Min: 5; Max: 25

\*No class on Nov 11 & Nov 25

# Art & Music

## 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!

License Fee: \$50 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. We offer two make-up classes per session to be used at any convenient location, day and time!

Siblings under 6 months old are free, over 6 months are \$135. Register with the Albany Recreation Department.

Bay Area Parent: Best of the Best 2001-2014; Best Enrichment Program: Parents' Press 2011; Best Music Class: Oakland Magazine, 2011-2012; Best Music Class, 2011: Alameda Magazine, Lamorinda Moms' Club; Best Music Class: NPN, East Bay Express; Best Music Class: East Bay Express

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 9–Nov 18*	Fri	9:30–10:15 am	10x	\$175	\$185
Sept 9–Nov 18*	Fri	10:30–11:15 am	10x	\$175	\$185

**Instructor:** East Bay Music Together Staff  
**Location:** Albany Community Center, EOC Room

Min: 6; Max: 12 \*No class on Nov 11

## 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.
Sept 3–Oct 1	Sat	10–11:30 am	5x	\$68	\$78
Oct 8–Nov 5	Sat	10–11:30 am	5x	\$68	\$78

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

## Piano Lessons

AGES 5-18

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7–Sept 28	Wed	3–6:30 pm	4x	\$124	\$134
Oct 5–Oct 26	Wed	3–6:30 pm	4x	\$124	\$134
Nov 2–Nov 23	Wed	3–6:30 pm	4x	\$124	\$134
Nov 30–Dec 21	Wed	3–6:30 pm	4x	\$124	\$134

**Instructor:** Kings Chen/Shu Ming Leung, (510) 559-3609  
**Location:** Albany Community Center, EOC Room  
Min: 1; Max: 7

## Multi-media Art

6TH GRADERS

Is your child going to start 6th grade at Albany Middle School Fall of 2016? Are they available during 1st period (from 8–8:50 am)? If so, then this class is perfect! Sign them up for art classes taught by Ms. Luci, the AMS art teacher. Classes will be held in the art room at AMS. This is a project-based class and Ms. Luci will be exploring a range of materials. Students will work with clay and glazes, painting, drawing and using a variety of sculptural materials. Most of all we will be having fun! \$15 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 13–Oct 13	Tue/Thur	8–8:50 am	10x	\$154	\$164
Oct 18–Nov 17	Tue/Thur	8–8:50 am	10x	\$154	\$164

**Instructor:** Natacha Luci Christopherson  
**Location:** Albany Middle School Art Room  
Min: 6; Max: 25

## 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.
Sept 6–Oct 4	Tue	3:45–5 pm	5x	\$99	\$109
Oct 11–Nov 8	Tue	3:45–5 pm	5x	\$99	\$109
Nov 15–Dec 13	Tue	3:45–5 pm	5x	\$99	\$109

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

## Clay for Kids

AGES 3.5-7

Explore your creativity with clay. Have fun making sculptures, pots, and tiles, learning basic hand building techniques. Parents are welcome in the classroom to create with their children and make their own pieces. \$10 material fee/per person paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7–Oct 5	Wed	2:15–3:30 pm	5x	\$119	\$129
Oct 12–Nov 9	Wed	2:15–3:30 pm	5x	\$119	\$129
Nov 16–Dec 14	Wed	2:15–3:30 pm	5x	\$119	\$129

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

## 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.
Sept 7–Oct 5	Wed	4–5:15 pm	5x	\$119	\$129
Oct 12–Nov 9	Wed	4–5:15 pm	5x	\$119	\$129
Nov 16–Dec 14	Wed	4–5:15 pm	5x	\$119	\$129

**Instructor:** Paquerette Clark  
**Location:** Albany Community Center, Craft Room  
Min: 4; Max: 12

# Dance

## Ballet: Beginning

AGES 3.5-5

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 2-Oct 14	Fri	11:30 am-noon	7x	\$69	\$79
Sept 2-Oct 14	Fri	1:30-2 pm	7x	\$69	\$79
Oct 21-Dec 16*	Fri	11:30 am-noon	7x	\$69	\$79
Oct 21-Dec 16*	Fri	1:30-2 pm	7x	\$69	\$79

**Instructor:** Mary Lyons

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

Min: 6; Max: 25 \*No class on Nov 11 & Nov 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.
Sept 2-Oct 14	Fri	3:30-4 pm	7x	\$69	\$79
Oct 21-Dec 16*	Fri	3:30-4 pm	7x	\$69	\$79

**Instructor:** Mary Lyons

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

Min: 6; Max: 25 \*No class on Nov 11 & Nov 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.
Sept 2-Oct 14	Fri	4:40-5:25 pm	7x	\$96	\$106
Oct 21-Dec 16*	Fri	4:40-5:25 pm	7x	\$96	\$106

**Instructor:** Mary Lyons

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

Min: 6; Max: 25 \*No class on Nov 11 & Nov 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.
Sept 2-Oct 14	Fri	2-2:30 pm	7x	\$69	\$79
Oct 21-Dec 16*	Fri	2-2:30 pm	7x	\$69	\$79

**Instructor:** Mary Lyons

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

Min: 6; Max: 25 \*No class on Nov 11 & Nov 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.
Sept 2-Oct 14	Fri	4:05-4:35 pm	7x	\$69	\$79
Oct 21-Dec 16*	Fri	4:05-4:35 pm	7x	\$69	\$79

**Instructor:** Mary Lyons

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

Min: 6; Max: 25 \*No class on Nov 11 & Nov 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.
Sept 2-Oct 14	Fri	5:30-6:15 pm	7x	\$96	\$106
Oct 21-Dec 16*	Fri	5:30-6:15 pm	7x	\$96	\$106

**Instructor:** Mary Lyons

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

Min: 6; Max: 25 \*No class on Nov 11 & Nov 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.
Sept 22-Dec 15*	Thur	4:10-4:55 pm	12x	\$119	\$129

AGES 9-13

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 22-Dec 15*	Thur	5-6 pm	12x	\$119	\$129

**Instructor:** Beth Ellis-Dickson, BethEllisDance.com

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

Min: 5; Max: 12 \*No class on Nov 24

## Lil Dance and Rhythm Superstars!

AGES 2-4

Come sing and dance to music from around the world! Stretch, clap and sing to live guitar music then learn a dance and get up and boogie! We will learn simple sequences inspired by salsa, cumbia, belly dance, tap and ballet. Then let loose for a free style dance party. Fun for the whole family!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 15-Oct 20	Thur	10-10:45 am	6x	\$80	\$90
Oct 27-Dec 8*	Thur	10-10:45 am	6x	\$80	\$90

**Instructor:** Leila Block

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

Min: 3; Max: 30 \*No class Nov 24



# 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](http://www.albanyca.org/rec).



# Sports & Fitness

## 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.
Sept 7-Sept 26	M/W	3:30-4:30 pm	6x	\$95	\$105
Sept 28-Oct 17	M/W	3:30-4:30 pm	6x	\$95	\$105
Oct 19-Nov 7	M/W	3:30-4:30 pm	6x	\$95	\$105
Nov 9-Nov 28	M/W	3:30-4:30 pm	6x	\$95	\$105
Nov 30-Dec 14	M/W	3:30-4:30 pm	5x	\$80	\$90

**Instructor:** John Fry & Staff  
**Location:** Memorial Park Tennis Courts  
 Min: 4; Max: 10

## 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.
Sept 7-Sept 26	M/W	4:30-5:30 pm	6x	\$95	\$105
Sept 28-Oct 17	M/W	4:30-5:30 pm	6x	\$95	\$105
Oct 19-Nov 7	M/W	4:30-5:30 pm	6x	\$95	\$105
Nov 9-Nov 28	M/W	4:30-5:30 pm	6x	\$95	\$105
Nov 30-Dec 14	M/W	4:30-5:30 pm	5x	\$80	\$90

**Instructor:** John Fry & Staff  
**Location:** Memorial Park Tennis Courts  
 Min: 4; Max: 10

## 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.
Sept 7-Sept 26	M/W	5:30-6:30 pm	6x	\$95	\$105
Sept 28-Oct 17	M/W	5:30-6:30 pm	6x	\$95	\$105
Oct 19-Nov 7	M/W	5:30-6:30 pm	6x	\$95	\$105
Nov 9-Nov 28	M/W	5:30-6:30 pm	6x	\$95	\$105
Nov 30-Dec 14	M/W	5:30-6:30 pm	5x	\$80	\$90

**Instructor:** John Fry & Staff  
**Location:** Memorial Park Tennis Courts  
 Min: 4; Max: 10

## Kidz Love Soccer: Mommy/Daddy & Me Soccer

AGES 2-3.5 (WITH PARENTS)

The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Adult participation is required. All kids receive a soccer jersey! Check the hotline 30-minutes before the start of the class for the most up-to-date information. 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.
Sept 24-Nov 12	Sat	4:30-5 pm	8x	\$117	\$127

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

## Kidz Love Soccer: Tot Soccer

AGES 3.5-4

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. All kids receive a Kidz Love Soccer jersey! Check the Rainout hotline 30-minutes before the start of the class for the most up-to-date information. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 24-Nov 12	Sat	3:50-4:20 pm	8x	\$117	\$127

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

## Kidz Love Soccer: Pre Soccer

AGES 4-5

Children will have fun and learn the basic techniques of the game; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting. All kids receive a Kidz Love Soccer jersey! Check the Rainout hotline 30-minutes before the start of the class for the most up-to-date information. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 24-Nov 12	Sat	3:15-3:50 pm	8x	\$117	\$127

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

## Kidz Love Soccer: Soccer 1

AGES 5-6

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Shin guards are required after the first meeting. All kids receive a Kidz Love Soccer jersey! Check the Rainout hotline 30-minutes before the start of the class for the most up-to-date information. Cancelled classes will be made up at the end of the session by adding an additional class at the same day and time.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 24-Nov 12	Sat	2:30-3:15 pm	8x	\$117	\$127

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

# 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.
Aug 6-Aug 20	Sat	9-11 am	3x	\$60	\$70
Sept 3-Sept 24	Sat	9-11 am	4x	\$60	\$70
Oct 1-Oct 29	Sat	9-11 am	5x	\$60	\$70
Nov 5-Dec 17*	Sat	9-11 am	5x	\$60	\$70

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

**Location:** Albany Community Center, Hall; Albany Community Center, Rooms 1 & 2 (Oct 22 & Dec 17); Albany Senior Center (Nov 12 & Dec 10)

Min: 5; Max: 25 \*No class on Nov 26 & Dec 3

## 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.
Sept 2-Sept 30*	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Oct 3-Oct 31	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Nov 2-Nov 30*	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Dec 2-Dec 21	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80

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

**Location:** Albany Community Center, Hall

Min: 2; Max: 40 \*No class on Sept 5, Nov 11 & Nov 25

## 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 at anytime. (Uniforms and test fees are paid to Albany Karate for Kids, see instructor for details.)

### FORMS, SELF-DEFENSE & WEAPONS

Sat: 8-8:35 am: White-Belts Only (Kata & Basics)

Sat: 8:35-9:35 am: Intermediate Yellow-Belts & up (Kata & Self-Defense)

Sat: 9:35-10:15 am: Advanced (Kata, Self-Defense & Weapons)

Note: Intermediate & Advanced may attend 2x/wk

DATE	DAY	MEETS	ALBANY RESIDENT	NON-RES.
Sept 3-Oct 15	Sat	1-2x/week	\$99	\$109
Oct 22-Dec 17*	Sat	1-2x/week	\$99	\$109
Sept 3-Dec 17*	Sat	1-2x/week	\$187	\$197

**Instructor:** Sensei Dara Connolly & Black Belt team, (510) 847-2400, [www.albanykarateforkids.com](http://www.albanykarateforkids.com)

**Location:** Albany Community Center, Rooms 1 & 2 Albany Community Center, Hall (Oct 22 & Dec 17)

Min: 4; Max: 50 \*No class on Nov 12 & Nov 26

# Friendship Club



**T**HE 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 35 student capacity at our Memorial Park site. A minimum attendance of three days per week is required; morning care and drop-in service are not available. Program accommodations are on a first-come, first-served basis until all spots are filled.

## FRIENDSHIP CLUB FEES

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

## FALL ENROLLMENT

Contact Brad for enrollment openings.

	1:55–6 pm	3–6 pm
3 days/week	\$303/month	\$216/month
4 days/week	\$386/month	\$271/month
5 days/week	\$471/month	\$343/month

## FRIENDSHIP CLUB

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



## 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	Close

### PLAN AHEAD FOR CAMPS!

#### MID-WINTER CAMP 2017\*

February 20-24 • 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 Visit from: Magic Dan  
 WEDNESDAY Trip: Cordanices Creek Park  
 THURSDAY Visit from: Don O'Brien  
 FRIDAY On-Site Movie & Ice Cream

#### SPRING CAMP 2017\*

April 10-14 • 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 Onsite: Lawrence Hall of Science  
 WEDNESDAY Trip: Cordanices Creek Park  
 THURSDAY Onsite: Lawrence Hall of Science  
 FRIDAY On-Site Movie & Ice Cream

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

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

# TEENS@842



## AFTER-SCHOOL PROGRAM

This daily after-school program, is for youth grades 6th-8th, and provides a well-supervised environment to play, learn, make friends, enhance self-esteem and develop social skills. It offers a variety of activities including indoor/outdoor games, healthy snacks and a supervised homework period. The 2016-17 program will run from August 29, 2016-June 16, 2017.

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.

## FALL ENROLLMENT

Fall 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, Recreation Leader  
 (510) 525-0576 • [jjenkins@albanyca.org](mailto: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 22-26, 2016. Contact Johanna Jenkins for more information.

# Get Connected!

Visit [www.albanyca.org](http://www.albanyca.org) to know what's going on in your city!



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1000 San Pablo Avenue

(510) 528-5710 

[cityhall@albanyca.org](mailto:cityhall@albanyca.org) 



*Urban Village by the Bay*

# Dance

## Dance Again: Fluid Feet for Adults

ADULT

Did you used to 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.
Sept 22-Dec 15*	Thur	7-8 pm	12x	\$119	\$129

**Instructor:** Beth Ellis-Dickson; BethEllisDance.com

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

Min: 5; Max: 10 \*No class on Nov 24

## Beginner Plus Line Dance

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 27-Dec 13*	Tue	7-8:30 pm	10x	\$94	\$104

**Instructor:** Aimee Haire

**Location:** Albany Community Center, Hall

Min: 8; Max: 25 \*No class on Oct 11 & Nov 8

## Absolute Beginner Line Dance

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 6-Dec 15*	Thur	7-8:30 pm	9x	\$85	\$95

**Instructor:** Aimee Haire

**Location:** Albany Community Center, Hall

Min: 8; Max: 25 \*No class on Nov 10 & Nov 24

## Beginning/Intermediate Classical Ballet

ADULTS

Have you always wanted to dance but never had the chance or time until now? Do you want to come back to dancing after a long break? Maybe you want to do and learn something new and fun. This may be class for you. Start from nothing, or from where you are. We will dance & learn together. Bring ballet slippers. Leotard and tights for women. T-shirt and tights for men. Sweat pants and jackets are allowed over your other dance 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.
Sept 7-Oct 26	Wed	7:15-8:45 pm	8x	\$112	\$122
Nov 2-Dec 21	Wed	7:15-8:45 pm	8x	\$112	\$122

FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 2-Oct 21	Fri	7-8:30 pm	8x	\$112	\$122
Oct 28-Dec 16*	Fri	7-8:30 pm	6x	\$85	\$95

WEDNESDAY & FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 2-Oct 26	W/F	See Above	16x	\$204	\$214
Oct 28-Dec 21*	W/F	See Above	14x	\$179	\$189

**Instructor:** David Bertlin & Ronn Guidi

**Location:** Albany Community Center, Hall; Albany Senior Center (Oct 28)

Min: 9; Max: 21 \*No class on Nov 11 & Nov 25

## 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.
Sept 22-Dec 15*	Thur	6:10-6:55 pm	12x	\$119	\$129

**Instructor:** Beth Ellis-Dickson; BethEllisDance.com

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

Min: 5; Max: 15 \*No class on Nov 24

## Chinese Traditional & Folk Dance



ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Oct 25	Tue	10:30 am-noon	8x	\$100	\$110
Nov 1-Dec 20*	Tue	10:30 am-noon	6x	\$76	\$86

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

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

Min: 8; Max: 14 \*No class on Nov 15 & Nov 22

## INSTRUCTOR SPOTLIGHT

**Mr. Shi, Zhongqi** graduated from the Shanghai Dance Academy Ballet Department with honors in 1966, majoring in ballet, minority folk dance, Chinese folk dance and Chinese classical dance. He joined the Shanghai Ballet Company as a principal dancer, starring in ballets such as "White Haired Girl", "Swan Lake", "War of Miao" and "Red Detachment of Women", and more. In addition to dance, he also acted in various films and TV credits, "Life's Trill", "Bitter", and "Distant Star", etc. during 1979 to 1987.



Mr. Shi came to the United States in 1988 and studied Modern Dance at the University of Utah, Salt Lake City while he taught ballet in Utah Ballet Department. Later, he moved to New York City and started to teach ballet, Chinese folk dance, and European folk dance in a number of arts organizations. He is now in Bay area teaching ballet, Chinese and European folk dance. During his tenure in the U.S., he continues to perform in different programs such as "Nutcracker in China", "Butterfly Lovers" and "Silk Road Flower Rain".

## Special Interest

NEW

### Beginning Fly Fishing

ADULT

Imagine swinging a soft-hackled caddis in a sparkling stream! You'll learn fly fishing basics-insects as fish food, artificial flies, essential gear, important knots, top Nor Cal streams and rivers, catch and release, protecting watersheds, local clubs, shops, and resources-with plenty of time to practice your casts and mends. Class schedule:

**Sept 15:** Presentation with short film: The magic of fly fishing for trout, salmon, and other fresh and saltwater species; Indoor Demo: Setting up a rod and casting a fly line.

**Sept 22:** Presentation: Insects, match the hatch, and the art of tying artificial flies; Demo: Tie dry and/or wet fly (ant, wooly bugger, and/or caddis); Indoor Practice: Casting a fly line.

**Sept 29:** Presentation: Northern California's top rivers, streams, and lakes; Presentation: Protecting the fish we love to catch-catch and release, keep 'em wet campaign, licenses, volunteering to restore fisheries and watersheds; Indoor Practice: Casting a fly line.

**Oct 1:** Outdoor Practice: Casting ponds at McCrea Park in Oakland; Presentation: Getting help from local fly fishing clubs, classes, shops, guides, and internet resources.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 15-Oct 1	Thur/Sat	6:30-8 pm	4x	\$64	\$74

**Instructor:** Roger Wachtler

**Location:** Albany Community Center, Hall (Thursdays)  
Oakland Casting Ponds, McCrea Park (Sat, Oct 1, 8:30-10 am)  
Min: 5; Max: 10

### Play Around with Shakespeare

ADULT

Shakespeare fans of all levels are invited to join in this playful, participatory workshop. Learn basic acting techniques that make the plays so rewarding and fun to perform. Delight in the sound and imagery of the language through group exercises and group work on scenes from selected plays. No theater experience is necessary.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 25-Nov 29	Tue	1:30-3:30 pm	6x	\$70	\$80

**Instructor:** Jane Courant

**Location:** Albany Community Center, Rooms 1 & 2  
Min: 8; Max: 20

### De-Clutter Workshop-5 Easy Steps

ADULT

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.
Oct 17	Mon	10 am-noon	1x	\$24	\$34

**Instructor:** Jean Goldman

**Location:** Albany Community Center, E0C  
Min: 10; Max: 25

### 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.
Sept 12-Nov 21*	Mon	6:30-8:30 pm	10x	\$134	\$144

**Instructor:** Craig Good, clgood@gmail.com

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

Min: 5; Max: 20

\*No class on Oct 31

### Ikebana Sogetsu School

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 15-Nov 3	Thur	10 am-1 pm	8x	\$164	\$174

**Instructor:** Soho Sakai

**Location:** Albany Community Center, Hall  
Min: 15; Max: 50

NEW

### Introduction to Homeopathy: How to Use Homeopathic Medicines at Home

ADULT

Homeopathy is based on the principle of like cures like, What can harm you can cure you. Practiced and recognized in many parts of the world, it is safe, effective medicine. The class is designed as an introduction to Classical Homeopathic concepts and practice. Completion of the two part series qualifies the student to do home acute-prescribing. Session 1 includes: remedies helpful for sprains and strains; musculoskeletal complaints and nerve injuries. Session 2 (offered in Winter/Spring) includes: remedies for headaches, sun exposure, digestion and common colds.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 4-Oct 2*	Sun	2-5 pm	3x	\$85	\$95

**Instructor:** Lourdes Gonzaga, MA, C. Hom., C. HP

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

Min: 5; Max: 30

\*No class on Sept 11 & Sept 25



## Music

## Albany Chamber Orchestra

## ADULT

The Albany Chamber Orchestra is a 35-piece orchestra composed of string, wind, brass and percussion instruments. It was formerly known as the Albany Community Orchestra, the Albany Adult School Orchestra and most recently the Albany Chamber Strings. The orchestra was organized by Ernest Douglas in 1975 as a class in the Albany Adult School. In the past 40 years, it has given hundreds of amateur adult musicians the opportunity to study and perform over 300 selections from the orchestral repertoire. No auditions are necessary, but players should be of an intermediate level or above. New string players are welcome; winds and brass must have the permission of the conductor. The Orchestra presents three free public concerts each year and an occasional Young People's Concert. Participants must play in a public concert on Sunday, November 13.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6–Nov 8	Tue	7–9:15 pm	10x	\$69	\$79

**Instructor:** Teresa Colyer

**Location:** Albany High School, Band Room 20; Location TBA (Oct 25)

Min: 25; Max: 40

## Low Intermediate Recorder Ensemble

## ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 20–Dec 6*	Tue	6:30–7:30 pm	10x	\$69	\$79

**Instructor:** Frances Feldon

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

Min: 8; Max: 50 \*No class on Oct 11 7 Nov 1

## High Intermediate Recorder Ensemble

## ADULT

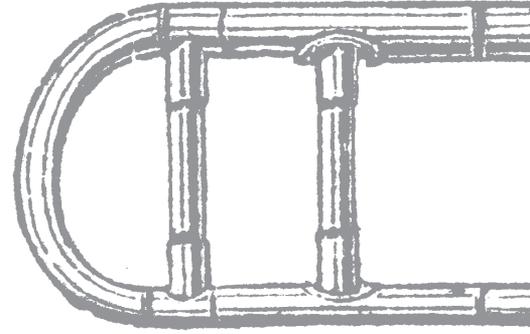
More complex music, emphasis on developing all recorder technique, including greater facility, sight-reading, varied articulation and practicing ensemble skills. More one on-a-part playing. Polyphony from medieval to modern for recorders. Prerequisite: Student must know both C and F fingerings, be able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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 20–Dec 6*	Tue	7:30–8:30 pm	10x	\$69	\$79

**Instructor:** Frances Feldon

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

Min: 8; Max: 50 \*No class on Oct 11 & Nov 1



## Classical Guitar Technique

## AGES 16–ADULT

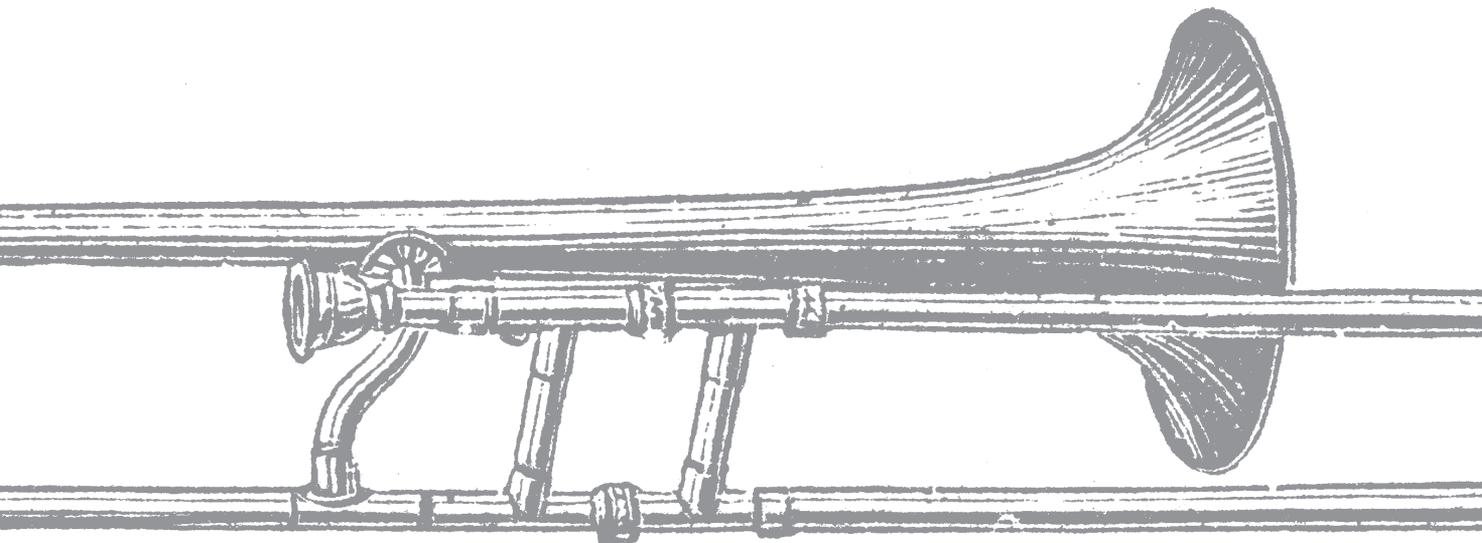
Learn to read and play music for the guitar. Students will learn how to play a melody, accompaniment and the best ways to hold a guitar. Everyone in the class receives individual attention. Class activities include learning to play solo pieces and participation in an ensemble setting. Students provide 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.
Sept 3–Oct 1	Sat	10–11:30 am	5x	\$68	\$78
Oct 8–Nov 5	Sat	10–11:30 am	5x	\$68	\$78

**Instructor:** Claude Sprague, (510) 859-4055, [claudes@theguitarinstructor.net](mailto:claudes@theguitarinstructor.net)

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

Min: 4; Max: 16



## Albany Community Chorus

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 20–Dec 6*	Tue	7–9 pm	11x	\$79	\$89

**Instructor:** Mary Stocker

**Location:** Albany High School, Room 22; Location TBA (Oct 25 & Nov 29)

Min: 25; Max: 65

\*No class on Oct 11

## Ukulele for Beginners

NEW

ADULT

Ukulele workshop for beginners—no musical experience needed! Learn basic chords, strumming techniques and fingerpicking, all in this easy to follow course. You'll be singing and strumming along right from day one.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12–Oct 24*	Mon	6–7:30 pm	6x	\$100	\$110
Nov 7–Dec 12	Mon	6–7:30 pm	6x	\$100	\$110

**Instructor:** Lenny San Jose aka "Ukulenny"

**Location:** Albany Community Center, EOC Room

Min: 6; Max: 20

\*No class on Oct 17

## Albany Big Band Jazz Ensemble

ADULT

The Albany Jazz Band has been playing big band music for more than 15 years. It is part of the City of Albany's Recreation and Community Services Activities program. The band plays classic to modern instrumental and vocal jazz, swing, latin and other genres arranged for traditional 18-20 piece jazz big band—ordinarily saxophones, trumpets, trombones, guitar, piano, bass and percussion. Our band offers an opportunity to learn, play, and perform tightly arranged jazz, and to explore the vibrant experience of soloing and singing with a big band. Playing and singing level is intermediate and above; experience with jazz and swing idiom is recommended. Participation in the band requires a commitment to attend regular rehearsals, and to participate in occasional public performances. Due to limited space, enrollment is by permission of instructor only. For information about how to join or other questions about enrollment, contact instructor. For information about the band visit the website. Performances may be scheduled outside regular rehearsal dates and times. An end of semester concert featuring new music rehearsed during the fall term will be held on Sunday, December 4, 2016 from 3–5 pm at the Albany Community Center. \$20 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7–Nov 30*	Wed	7–9:15 pm	12x	\$70	\$80

**Instructor:** Bob Levenson (Musical Director), Rich Kalman (Vocal Director), Bernard Knapp (Library/Administration), [instructor@albanyjazzband.org](mailto:instructor@albanyjazzband.org), [albanyjazzband.org](http://albanyjazzband.org)

**Location:** Albany High School, Band Room 20

Min: 12; Max: 25

\*No class on Nov 23

## INSTRUCTOR SPOTLIGHT

**Lenny San Jose (aka Ukulenny)** is a performer and educator based in the East Bay. Since he first studied the piano at 5 years old, he dedicated much of his time growing up to learning music, playing guitar and bass in High School and eventually Cello, Saxophone, Percussion among other instruments in college. His college experience included performing with the Cal Marching Band and attaining his music teaching credential from Cal State East Bay.



It wasn't until graduating with a music degree from UC Berkeley in 2008 that he decided to pick up the uke—falling in love with the instrument and began teaching and posting covers on YouTube. His audience today currently includes over 50,000 subscribers worldwide.

Ukulenny has performed at ukulele festivals, Filipino fiestas, college showcases, weddings and other events throughout California, Hawaii and even in the Philippines. In addition to his solo career, he also performs regularly with "The Bob and Lenny Show," a jazz duo with Robert Frazier on trumpet and with singer-songwriter Cynthia Lin as "Cynthia Lin and the Blue Moon All Stars." With Cynthia Lin he has co-founded SF Uke Jam, which has over 200 members and meets every other month in San Francisco!

# Cooking

## Indian Vegetarian Cooking

ADULT

In this 3-hour workshop, students will be shown how to prepare mouth-watering vegetarian dishes from the cuisines of India. Menu: Masala dosai (crepes made with fermented rice and lentil batter with potato masala stuffing); coconut and cilantro chutney; eggplant and potato curry; and cinnamon chai. At the end of the class, students can enjoy a multi-course meal. \$10 material fee paid to instructor.

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

**Instructor:** Viji 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.
Sept 2	Fri	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.
Sept 16	Fri	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.
Dec 2	Fri	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 materials fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 30	Fri	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.
Sept 9	Fri	6:30-8 pm	1x	\$39	\$49

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

## Sushi Workshop

ADULT

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

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

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

## Burmese Cooking

ADULT

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

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

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



## Vietnamese Cooking

ADULT

Vietnamese cuisine has a right East meets West combination of subtle tastes and flavors. Let's explore what make Vietnamese cuisine so popular. Asian food is generally healthy, but Vietnamese is in the forefront. Learn to use fresh herbs, such as Vietnamese mint-Rau Ram, basil-Rau Que, Ngo Gai and simple techniques in preparing popular Vietnamese dishes, such as Lemongrass chicken, Pho soup, Clay pot, Shrimp fresh spring rolls, Green mango salad and more. Bring your sharp chef'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.
Oct 18	Tue	6:30-9:30 pm	1x	\$53	\$63

**Instructor:** Chat Mingkwan

**Location:** Albany Community Center, Kitchen

Min: 5; Max: 10



## Indonesia, Spice Islands

ADULT

The cooking of the "Spice Islands" fills with aromatic flavors and fresh tropical fruits, herbs and vegetables. Join us in cooking popular Indonesian meal for our dinner. Learn to use Indonesian herbs and spices and preparing authentic dishes with unique techniques, such as assorted satay, gado gado with peanut dressing, corn fritters, Indonesian curry, Nasi Goreng (Fried Rice) and fresh tropical fruit salad. 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.
Nov 7	Mon	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 & 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.
Nov 30	Wed	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.
Dec 5	Mon	6:30-9:30 pm	1x	\$53	\$63

**Instructor:** Chat Mingkwan

**Location:** Albany Community Center, Kitchen

Min: 5; Max: 10

## Holiday Hors D'ouvres

ADULT

Holiday Seasons are here and it's time to offer your best to families, friends, and love ones. Instead of cold cuts and potato chips, let's make your own special hors d'oeuvres, appetizers, and snacks to serve at your holiday party. Varieties of delicious morsels: easy, simple, and attractive are combined to create these cocktail hors d'oeuvres and finger food offerings. Ingredients and techniques of both worlds are infused in hands-on preparing one of a kind snacks, appetizers and hors d'oeuvres such as Indian Bread, Crunchy Noodles, Yakitori, Prawn Cakes with Sweet Chili Sauce, Lemongrass Chicken Nuggets, Coconut Pockets, etc. Some dishes can be made in advance and frozen for several meals. 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.
Dec 14	Wed	6:30-9:30 pm	1x	\$53	\$63

**Instructor:** Chat Mingkwan

**Location:** Albany Community Center, Kitchen

Min: 5; Max: 10



## Beginning Traditional Turkish Cooking

ADULT

Turkish cuisine is healthy, delicious, affordable and most recipes are very easy to make. Learn how you can recreate these wonderful recipes in your own home. All levels of food lovers and students are welcome to learn and taste variety of recipes from Turkish cuisine. Please bring your chef knife or cleaver and cutting board. \$7 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 15	Thur	6:30-9:30 pm	1x	\$45	\$55
Oct 13	Thur	6:30-9:30 pm	1x	\$45	\$55
Nov 17	Thur	6:30-9:30 pm	1x	\$45	\$55

**Instructor:** Hatice Seflek

**Location:** Albany Community Center, Kitchen

Min: 5; Max: 10



Cooking



NEW

**Italian Cooking: Tiramisu & Wine Cookies**

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 the classic of Italian “pasticceria” Tiramisu and the famous wine cookies. At the end of the class, students can enjoy the desert! Bring a bowl, wood spoon, hand towel, apron and beverage. \$8 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12	Mon	6:30-9 pm	1x	\$45	\$55

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

NEW

**Biscotti**

ADULT

Italian in origin, biscotti are crisp slices of biscuit cookies. While usually flavored with anise, almonds or hazelnuts, they also come in a variety of flavors. Biscotti are delicious on their own or better yet, dunked in a hot beverage. This hands on class will demystify the techniques or making these delicious treats. It’s easier than you think! Bring your own chef’s knife, a hand towel and a beverage. \$9 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 26	Wed	6:30-8:30 pm	1x	\$34	\$44

**Instructor:** Liz Dunkle  
**Location:** Albany Community Center, Kitchen  
 Min: 5; Max: 10

**Lemon Meringue Pie**

ADULT

There’s nothing like the combination of a crispy crust, a tangy smooth citrus filling and a billowy cloud of meringue. While lemon meringue pie is actually one of the more complex pies to make, this hands on class will take you step by step in making your own masterpiece! Bring your own rolling pin, hand towel and beverage. Students will bring home an individual pie. \$9 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 12	Wed	6:30-8:30 pm	1x	\$34	\$44

**Instructor:** Liz Dunkle  
**Location:** Albany Community Center, Kitchen  
 Min: 5; Max: 10

NEW

**Classic Thanksgiving Pies**

ADULT

With Thanksgiving just around the corner, this hands on class will show you how to confidently create delicious pumpkin, apple and pecan pies. Learn the technique of making flaky crusts, rolling out doughs and decorating borders. Bring your own rolling pin, hand towel and beverage. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 9	Wed	6:30-9:30 pm	1x	\$49	\$59

**Instructor:** Liz Dunkle  
**Location:** Albany Community Center, Kitchen  
 Min: 5; Max: 10

NEW

**Italian Cooking: Cannelloni**

ADULT

This class provides with authentic Italian cuisine for all levels of food lovers and students. You will learn how to make the classic of Italian “Gastronomia” Cannelloni, a cylindrical type of pasta filled and baked. Bring a cutting board, a knife and a bowl, a fork and a spoon, hand towel, apron and beverage. \$10 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 14	Mon	6:30-9 pm	1x	\$45	\$55

**Instructor:** Francesca Biffi  
**Location:** Albany Community Center, Kitchen  
 Min: 3; Max: 8

NEW

**Italian Cooking: Handmade Fettuccine**

ADULT

This class provides with authentic Italian cuisine 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 the classic of Italian “Gastronomia” Fettuccine. Bring a large wooden cutting board, a fork, hand towel, apron and beverage. \$8 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 10	Mon	6:30-8:15 pm	1x	\$40	\$50

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

NEW

## 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 including calligraphy and discipline essential to the practice of Sumi-e. Lectures, demonstrations, individual help given at each class. Contact instructor after registration for supply list and/or further information.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 14–Oct 19	Wed	9:50 am–12:10 pm	6x	\$136	\$146
Nov 2–Dec 14*	Wed	9:50 am–12:10 pm	6x	\$136	\$146

**Instructor:** Fumiyo Yoshikawa, [www.fumiyo-y.com](http://www.fumiyo-y.com), [art@fumiyo-y.com](mailto:art@fumiyo-y.com) (for art supply list)

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

Min: 4; Max: 12

\*No class on Nov 23

## 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.
Sept 7–Oct 5	Wed	3:30–6 pm	5x	\$87	\$97

**Instructor:** Rebekah Younger

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

Min: 8; Max: 20

## Adobe Lightroom: Digital Darkroom Editing and More

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 12–Dec 7*	Wed	3:30–6 pm	8x	\$220	\$230

**Instructor:** Rebekah Younger

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

Min: 8; Max: 15

\*No class on Nov 23

## 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.
Oct 7–Nov 18*	Fri	6:30–8:30 pm	6x	\$98	\$108

**Instructor:** Ilah Jarvis

**Location:** Albany Community Center, Craft Room

Min: 3; Max: 10

\*No class on Nov 11

## Basic Drawing

ADULT

Students choose their own subject matter, which can be from a favorite photo or an object of beauty. We'll cover principles of perspective and form, light and shadow—with observation of shading and detail. "If you can see you can draw". Differentiated instruction given to each student's level.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 19–Oct 24	Mon	6–8 pm	6x	\$30	\$40
Oct 31–Dec 5	Mon	6–8 pm	6x	\$30	\$40

**Instructor:** Shay Stephens

**Location:** Albany Senior Center, South Room

Min: 5; Max: 15

## Watercolor Tricks & Techniques

ADULT

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, tissues and paper towels, salt, different brushes and papers, learn stippling, water perspective, brush drawing, dry brush and more! A special, easy method for achieving matting/framing very economically will be taught to all. 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.
Oct 4–Nov 22*	Tue	6:30–9 pm	8x	\$129	\$139

**Instructor:** Stephanie Scott, [www.stephaniescottartist.com](http://www.stephaniescottartist.com), (925) 352-4852

**Location:** Albany Senior Center, South Room

Min: 4; Max: 20

\*No class on Oct 18

## 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.
Sept 7–Nov 9	Wed	7–9 pm	10x	\$84	\$94
Nov 16–Jan 25*	Wed	7–9 pm	10x	\$84	\$94

**Instructor:** Jack Katz

**Location:** Albany Senior Center, South Room

Min: 8; Max: 20

\*No class on Dec 28

## Calligraphy

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12–Nov 14*	Mon	3–5 pm	9x	\$90	\$100

**Instructor:** Carla J. Tenret

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

Min: 15; Max: 20

\*No class on Sept 19

# 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.
Aug 6-Aug 20	Sat	9-11 am	3x	\$60	\$70
Sept 3-Sept 24	Sat	9-11 am	4x	\$60	\$70
Oct 1-Oct 29	Sat	9-11 am	5x	\$60	\$70
Nov 5-Dec 17*	Sat	9-11 am	5x	\$60	\$70

**Instructor:** Maida Sensei and certified staff, (510) 290-8640, [kiaikido@kiaikido.org](mailto:kiaikido@kiaikido.org)  
**Location:** Albany Community Center, Hall; Albany Community Center, Rooms 1 & 2 (Oct 22 & Dec 17); Albany Senior Center (Nov 12 & Dec 10)  
 Min: 5; Max: 25 \*No class on Nov 26 & Dec 3

## 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.
Sept 20-Oct 20	T/Th	6-7:30 pm	10x	\$90	\$100
Nov 1-Dec 15*	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 Nov 22 & Nov 24

## Introduction to Da Yan Qi Gong

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Oct 31	Mon	6-6:45 pm	8x	\$70	\$80
Nov 7-Jan 9*	Mon	6-6:45 pm	8x	\$70	\$80

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist  
**Location:** Albany Senior Center, Multi-Purpose Room, 846 Masonic Avenue  
 Min: 1; Max: 10 \*No class on Dec 26 & Jan 2

## Beginning Da Yan Qi Gong

ADULT

Da Yan or Wild Goose Qi Gong is a gentle Chinese exercise form based on the movements of the wild-goose. Qi Gong enhances the circulation of "Qi" (pronounced "chee"), the vital life force which can promote good health. Classes include warm-up exercises, stretches, acupressure self-massage, meditation and the 64 movement form of Da Yan Qi Gong. To learn the entire form, take Beginning and Intermediate for a total of 16 weeks.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Oct 31	Mon	6-7:30 pm	8x	\$120	\$130

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist  
**Location:** Albany Senior Center, Multi-Purpose Room, 846 Masonic Avenue  
 Min: 1; Max: 10

## Intermediate Dan Yan Qi Gong

ADULT

For those who have completed Beginning Da Yan Qi Gong.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 7-Jan 9*	Mon	6-7:30 pm	8x	\$120	\$130

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist  
**Location:** Albany Senior Center, Multi-Purpose Room, 846 Masonic Avenue  
 Min: 5; Max: 20 \*No class on Dec 26 & Jan 2

## Advanced Da Yan Qi Gong

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Oct 31	Mon	6-7:30 pm	8x	\$90	\$100
Nov 7-Jan 9*	Mon	6-7:30 pm	8x	\$90	\$100

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist  
**Location:** Albany Senior Center, Multi-Purpose Room, 846 Masonic Avenue  
 Min: 5; Max: 20 \*No class on Dec 26 & Jan 2



## Exercise & Fitness

### 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.
Sept 12–Oct 24	Mon	6:30–8 pm	7x	\$80	\$90
Oct 31–Dec 12	Mon	6:30–8 pm	7x	\$80	\$90

**Instructor:** Jennifer Sowerwine

**Location:** Albany Community Center, Hall; EOC (Oct 17)

Min: 5; Max: 30

### Practical Posture: Introduction to the Alexander Technique



#### ADULT

This class introduces you to concepts from the Alexander Technique, a gentle mind-body practice that can help you take ownership of your self care in order to: improve performance of daily tasks; reduce pain and avoid injury; and maximize well-being. We'll touch on the main ideas of the Technique by exploring simple movements and games, putting these principles into practice. Open to all abilities. Bring comfortable clothing and a yoga mat.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7–Oct 12	Wed	7–8 pm	6x	\$95	\$105
Nov 2–Dec 7	Wed	7–8 pm	6x	\$95	\$105

**Instructor:** Emily Sapa

**Location:** Albany Community Center, EOC Room

Min: 4; Max: 10

### Gentle Yoga

#### ADULT

Learn how to relax and enjoy a body-mind synchronicity through the ancient practice of yoga. Students will learn how to do classic yoga postures in styles borrowed from several schools of Yoga. While holding the yoga poses, they will be shown how to stimulate acupressure points. The asana session will be followed by healing pranayamas (breathing techniques), meditation and guided relaxation. Instructor Viji Sundaram has been teaching yoga in India and the US for 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.
Sept 7–Oct 5	Wed	6:30–8 pm	5x	\$59	\$69
Oct 12–Nov 9	Wed	6:30–8 pm	5x	\$59	\$69
Nov 16–Dec 21*	Wed	6:30–8 pm	5x	\$59	\$69

**Instructor:** Viji Sundaram

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

Min: 5; Max: 20

\*No class on Nov 23

### Physical Weight Conditioning

#### ADULT

In this enjoyable, friendly class students will receive individualized instruction focused on personal goals for fitness and well-being. Nautilus and Olympic bars are available as well as dumbbells and free weights. Note: This class is not offered as a substitute for physical therapy. It does not provide aid for serious past injuries or physical impairments. Each student must be able to physically lift weights and get on to and off the exercise machines unassisted.

Darryl Allison has been teaching strength training to adults for over 10 years. He is a former Golden Gloves boxer and is CPR certified.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6–Oct 20	T/Thu	7–8 pm	14x	\$88	\$98
Sept 6–Oct 20	T/Thu	8–9 pm	14x	\$88	\$98
Oct 25–Dec 1*	T/Thu	7–8 pm	11x	\$70	\$80
Oct 25–Dec 1*	T/Thu	8–9 pm	11x	\$70	\$80

**Instructor:** Darryl Allison

**Location:** Albany High School, Weight Room

Min: 6; Max: 15

\*No class on Nov 24

### 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.
Sept 12–Oct 31	Mon	7–9 pm	8x	\$150	\$160
Nov 7–Dec 19	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

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

#### 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.
Sept 7–Oct 19	Wed	5:45–6:45 pm	7x	\$90	\$100
Oct 26–Dec 14*	Wed	5:45–6:45 pm	7x	\$90	\$100

**Instructor:** Ernie Adams, (510) 619-9223, [www.userfriendlypilates.com](http://www.userfriendlypilates.com)

**Location:** Albany Community Center, Hall

Min: 8; Max: 35

\*No class on Nov 23



*Why should the kids get to have all the fun?*

**Fall is made for playoffs and races!**

**Come join one of our leagues and play in a friendly, open environment!**

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

**5-ASIDE CO-ED SOCCER**

Get your cleats on—Albany has Wednesday night 5-Aside Co-ed Soccer. Albany Adult Soccer is your place for Recreation Level Soccer! This league is for people who have never played soccer before, or are returning from a long hiatus. The emphasis is on learning the game, players who are a little older but have skills and players who know the game but do not want to play in a hyper-competitive atmosphere. The emphasis is on FUN! Games beginning of August–November 2016. Details are on our website.

**MEN'S & CO-ED SOFTBALL**

Albany is the champion when it comes to Softball! We have Monday night Men's Competitive league and Tuesday/Thursday Co-ed Recreational leagues. All games are at Ocean View Ballpark. Games start beginning of August through November 2016. Details are on our website.

**DROP-IN PICKLEBALL**

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

**KICKBALL MINI LEAGUES**

Six weeks of non-stop play starting in October! Grab ten of your best friends and get on the field every Friday night for this schoolyard classic. Registration is \$300 per team. Details on our website.

Get your team together!

**WINTER INDOOR LEAGUES**

Futsal and 5 v 5 Basketball Leagues  
Registration begins December 1, 2016.  
[www.albanyca.org/adultsports](http://www.albanyca.org/adultsports)



# THE MARIN MONSTER

ALBANY LOCAL WEEK

RUN AROUND TOWN

Albany's RATS Running Club presents:  
 Challenge your endurance with Albany's 3rd Annual 10K run! Including 900 ft. of elevation straight up Marin Avenue—this course is truly a monster!

**SUNDAY, SEPTEMBER 18 • 8 AM**

Starts at the Albany Community Center,  
 1249 Marin Avenue  
 \$30 Registration Fee  
 Call (510) 524-9283 to register  
 Visit [albanyca.org/adultsports](http://albanyca.org/adultsports) for more information

Post-run party with raffle sponsored by Transports

*Score big by registering for and running the Monster! Write-in "Marin Monster" on your Albany Local Week scorecard (page 67) and earn 5,000 points!*

Special Thanks to:



## RUN AROUND TOWN SUNDAYS: THE RATS RUNNING CLUB

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

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

**For more information:**  
**B. Bell "Bell"**  
 Adult Sports Coordinator  
[bbell@albanyca.org](mailto:bbell@albanyca.org)  
[www.albanyca.org/adultsports](http://www.albanyca.org/adultsports)  
 (510) 559-7216

## SENIOR CENTER



RENT  
the Senior Center  
for your event,  
meeting or party.  
See page 77  
for details.

7

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

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

### Health Services

**Podiatry:** Podiatry services provided by a licensed podiatrist at a low cost. Call the Senior Center for the current schedule and to make an appointment.

**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.



## 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.

**AUGUST HOT ROD DINNER**  
Friday, August 26 • 4 pm

**HALLOWEEN DINNER**  
Friday, October 31 • 4–5 pm

**THANKSGIVING DINNER**  
Wednesday, November 23 • 4–5 pm

**HOLIDAY DINNER**  
Friday, December 16 • 4–5 pm

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

## ALBANY SENIOR CENTER COMMUNITY SHUTTLE

*Keeping seniors active & engaged*

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

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

### 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:** 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.

### 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 Sept. 5 & Dec. 26 (City Holidays)*

### Needlecraft & Beading

September 12–December 19 • 9–11 am  
Bring your own materials and receive input from peers to improve your craftsmanship.

### Senior Center Chorus

September 12–December 19 • 2:45–4 pm  
Come sing away with people that love music.

## TUESDAYS

### Matinee Movie of the Week

September 6–December 27 • 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

September 7–December 28 • 9–11 am  
Bring your own materials and receive input from peers to improve your craftsmanship.

### Beginning Japanese

September 7–December 28 • 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 Nov. 11 & Nov. 24 (City Holidays)*

### Painting

September 8–December 29 • 9 am–noon  
Show off your artistic side. Bring your own materials and take this opportunity to get some positive feedback on your work.

### For Pet Lovers Only!

September 8–December 29 • 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.

### Mandarin Conversation

September 8–December 29 • 11:30 am–12:30 pm  
Mandarin anyone? Mandarin conversation is taught by a native speaker. No experience necessary.

### Lunchtime with Technology

September 8–December 29 • Noon–1:30 pm  
Eat, skype, play games and share your technology experiences with other seniors. Bring your device or borrow one of our Ipad.

### Mahjong & Games

September 8–December 29 • 1–3 pm  
Ping pong, board games, and cards available for anyone looking to have some fun.

## FRIDAYS

*No socials on Nov. 25, Dec. 23 & Dec. 30 (City Holidays)*

### French Conversation

September 9–December 16 • 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

September 9–December 16 • Noon–3 pm  
For the seasoned bridge player. Challenge yourself and those around you in our weekly bridge games.



# Walking

## Pole Walking for Balance, Exercise & Maintaining Mobility

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 6	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: 8; Max: 13

## 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 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.

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. No RSVP needed. Bring water and light snack, binoculars, cameras and walking poles if you use them.

### September: Albany Hill Discovery



Explore plants and animals from Cerrito Creek to the top of Albany Hill with Margot Cunningham, head of Friends of Albany Hill. Learn about what is needed to preserve this urban oasis and what can be done with funding for the hill, voted by Albany citizens through Measure R. On this walk, you will ford the creek on stepping stones and gain 300+ ft. elevation, some on narrow trails with nearby poison oak. Wear long pants and long sleeves and bring water. Meet at Creekside Park, S. end of Santa Clara Ave., El Cerrito (AC Transit 25 or 72, El Cerrito Plaza BART). Information: bunchgrassmarg@gmail.com.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 22	Thur	9-11 am	1x	FREE	FREE
October 20	Thur	9-11 am	1x	FREE	FREE
November 17	Thur	9-11 am	1x	FREE	FREE
December 15	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

### October: Sausal Creek, History and Future

Oakland's Sausal Creek saw pioneering fruit orchards and Gold Rush mansions before it was consigned to concrete and trash. Learn about this history and see how Friends of Sausal Creek have revived the creek and its native trout over the past 20 years—including a newly "daylighted" section. This easy creekside walk is followed by optional lunch on Park Blvd. Meet at the east end of Canon Ave. (take Canon east from McArthur Blvd. two blocks S. of Fruitvale Ave. Information: f5creeks@gmail.com.

### November: Inspiration Point to Wildcat Canyon in Tilden Regional Park

Ranger Bob Flasher leads a gorge-ous exploration from Tilden Park's Inspiration Point down to and through beautiful Wildcat Canyon and back up via gentle Meadows Canyon Trail. The walk is just under 3 miles, but be prepared for 500' elevation change down and up and one fairly steep downhill stretch. (If trails are muddy, we'll stick to easy views on Nimitz Way.) Meet at pine-shaded bench at Inspiration Point Lookout, off Wildcat Canyon Road. Info: rangerdude333@hotmail.com.

### December: Honor Sylvia McLaughlin at a King Tide

Berkeley Path Wanderers, Citizens for Eastshore Parks and F5C join to honor Save the Bay founder Sylvia McLaughlin on her centenary. We'll explore the shoreline park named for her and talk about the future during a King Tide. Bring camera to photograph the high sea level and/or binocs to enjoy the wintering wildfowl. Mostly level with possible uneven or muddy stretches—sorry, no dogs. Meet at Sea Breeze Deli, S. side of University Ave. W. of I-80.

# Exercise & Dance

## Gentle Tai Chi

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 2-Dec 21*	M/W/F	10:30-11:30 am	45x	\$3	\$4

**Instructor:** Yachiyo Otsubo

**Location:** Albany Community Center, Hall

Min: 20; Max: 45 \*No class on Sept 5, Nov 11, Nov 25

## Intermediate Hip Hop Dance Workout

AGES 50-OLDER

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.
Sept 6-Oct 25	Tue	10:30-11:30 am	8x	\$8	\$9
Nov 1-Dec 20	Tue	10:30-11:30 am	8x	\$8	\$9

**Instructor:** Judith Kajiwara

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

Min: 5; 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 and stamina. Yoga encourages better posture, improves digestion, relaxes and calms the mind. Class is suitable for all levels. Wear loose and comfortable clothing and come on an empty stomach. Bring your own mat or towel. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 1-Dec 22*	M-F	9-10 am	72x	\$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 Sept 5, Sept 12-16, Nov 11, Nov 24 & Nov 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 and designed to improve alignment and flexibility, deepen awareness and may heal or prevent injury due to stress. Attending a one-hour class per week can make a significant difference in your vitality. All abilities welcome. Wear loose and comfortable clothing. Bring your own mat or towel. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7-Dec 21*	Wed	12:15-1:15 pm	15x	\$8	\$9

**Instructor:** Helen Morgan & Deborah Marks

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

Min: 3; Max: 15 \*No class on Sept 21

## 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.
Sept 1-Dec 15*	Thur	10:15-11:15 am	13x	\$7	\$8

**Instructor:** Helen Vaughn

**Location:** Albany Senior Center, Multi Purpose Room

Min: 6; Max: 18 \*No class Oct 6, Oct 13 & Nov 24

## 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. Current information about the class will be posted on the Center's Facebook page. Fee is per class. \*Developed by Anne Green Gilbert, Creative Dance Center, Seattle

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 9-Dec 16*	Fri	10:15-11:30 am	13x	\$9	\$10

**Instructor:** Gracian Goeke

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

Min: 2; Max: 25 \*No class Nov 11 & Nov 25

## 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.
Sept 7-Dec 21*	Wed	10:15-11:30 am	15x	\$7	\$8

**Instructor:** Catherine Sutton

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

Min: 4; Max: 25 \*No class on Sept 21

## 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.
Sept 1-Dec 15*	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, Corrective Exercise Specialist

**Location:** Albany Senior Center, Multi Use Room; All in One Fitness, 614 San Pablo Ave (2nd Thursday of each month)

Min: 4; Max: 10 \*No class on Nov 24

## Senior Beginner Line Dance

AGES 65-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Dec 19*	Mon	1:45-2:45 pm	15x	\$2	\$3
Sept 1-Dec 22*	Thur	2-3 pm	16x	\$2	\$3

**Instructor:** Julia Lee

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

Min: 4; Max: 16 \*No class on Sept 5 & Nov 24

## Beginning Hip Hop Dance Workout

AGES 50-OLDER

Designed especially for beginners, we'll demystify hip hop until you're moving and grooving in this upbeat, fun and friendly dance workout. Using contemporary, retro, reggae and R&B music, you'll learn a simple choreographed routine each week. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 15-Dec 22*	Thur	11:30 am-12:30 pm	14x	\$8	\$9

**Instructor:** Judith Kajiwarra

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

Min: 5; Max: 25 \*No class on Nov 24

## Read & Write

### Reading Novels

AGES 50-OLDER

*Tell the Wolves I'm Home*, the debut novel by Carol Rifka Brunt, shows keen insight into the emotions of a teen-aged girl. This *New York Times* bestseller was published by Dial Press in 2012.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 14-Nov 16	Wed	3-5 pm	10x	\$75	\$80

**Instructor:** Debra Ratner

**Location:** Albany Senior Center, South Room

Min: 4; Max: 30

### The Lives of Women

AGES 50-OLDER

*Making More Waves: New Writing by Asian American Women* contains powerful and eye-opening memoir pieces, stories and poems. It was published in 1997 by Beacon Press. Women and men are welcome to attend.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 9-Nov 18*	Fri	2-4 pm	10x	\$75	\$80

**Instructor:** Debra Ratner

**Location:** Albany Senior Center, South Room

Min: 4; Max: 30 \*No class on Nov 11

### Memoir Writing

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Dec 12	Mon	2-4 pm	14x	\$96	\$101

**Instructor:** Bill Hyman

**Location:** Albany Senior Center, South Room

Min: 4; Max: 30

## Remarkable Voices

AGES 50-OLDER

In this course we will read an array of fiction, non-fiction and poetry, narrated by compelling and unusual voices. Fall term we will read *Transforming Vision*, in which creative writers respond to pieces of art with stories, reflections and poems. This beautifully illustrated book was edited by Edward Hirsch and published by The Art Institute of Chicago and Little, Brown and Co. in 1994.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12-Nov 14	Mon	11:30 am-1:30 pm	10x	\$75	\$80

**Instructor:** Debra Ratner

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

Min: 4; Max: 30



# Special Interest

## Travel Training Course for Older Adults

AGES 55-OLDER

Expand your horizons and travel options! Learn to ride Alameda County's public transit to get where you want to go with confidence, independence and ease. Receive guidance and training in learning the necessary skills to ride AC Transit and BART. Juice and fruit served on Sept 27; snack and lunch provided on Sept 28. The last class will be a field trip (lunch provided). At the conclusion of the training, all participants will receive a Clipper Card and/or bus passes and BART tickets. Participants must attend all three travel training sessions in order to receive incentives, Clipper Card and/or bus passes and BART Tickets.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 27	Tue	10 am-noon	1x	FREE	FREE
Sept 28	Wed	10 am-2 pm	1x	FREE	FREE
Sept 29	Thur	9:30 am-TBA	1x	FREE	FREE

**Instructor:** United Seniors of Oakland and Alameda County  
**Location:** Albany Senior/Youth Annex, 842 Masonic Ave.  
 Min: 2; Max: 12

## 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 North America is found locally. With a little practice, most birds can be identified! Fall is a wonderful time to observe migration, see large flocks of wintering shorebirds and waterfowl of many sorts. 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, with 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 Lake Merritt, Coyote Hills Regional Park, Martin Luther King, Jr. Regional Shoreline and more.

The classroom days are Thursdays (October 6, 13, 20, 27 and November 3) and trips are Mondays (October 10, 17, 24, 31 and November 7). Trips meet at the field trip site from 9-11:30 am (Bus will leave Albany Senior Center at 8:30 am). Note: you will need binoculars for the field trips, but they aren't necessary for the first classroom meeting. \$5 material fee paid to instructor.

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.
Oct 6-Nov 7	Mon/Thur	10:30 am-noon	10x	\$85	\$90

**Instructor:** Anne Hoff  
**Location:** Albany Senior/Youth Annex, 842 Masonic Avenue  
 Min: 10; Max: 20

## Intermediate Bridge Part I

AGES 50-OLDER

Are you looking for a refresher course in contract bridge? Or, have you recently completed a Beginning Bridge class? Intermediate Bridge Part I offers instruction in important contemporary bidding, declarer play and defensive play concepts. Come and join us as we have fun and make new friends learning the world's most fascinating card game!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 15-Oct 6	Thur	9:30-11:30 am	4x	\$37	\$42

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

## Intermediate Bridge Part II

AGES 50-OLDER

This course is designed for those who have already taken "Intermediate Bridge Part I," or who have previous experience in bridge.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 13-Nov 3	Thur	9:30-11:30 am	4x	\$37	\$42

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

## Intermediate Bridge Part III

AGES 50-OLDER

This course is designed for those who have already taken "Intermediate Bridge Parts I and II," or who have previous experience in bridge.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 10-Dec 8*	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 Nov 24

## 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.
Sept 19-Dec 12*	Mon	9:45-11:15 am	12x	\$4	\$5

**Instructor:** Constance Cole  
**Location:** Albany Senior Center, Multi-Use Room  
 Min: 12; Max: 35 \*No class on Oct 3

## Beginning/Continuing Watercolor

AGES 50-OLDER

Open to all levels and ages. Beginning students will learn basics of watercolor painting, including mixing and applying washes, use of color, value, line, shape, form, light, rhythm and texture. Beginning students are shown specific exercises to learn color mixing and paint handling after which they work on subjects of their choice. Advanced students can work in watercolor or their choice of any drawing/painting media and instructor works with them individually. Students are encouraged to create visual richness by developing the thought and feeling in their work. Basic drawing, composition and a special, easy method for achieving matting/framing very economically will be taught to all. Students should bring any supplies they already have to first class where materials will be discussed & list handed out. Students supply their own paint, brushes and paper. \$4 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 27–Nov 15*	Tue	Noon–3 pm	7x	\$129	\$134

**Instructor:** Stephanie Scott, [www.stephaniescottartist.com](http://www.stephaniescottartist.com), (925) 352-4852

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

Min: 4; Max: 20 \*No class on Oct 18



## AARP's 55 Alive Mature Driving

AGES 50-OLDER

This class provides awareness of aging as it affects driving. It offers participants compensating techniques, and emphasizes defensive practices for drivers age 50 and older. Participants must take both classes to receive their Certificate of Completion, which entitles drivers, 50 and older, to a discount for three years on their auto insurance. November class is refresher course for those who have taken the eight-hour course within the last four years. Fee for this class is \$15 for AARP Members, \$20 for Non-Members. Check or money order only (No cash), payable to: AARP. AARP members bring membership number.

DATE	DAY	TIME	MEETS	AARP MEM.	NON-MEM.
Oct 6 & Oct 13	Thur	1–5 pm	2x	\$15	\$20
Nov 3	Thur	1–5:30 pm	1x	\$15	\$20

**Instructor:** Alice Meyers

**Location:** Albany Senior Center, South Room

Min: 10; Max: 20

## The Craft of Seeing: Fine Art Photography Techniques



AGES 50-OLDER

This course is for intermediate photographers looking to take their artistry to the next level. We will study the manual controls of the DSLR camera, including shutter speed, aperture, and ISO. We will review equipment such as lenses, filters and flash in order to achieve artistic effects in-camera such as bokeh, silhouettes, zoom burst, multiple exposures, and motion photography. Please bring your camera to every class session, as class time will include demos and opportunities to practice new skills.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 19–Dec 7	Wed	11:30 am–1:30 pm	8x	\$185	\$190

**Instructor:** Becky Jaffe

**Location:** Albany Senior Center, South Room

Min: 8; Max: 20

## The Art of Seeing: Fine Art Photography

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 17–Dec 5	Mon	11 am–1:30 pm	8x	\$230	\$235

**Instructor:** Becky Jaffe

**Location:** Albany Senior Center, South Room

Min: 8; Max: 20

Tech

**Smart Phone & Tablet Photography for Beginners**

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.
Oct 6–Nov 10	Thur	1:30–3 pm	6x	\$34	\$39

**Instructor:** Carol Carlisle  
**Location:** Albany Senior Center, South Room  
 Min: 5; Max: 20

**iPad Partners for Beginners**

AGES 50-OLDER

Calling all computer newbies! We are offering another 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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 2–Dec 16*	Fri	Noon–1:30 pm	14x	Donation	

**Instructor:** Mary McKenna  
**Location:** Albany Senior Center, South Room  
 Min: 4; Max: 35 \*No class on Nov 11 & Nov 25



**Facebooking**

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 3–Dec 15*	Thur	2:15–3:45 pm	6x	\$29	\$34

**Instructor:** Mary McKenna  
**Location:** Albany Senior Center, South Room  
 Min: 4; Max: 12 \*No class on Nov 24

**Music on the iPad**

AGES 50-OLDER

Explore musical possibilities with today's technology: find the music you want to play and keep, explore ways to use music and make your own music! Using onsite iPads, we will learn about and try out online “radio stations” and music stores, music videos of every genre and era, get creative with Garage Band and other instrumental Apps and then see some of the things we can do with all that music! You do not need experience or a device but each participant will need a standard set of earbuds or earphones to use in class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 22–Oct 27	Thur	2:15–3:45 pm	6x	\$29	\$34

**Instructor:** Mary McKenna  
**Location:** Albany Senior Center, South Room  
 Min: 4; Max: 12

Albany Senior Center

# OPEN HOUSE

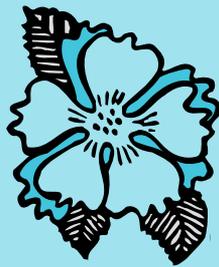
Wednesday, September 21  
9 am–5 pm  
Free



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

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

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



## Hawaiian Luau

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

**Saturday, August 20, 2016**  
**5–7:30 pm**

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

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



**Saturday, December 3, 2016**  
**10 am–2 pm**

Find great bargains on holiday decorations, toys, jewelry, books, household items, baked goods and fun! Now accepting clean, saleable, donated items. Apply for a vendor booth by November 25th. Call the Senior Center for details 524-9122.

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

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.

**Sausalito Art Festival**

AGES 50-OLDER

Trip includes transportation. Exploring and lunch on your own in Sausalito.

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

Min: 12; Max: 21

**San Francisco Giants vs. San Diego Padres Baseball Game**

AGES 50-OLDER

Trip includes transportation and admission. Lunch on your own at AT&T Park.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 14	Wed	11:30 am-5:30 pm	1x	\$49	\$54

Min: 12; Max: 21

**San Francisco Opera: Dream of the Red Chamber**

AGES 50-OLDER

Trip includes transportation and admission. Lunch on your own before the performance.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 18	Sun	11 am-6 pm	1x	\$75	\$80

Min: 12; Max: 21

**Castello di Amorosa Wine Tasting & Tour**

AGES 50-OLDER

Transportation, specialty cheese-lovers wine tasting and tour. Lunch on your own in Calistoga.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 30	Fri	8:30 am-5 pm	1x	\$79	\$84

Min: 12; Max: 21

**San Francisco Fleet Week: Parade of Ships and Airshow**

AGES 50-OLDER

Transportation, admission and premium box seats for the day. Exploring and lunch on your own at Marina Green.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 7	Fri	9:30 am-5 pm	1x	\$74	\$79

Min: 12; Max: 21

**SF MOMA Collection Tour**

AGES 50-OLDER

Transportation, admission and private guided docent tour. Lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 12	Wed	9 am-3 pm	1x	\$49	\$54

Min: 12; Max: 21

**Pacific Grove Monarch Butterflies and Heritage Homes**

AGES 50-OLDER

Trip includes transportation, guided tour of the Monarchs Grove Sanctuary and Heritage Homes. Lunch on your own in Pacific Grove.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 19	Wed	8 am-5 pm	1x	\$39	\$44

Min: 12; Max: 21

**Red Hawk Casino**

AGES 50-OLDER

Trip includes transportation. Gaming and lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 27	Thur	8 am-5 pm	1x	\$19	\$24

Min: 12; Max: 21

**The Lion King**

AGES 50-OLDER

Trip includes transportation and admission. Lunch on your own before the performance.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 3	Thur	10:30 am-5:30 pm	1x	\$84	\$89

Min: 12; Max: 21

**Delta Birding & Sandhill Cranes Boat Tour**

AGES 50-OLDER

Trip includes transportation and naturalist led 3-hour boat tour. Lunch on your own at Marina.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 4	Fri	8 am-5 pm	1x	\$65	\$70

Min: 12; Max: 21

**Diablo Ballet: "A Swingin' Holiday" Dance Performance**

AGES 50-OLDER

Trip includes transportation and admission including Dessert Reception with the performers following the show. Lunch on your own before the performance.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 12	Sat	11 am-5 pm	1x	\$40	\$45

Min: 12; Max: 21

**44th Annual Napa Holiday Faire & Oxbow Market**

AGES 50-OLDER

Trip includes transportation. Admission is free. Exploring and lunch on your own at the fair.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 18	Fri	9 am-4 pm	1x	\$29	\$34

Min: 12; Max: 21

**California Magic Lunch Theater**

AGES 50-OLDER

Trip includes transportation, magic performance during the 3-course lunch and professional guide.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Dec 2	Fri	11:15 am-4 pm	1x	\$99	\$104

Min: 12; Max: 21

**Cache Creek Casino**

AGES 50-OLDER

Trip includes transportation. Gaming and lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Dec 7	Wed	8:30 am-5 pm	1x	\$19	\$24

Min: 12; Max: 21

**Holiday High Tea & Lights at the Palace Hotel**

AGES 50-OLDER

Trip includes transportation, afternoon tea and professional guide.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Dec 17	Sat	1:30 am-6 pm	1x	\$99	\$104

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.

### Music Cities for the Holidays

NEW

AGES 50-OLDER

**6 Days: December 2, 2016**

**Trip Includes:** Roundtrip airfare, hotel, ground transfers, 9 Meals (5 breakfasts, 4 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

**Cost:** \$2265 per person, double occupancy; \$550 single supplement. Deposit: \$300 per person. Final payment due September 1, 2016.

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

### Rose Parade New Year's

NEW

AGES 50-OLDER

**6 Days: December 30, 2016**

**Trip Includes:** Roundtrip airfare, hotel, ground transfers, 9 Meals (5 breakfasts, 1 lunch and 3 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

**Cost:** \$2315 per person, double occupancy; \$550 single supplement. Deposit: \$300 per person. Final payment due September 1, 2016.

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

## SPECIAL PRESENTATION: SENIOR TRAVEL TROUPE 2017 SCHEDULE

**Thursday, Sept. 1, 2016 • 1 pm • Free**

Want to learn more about our Extended Vacations for 2017? Come see our exciting lineup from Premier World Discovery.

- Panama Canal Cruise (February)
- Arizona Spring Training Getaway (March)
- Great Trains & Grand Canyons (May)
- Great Canadian Cities (June)
- Country Roads of Tuscany (November)

### Senior Travel Lunch Troupe

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



### Oakland Kaiser Roof Garden Lunch & Concert

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 9	Fri	10:30 am-2 pm	1x	\$19	\$24

Min: 12; Max: 21

### Jack London Square

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 14	Fri	10:30 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

### Benicia Lunch

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
November 21	Mon	10:30 am-3 pm	1x	\$19	\$24

Min: 12; Max: 21

### Santana Row Holiday Lunch & Shopping

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
December 12	Mon	10 am-4 pm	1x	\$19	\$24

Min: 12; Max: 21



*Sacred Gate*, 2015  
sumi-ink on hosho paper  
10×9"

## FUMIYO YOSHIKAWA THE ART OF SUMI-E

October 8, 2016–January 9, 2017 • Opening Reception: October 9, 4–6 pm  
Albany Community Center Foyer

*Sumi-e* is the Japanese word for “Black Ink Painting” that uses the materials —brush and ink on paper. Emphasis is placed on the beauty of each individual stroke of the brush. It is said a great *Sumi-e* has the words of the poetry and the painting strokes to capture the spirit (Ch’i) of nature rather than a photographic likeness.

"I use *sumi* ink when my heart is moved by some aspect of life or nature. I almost always carry my sketchbook in order to make quick drawings of plants, animals, or places that catch my interest. I think of these sketches as snapshots to capture the moment. But sometimes I take much longer to draw—I may even go back to a site several times to draw it at different times in order to understand my subject more deeply. Later, leafing through the sketches helps me remember what fascinated me in the first place. I condense these feelings and observations into limited brushstrokes with monochrome *sumi* ink (and a few colors). The art of *sumi-e* requires concentration in doing the fine brush strokes—a skill learned through continual practice. At the same time, this practice itself is a form of spiritual cultivation. I practice *sumi-e* for meditation and for feeling connected with nature."

### ABOUT THE GALLERY

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

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](http://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](http://www.albanyca.org/@theCenter)

## 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 "ARRRR" 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!"

## Mixology

Sunday, Oct. 9 • \$40 • 6–8 pm  
(Register in advance, 524-9283)

Join Bay Area bartender Jessica Maria for an evening of history and hands-on cocktail construction. Jessica has been a key figure in the Bay Area mixology scene well before buying and revamping the Hotsy Tosty Club more than seven years ago. She is a founding member of LUPEC SF (Ladies United for the Preservation of Endangered Cocktails) and a member of the San Francisco Bartender's Guild. She is long time competitor in national and international cocktail competitions and has now been tapped to judge prestigious

events such as Diageo's 2016 International World Class competition. In this class you will learn about the history of the cocktail, bar tools and how to use them, get hands-on experience making two cocktails and receive your very own 7-piece bar set (included in class fee).

## Halloween Carnival

Friday, Oct. 28 • 6:30–8:30 pm • Free

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

## Fireside Songs & S'mores

Friday, Nov. 18 • 6:30–8:30 pm • Free  
Memorial Park Fireplace

Spend a crisp November night bundled up with your friends and neighbors. We will roast s'mores on an open fire, sing camp songs and warm our bellies with some classic hot chocolate. Bring a few chairs for the family to get comfortable—we provide everything else! Contact the Recreation Department if you have any "must sing" camp songs and we will put them on the play list. All ages are welcome!

## Noon Year's Eve

Saturday, Dec. 31 • 11 am–1 pm

Is it tough to keep the kids awake past 9pm on December 31? Celebrate New Year's Eve fun this year at the family-friendly hour of NOON! The Albany Recreation and Community Services Department presents Noon Year's Eve. We encourage kids 12 and under and their families to stop by for arts, crafts, activities, trivia, celebratory balloon drop, goodies and so much more. Ring in 2017–Albany-style!

# BLOOD DRIVE

December 13 • 9:30 am–3:30 pm  
Albany Community Center

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

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

SAVE THE DATE(S)  
WEDNESDAYS  
IN SEPTEMBER  
6:30-8 PM  
MEMORIAL  
PARK

ALBANY'S  
MUSIC  
IN THE  
PARK

WEDNESDAY EVENINGS  
FREE  
CONCERTS  
IN SEPTEMBER



## Local Garden Swap

Bring your excess homegrown produce to swap with your neighbors.

Tuesday evenings until the end of October, 6:30  
(Be on time for best selection)  
Albany Community Center Patio

Need more info? Contact Mary at (510) 524-9122



## 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](mailto:lkelly@albanyca.org).





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

**Saturday, September 17, 2016  
 Noon–5 pm  
 Albany Community Center**

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

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

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

**The Fix:** Fixit Clinic coaches ([www.fixitclinic.org](http://www.fixitclinic.org)) will consult on repairing or tuning up your non-working sewing machine and other carry-in household items. 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>. Fixit Clinic is only from 1–4 pm.

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

rocky and rosie the chickens • albany subaru



**2016 SOLANO AVENUE STROLL**  
 SUNDAY — SEPTEMBER 11TH  
[solanoavenue.org](http://solanoavenue.org)

school of the madeleine • floor dimensions

• cities of albany and berkeley •

The City of Albany Community Services Department  
 presents

**BIKE  
 ABOUT  
 TOWN**



**AUGUST 19 & SEPTEMBER 16, 2016**  
 6:30 PM • Bikes on Solano, 1554 Solano Ave.



**Albany Senior Center**

**OPEN HOUSE**

**Wednesday,  
September 21  
9 am-5 pm  
Free**

**Senior Center  
846 Masonic Ave.  
Albany**



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

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

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

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

**COASTAL CLEANUP DAY**

**SATURDAY, SEPTEMBER 17 • 9 AM-NOON**



Meet at the foot of Buchanan for the shoreline clean-up.  
Bring gloves, a hat, sunscreen and sturdy shoes.  
Supplies and refreshments provided!

For more information  
(or if you have a group of 10 or more) call  
The Watershed Project (510) 665-3430 or email:  
volunteer@thewatershedproject.org



# Santa on Solano

FREE

**Photo with Santa  
Popcorn and Treats**

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

*Call (510) 527-5358 or visit [solanoavenue.org](http://solanoavenue.org) for more information*

Noon to 4:00

Three Weekends in  
December

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

**Chloe's Closet**  
1545 Solano Avenue  
*across from Safeway in Albany*

EAT  
SHOP  
PLAY  
LIVE  
*do it here*



SONGS ON SOLANO

Spread Some Cheer.  
Be Merry!

\*

FRIDAY, DECEMBER 16, 2016

6:30 PM

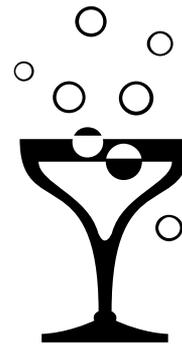
\*

WEAR A SCARF

AND MEET AT THE CORNER OF

SOLANO & STANNAGE

\*



## Mixology

With Jessica Maria, Hotsy Totsy  
Sunday, October 9 • \$40 • 6-8 pm  
Albany Community Center  
(Register in advance, 524-9283)

Join Bay Area bartender Jessica Maria for an evening of history and hands-on cocktail construction. In this class, you will learn about the history of the cocktail, bar tools and how to use them, get hands-on experience making two cocktails and receive your very own 7-piece bar set (included in class fee).



# HALLOWEEN ON SOLANO

Monday, October 31 • Free

Trick-or-Treat on Solano Avenue  
at every business from 3–5 pm

Costume Contest  
921 Kains Ave (YMCA)  
5–6 pm

Presented by the Solano Avenue Association

## CELEBRATE NOON YEAR'S EVE

Saturday, December 31, 2016  
11 am–1 pm

Albany Community Center Hall

FOR KIDS 12 & UNDER  
(and parents who can't stay awake past 9 pm)

At noon we will drop the ball!  
Free party kits, craft stations  
and music! Ring in 2017-*Albany-style!*

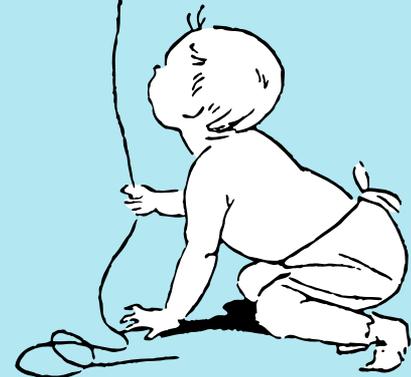
## FIRESIDE SONGS AND S'MORES

Friday, November 18 • 6:30–8:30 pm  
Memorial Park Picnic Area Fireplace  
Free (Bring a chair)

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

Contact Liam at [lkelly@albanyca.org](mailto:lkelly@albanyca.org), if you have a "must sing" song and we will make sure to put it on the list. All ages welcome. We provide the s'mores and hot chocolate, you bring a chair!

HAPPY  
NEW  
YEAR



**Food Truck Sunday**  
**Sunday, September 18**  
**5–8 pm**  
**Albany Community Center**  
**Parking Lot**



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



## Sports Equipment Swap

**Saturday, September 10 • 9:45–11 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 or you want to give softball a try this year. Not a problem! You can exchange your soccer cleats for volleyball knee pads! Both youth and adult sports equipment will be accepted. Leftover equipment will be donated. Contact Nick Jordan at [njordan@albanyca.org](mailto:njordan@albanyca.org) for more information.

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

## DROP-IN PICKLEBALL

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

**Indoor:**  
 Sundays, 4–7 pm  
 Albany High School Gym  
 \$5 drop-in court fee, \$2 paddle rental



**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. Earn Monster points for Albany Local Week (September 17–24). Register early this run sells-out! Download an application at: [www.albanyca.org/adultsports](http://www.albanyca.org/adultsports).

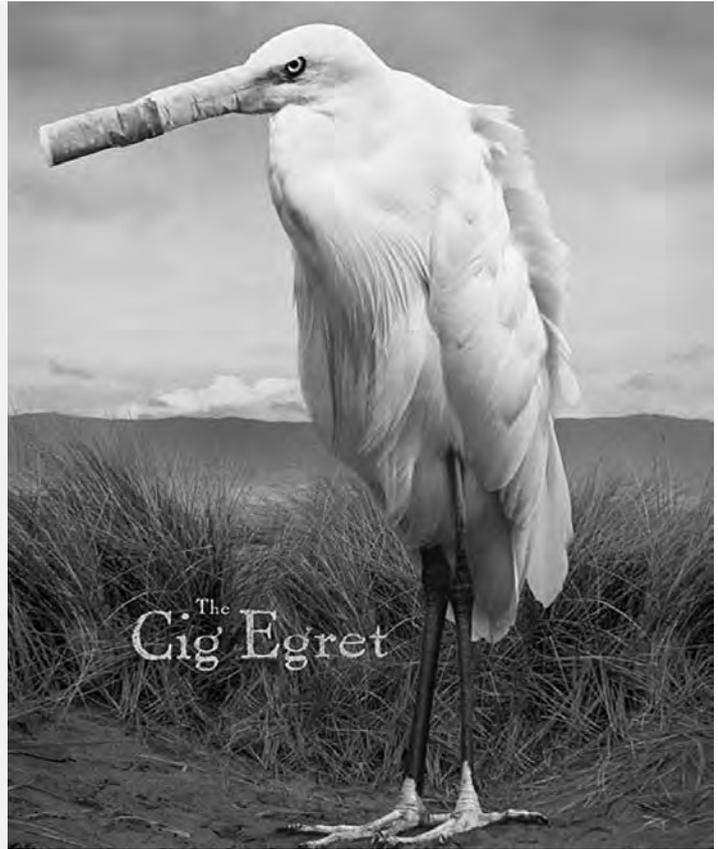
# Albany Beach Clean-Up & Free Sand Globe Workshop

**Sunday, November 13**  
**1–3 pm**  
**Foot of Buchanan Street**

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 Golden Gate Fields parking lot. Enter near Heron Sculpture at foot of Buchanan Street.

Sponsored by Albany Landfill Dog Owners Group  
In Collaboration with East Bay Regional Park District,  
Friends of Albany Parks, Environmental Artist Zach Pine,  
the Samavesha Community Program, Transition Albany and  
Golden Gate Fields.

ALDOG is a project of PIDO, a 510(c)3 nonprofit, and a California Coastal Commission adopter of Albany Beach.



**Alameda County**

## INTERNATIONAL WALK 'N ROLL TO SCHOOL DAY

**Wednesday, October 5**  
**Before School**

**Cornell, Marin, Ocean View & Albany Middle School**

It's a new school year and there's no better time to start a new routine. Walking or biking to school keeps kids healthy, reduces pollution and cuts down on congestion around schools—making it even safer for pedestrians and cyclists in our city! The Safe Routes to School Program kicks off its first official event of the year with International Walk n' Roll to School Day in October. Bike, scoot, walk, or skip to school and get there a few minutes early to grab a treat and celebrate active transportation!



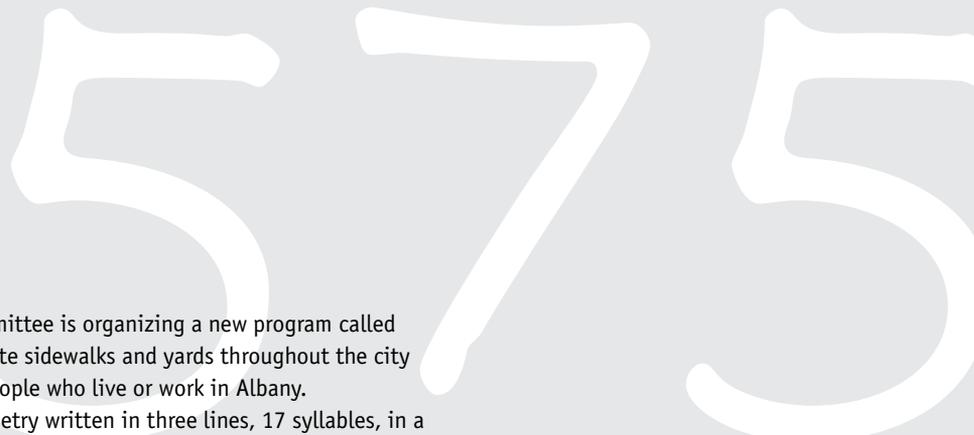
## Community Emergency Response Team (CERT) Course

**Tuesdays, September 13–November 1 • 6–9 pm • Free**

CERT training gives you the practical skills to put out a fire, perform disaster medicine, and conduct a light search and rescue. But more importantly, it teaches you to how to make smart decisions.

**Sign-up today, class limited to 16 participants!**

**Contact Engineer Michael Raab to register:**  
**mraab@albanyca.org • (510) 528-5770**



## Fall into Haiku

Do You Do Haiku?

This fall, the Albany Arts Committee is organizing a new program called “Fall into Haiku” that will decorate sidewalks and yards throughout the city with original haiku written by people who live or work in Albany.

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

The theme of the haiku will be “the holidays.” Some three or four dozen haiku selected from citywide submissions will be printed on signboards and installed in public places from late-November through New Year’s Day.

You do not need to be a published poet, just someone who enjoys writing haiku! All ages are welcome. Tell your friends and families and classmates to start versifying!

See [www.albanyca.org/arts](http://www.albanyca.org/arts) for details and deadlines.

## EVERYTHINGALBANY

Your hub for everything in Albany  
[everythingalbany.com](http://everythingalbany.com)



## TOOL POOL

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

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

Visit the online library and check out the growing inventory. Take a few minutes to 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—just contact Brennen at [bbrown@albanyca.org](mailto:bbrown@albanyca.org).

Check out [www.albanyca.org/toolpool](http://www.albanyca.org/toolpool) for an interface tutorial.

S H O P A L B A N Y



# DINNER

*with*

# ALBANY



# SEPTEMBER 24, 2016 • 5:30 PM–9:30 PM

## Solano Avenue between San Pablo and Evelyn Avenues

*Come have dinner with Albany to celebrate our community!*

Join us for a sit-down dinner on Solano Avenue and celebrate our community by sharing a meal with friends, neighbors and family. Enjoy live music by “Stompy Jones”; eat, drink, and dance in the street under canopy lights; check out Five Little Monkeys Game area; participate in the table-decorating contest. The dinner bell rings at 6:45 pm.

You can share a meal with friends and family three ways:

1. You can reserve one or more tables with six chairs per table or,
2. You can reserve a space and bring you own table(s) and chairs, or
3. You can make reservations at one of the participating restaurants that will be offering sidewalk dining.

If you like option 1, we will have your table and chairs ready for you when you arrive. The cost of reserving a table with chairs that has been set up for you is \$45. You may reserve as many tables as you like for your group. You may bring your own meal or purchase food from one of the participating restaurants at the event. Each table comes with six chairs (partial tables not available).

If you like option 2, we will reserve a space that will fit up to a 6’ table. The cost is \$20 per space. You may reserve as many spaces as you like for your group. You may bring your own meal or purchase food from one of the participating restaurants at the event.

If you like option 3, please call one of the participating restaurants for reservations. A list of participating restaurants will be on the City website, [www.albanyca.org/dinnerwithalbany](http://www.albanyca.org/dinnerwithalbany).

**Other important information about the event:**

- Wine & Beer will be sold at the event, alcohol is permitted at the event.
- Due to health codes this is a no-pet event (with the exception of service animals).
- No BBQs or other heating elements will be allowed.

The event opens at 5:30 pm and ends at 9:30 pm. The dinner bell will ring at 6:45 pm for all to sit-down and enjoy dinner together.

For more information contact Albany Recreation & Community Services at (510) 524-9283.

*Why wait? Make your reservations today!*

## HOW TO RESERVE

A TABLE OR SPACE AT  
DINNER WITH ALBANY:

1. **Online:** Visit [www.albanyca.org/dinnerwithalbany](http://www.albanyca.org/dinnerwithalbany) for instructions and the link to Brown Paper Tickets.
2. **Call** a participating restaurant (list available on [www.albanyca.org/dinnerwithalbany](http://www.albanyca.org/dinnerwithalbany)) offering sidewalk dining during the event to reserve a table at their place.

**Please note:**

- Every effort will be made to accommodate your preferred table location.
- Table reservations are entered in the order they are received.
- Reservations will not be taken by phone or mail. If you need extra help give us a call 524-9283.
- The Table Availability Chart at [www.albanyca.org/dinnerwithalbany](http://www.albanyca.org/dinnerwithalbany) will be updated weekdays after 6 pm

## Table Decorating Contest

Put your artistic talents to work by entering the table-decorating contest! Express yourself by creating a centerpiece and/or place settings that will be judged by a panel of staff/volunteers the evening of the event. Prizes for: *Most Artistic, Best Use of Recycled Materials, So Albany* and *Over the Top*.

1181 solano ave

albany

510.526.7827

# Larger dining room.

Table for you, two, or more than a few.

Gourmet, Chicago-style deep-dish and thin-crust pizzas, sandwiches, and appetizers with a full bar.



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**LITTLE STAR PIZZA**

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**MENU**

**SOCIAL MEDIA**

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[www.littlestarsolano.com](http://www.littlestarsolano.com)



PRESENTING  
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We'll save you a seat.

**BRUNCH  
LUNCH  
DINNER *daily.***

1175 Solano Ave. Albany  
S 8a-9p M-T 11a-9p F-S 8a-10p  
(510)647-9999 [cafeeugene.com](http://cafeeugene.com)



<b>DRINKS</b>		<i>Positive</i>
ORGANIC CANE SODA	\$2.50 / \$3.00	<i>Honest</i>
FRESH LEMONADE	\$2.50 / \$3.00	
ORGANIC ICE TEA	\$2.50 / \$3.00	
MEXICAN COKE BOTTLE	\$3.00	<i>All natural</i>
BEER/WINE	\$6	
<b>Ice Cream</b>		
CONE or BOWL	\$4	
VANILLA/CHOCOLATE/SWIRL	\$6	
MILKSHAKES	\$6	
VANILLA/CHOCOLATE/STRAWBERRY		
*SEASONAL SPECIAL ADD \$.50		

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 HAMBURGER • CHEESEBURGER  
 HOT DOG • CHICKEN TENDERS  
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 \$7.00

"BOSS BURGER" COMBO,  
 ALL FRIES & SMALL DRINK  
 \$12



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**BOSS BURGER**  
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 510.526.BOSS



**RESPONSIBLY-SOURCED AND SERVED WITH A SMILE.**  
 burgers - fries - hot dogs - chicken - salads - veggie burgers - milkshakes - craft sodas - beer - wine



DONKEY & GOAT

PRESENTING  
SPONSOR

# HI NEIGHBOR!

We're Jared and Tracey Brandt.

We make natural wines which means both the vineyard and cellar practice sustainable, organic, and biodynamic winemaking.



## TASTING ROOM

FRIDAY, SATURDAY, SUNDAY 1-6PM  
and by appointment.

Taste locally made natural wines in a working winery. Plus bocce ball, cornhole, and picnic tables. An assortment of cheese, crackers and charcuterie are available, as well as wines by the glass.

**A FAMILY OWNED AND  
OPERATED WINERY SINCE 2004.  
JUST 1 MILE FROM ALBANY!**

## EVENTS

### First Fridays

From 6-8pm on the 1st Friday of every month enjoy live music, local art, food, and wines by the glass.

### Fall Release Pick Up Party

Sunday August 28, 1-5pm

### Annual Harvest Party

Sunday October 16, 1-4pm

### Winemaker Salons

Every month, taste and explore with the winemakers

### Private events

Host your next event at our winery

1340 5th Street, Berkeley

[donkeyandgoat.com](http://donkeyandgoat.com)

510-868-9174

# Your Local Albany Realtors



*Daniel Winkler  
and Associates, Inc.*  
Complete Real Estate Services



## Jennifer Hansen-Romero

Realtor, Cal BRE# 01944706

**510-290-8078**

Jennifer@danielwinklerinc.com

*Third generation Albany resident. Put my lifetime of experience and knowledge at work for you.*

*"Jennifer did a phenomenal job representing us in our home search. She was extremely thorough and sourced homes that met our criteria as soon as they came on the market, and in a couple cases even earlier! When we visited homes, she asked the right questions and never pressured us into putting bids on anything we had hesitations about. And when we finally found the right house, she built very strong rapport with the listing agent and gained insights to ensure we had the best possible chance of winning. We would highly recommend Jennifer to anyone looking for an agent in the area."*

*-Devon Ritch*

## Francesco Papalia

B.A. Architecture, UC Berkeley,  
Realtor, Cal BRE# 01006270

**510-219-1165**

AlbanyByTheBay@gmail.com

*28 years as an Albany resident and Realtor.  
It's not just business, it's my home.*

755 Pierce Street, Albany - 3bd/1+ba - 1,192 sq ft  
Listed at \$638,888 - Sold for \$838,888!  
\$200,000 Over Asking!

*"I have a housing development, management and realtor background and Francesco still managed to outperform all my expectations when selling my home in Albany. He is both thoughtful and thorough. He anticipated what needed to be done well in advance...which saved time in the long run and helped facilitate closing escrow. I am proud to know him as a professional and community activist"*

*-Del Price, Seller of 755 Pierce St., July 2016*

**Daniel Winkler and Associates, Inc.** is a full service real estate firm. We have been in business for nearly 17 years, serving the San Francisco Bay Area. Our success comes from our **Guiding Principle** that the real estate process is all about the clients, and not us, the agents. We are here to help navigate through the complicated real estate process.

1215 Solano Avenue, Albany, CA 94706 | Ph: 510-528-2200 | Fx: 510-528-2100 | www.danielwinklerinc.com

**Attention Sellers! Earn up to \$5,000 Rebate on the sale of your property! List your Albany property with Jennifer or Francesco in 2016 and receive up to \$5,000\* rebate at the close of escrow.**

\*Rebate amount is 0.5% of selling price up to \$5,000. Save this Ad and present original from the Albany Fall Guide when you sign the listing. No copies accepted.

cash rebate clip and save





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# BELMONT *Village*

SENIOR LIVING  
ALBANY

Opening Fall 2017

Distinctive Residential Settings | Chef-Prepared Dining and Bistro  
Premier Health and Wellness Programs | Award-Winning Memory Care  
Professionally Supervised Therapy and Rehabilitation Services

In affiliation with UC Berkeley

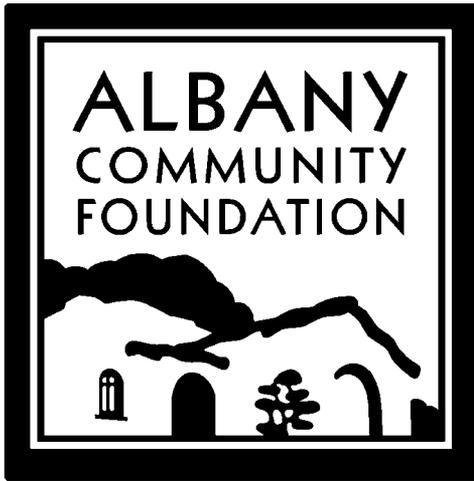
*The Community Built for Life.®*

510-525-4554 • [albany.belmontvillage.com](http://albany.belmontvillage.com)

Winner of the Argentum 2016 Best of the Best and George Mason University Healthcare Awards for the Circle of Friends® memory program for Mild Cognitive Impairment.



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# ACF is proud to be a sponsor of **Dinner with Albany**

We welcome your participation in this  
delightful event.

## **Bon Appetit!**

**GOLD LEVEL  
SPONSORS**

For fifteen years the Albany Community Foundation has provided a way for charitable giving in Albany to benefit Albany with an emphasis on recreation and social services, beautification, festivals and events, and public art. In addition to Dinner with Albany, ACF sponsors the annual Concert in the Park, the Teen Leadership program for Teens@842, the FilmFest, lunches at all Park clean-up days, the information Kiosk on Solano and the Chocolate and Champagne Gala, our annual fundraiser.

*Your contributions are greatly appreciated.*

Albany Community Foundation, 1164 Solano Ave., Box 133, Albany, CA 94706

ACF is a 501(c)(3) nonprofit corporation, Tax ID# 33-1173216. All donations are tax deductible to the extent permissible under law.

EAT  
SHOP  
PLAY  
LIVE

*do it here*



onSolano

EAT  
SHOP  
PLAY  
LIVE

The Solano Avenue  
Association  
is proud to sponsor  
Dinner with Albany

*do it here*

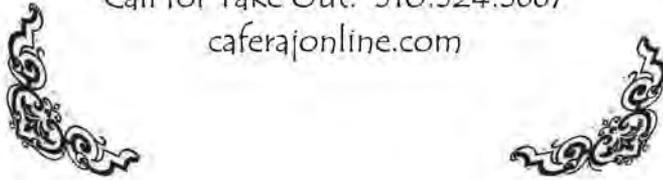


North Indian & Pakistani Cuisine

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- ❖ Worshipful music
- ❖ Hope-filled message
- ❖ Programs for kids & youth

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Albany.  
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# Five Little Monkeys

Toys & Gifts



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**NEW Albany location!**

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Albany • Burlingame • Novato • Walnut Creek  
[www.5littlemonkeys.com](http://www.5littlemonkeys.com)

## Kol Hadash Community for Humanistic Judaism

Culturally Jewish but not religious?  
Join us at our fall events held at  
Albany Community Center.



We enjoy monthly bagel brunches with guest speakers, monthly shabbats, and informal social gatherings. We celebrate Rosh Hashanah and observe Yom Kippur and Passover as humanists who honor our history and culture.

[www.kolhadash.org](http://www.kolhadash.org) ♦ 510-982-1455 ♦ [info@kolhadash.org](mailto:info@kolhadash.org)



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### Compassionate. Trustworthy. Local.

We provide compassionate one-on-one caregivers designed to meet your needs at home. Our services include: Adult Respite, Companionship, Personal Care, Dementia Care, Homemaker Services, Meal Preparation, Shopping, Transportation, Light Housekeeping, Laundry, Post-Hospitalization Care and more....

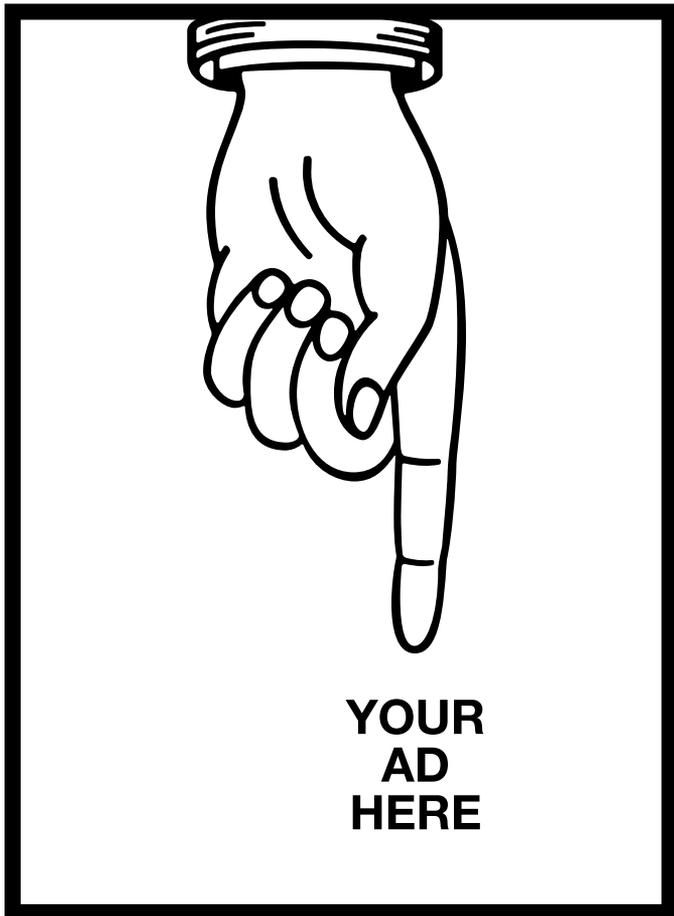
Call today to schedule a free assessment (510) 526-2273  
555 Pierce Street, Suite 4 | Albany, CA | 94706



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co-workers and family.*

*It's short. It's fun. It's an Albany tradition.  
Shirt, swag, food, & prizes!  
AlbanyTri.com*

*Raising funds for Albany Middle & High School Athletics*



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**We teach kids to code.**

# In Albany this Fall!

Tuesdays and Thursdays, starting August 23<sup>rd</sup>

**Albany Community Center**  
EOC Room  
1249 Marin Ave.  
Albany, CA 94706

[www.mvcodeclub.com](http://www.mvcodeclub.com)  
[Info@mvcodeclub.com](mailto:Info@mvcodeclub.com)  
510.900.9401



**We teach kids to code.**

### Members Love Us:

- "She loves code club. It has given her so much confidence." —**Colleen Kelly**
- "Johnny talks about how much he loves coding all the time! Thanks guys!" —**Rick Wedge**
- "Luke is beside himself when he comes to class each week. He loves it." —**Hilah Schutt**
- "Jack is LOVING class. I wish he liked his middle school math and English classes as much." —**Laura Flynn**

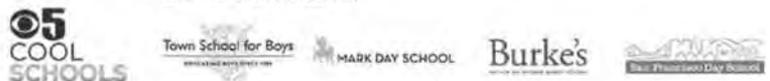


**CALL FOR A FREE TRIAL! 510.900.9401**

AS SEEN IN:



OUR PARTNERS:



**510.900.9401 | [info@mvcodeclub.com](mailto:info@mvcodeclub.com) | [mvcodeclub.com](http://mvcodeclub.com)**

**MILL VALLEY • GREENBRAE • SAN ANSELMO • SAN FRANCISCO • ALBANY • REDWOOD CITY**



## ALBANY LIONS CLUB



The Lions' motto is "We Serve." That is what Albany Lions do. Just some of the activities we work on or support financially include:

- Alameda County Stand-down for Homeless Vets
- Albany Senior Center Annual Luau Dinner
- Santa's Breakfast
- Charles McCain Scholarship
- Bill Johnson Summer Camp Scholarship
- Albany Triathlon Sponsor
- Special Kids Day
- Lions Center for Visually Impaired, Pittsburg
- Lions Eyeglass Warehouse, Vallejo
- Lions Eye Foundation (eye exams, screening, & surgery)
- Student Speaker Contest
- Albany High School Leo's Service Club

And we have fun while doing it! Make a difference, join the world's largest service organization. Call Lion Jeff Shea (510-517-4076) or email him ([js654654@gmail.com](mailto:js654654@gmail.com)).



### Public Open Hours:

SUNDAY	12:00 pm – 5:00 pm
Farmstand	3:00 pm – 5:00 pm
MONDAY & WEDNESDAY	11:00 am – 2:00 pm
TUESDAY & THURSDAY	3:00 pm – 6:00 pm
Winter Hours	2:00 pm – 5:00 pm

[www.gilltractfarm.org](http://www.gilltractfarm.org) for information on upcoming events.

The **UC Gill Tract Community Farm** is a collaborative community project between the University of California Berkeley and the local community, focused on issues of food justice and urban farming. It is located in Albany, CA, at the corner of San Pablo Ave and Marin Ave. It is an urban farm where you can come and harvest food for yourself and your family in exchange for help with weeding, planting, and watering; it aims to supply fresh organic food to anyone who lacks access to it in our East Bay communities.

All Albany residents are welcome to get involved at any level, whether that is joining a working group or the governance council, or simply coming to join us during our open hours.

We hold educational workshops every Sunday, and we have a Children's Garden and activities for children.

# WEAR NICE SHOES TO DINNER WITH ALBANY



*Shoes...*

EVERYBODY LIKES 'EM!

## SOLANO AND ORDWAY:

The Center of the Wine Universe?

### YOUR FRIENDLY NEIGHBORHOOD WINE BAR AND SHOP

**F**OR THE PAST THIRTY YEARS, we've earned a reputation for discovering emerging wineries, championing the classics and creating a unique, inclusive environment where wine is a common interest for people from all walks of life. Solano Cellars features an acclaimed selection of small production wines from around the world with special concentration on hard-to-find California wines. A welcoming wine bar is nestled away upstairs and serves a fresh, seasonal menu with artisan cheeses and salumi, paired to adventurous wine flights, high-end tastings and wines by the glass. The wine bar also hosts regular wine classes, wine and food pairing dinners and visiting winemakers from all over the world.



**SOLANO CELLARS** | 1580 Solano Avenue | **510.525.9463** | [mail@solanocellars.com](mailto:mail@solanocellars.com)

**Hey Albany Middleschoolers and Highschoolers:**  
Need to put in some volunteer time? Want to have  
a blast, get free food and a free T-shirt?

# Volunteer at Dinner with Albany!

Contact Brennen Brown at [bbrown@albanyca.org](mailto:bbrown@albanyca.org) today.



# ALBANY LOCAL WEEK

## Take the ALBANY LOCAL WEEK Challenge!

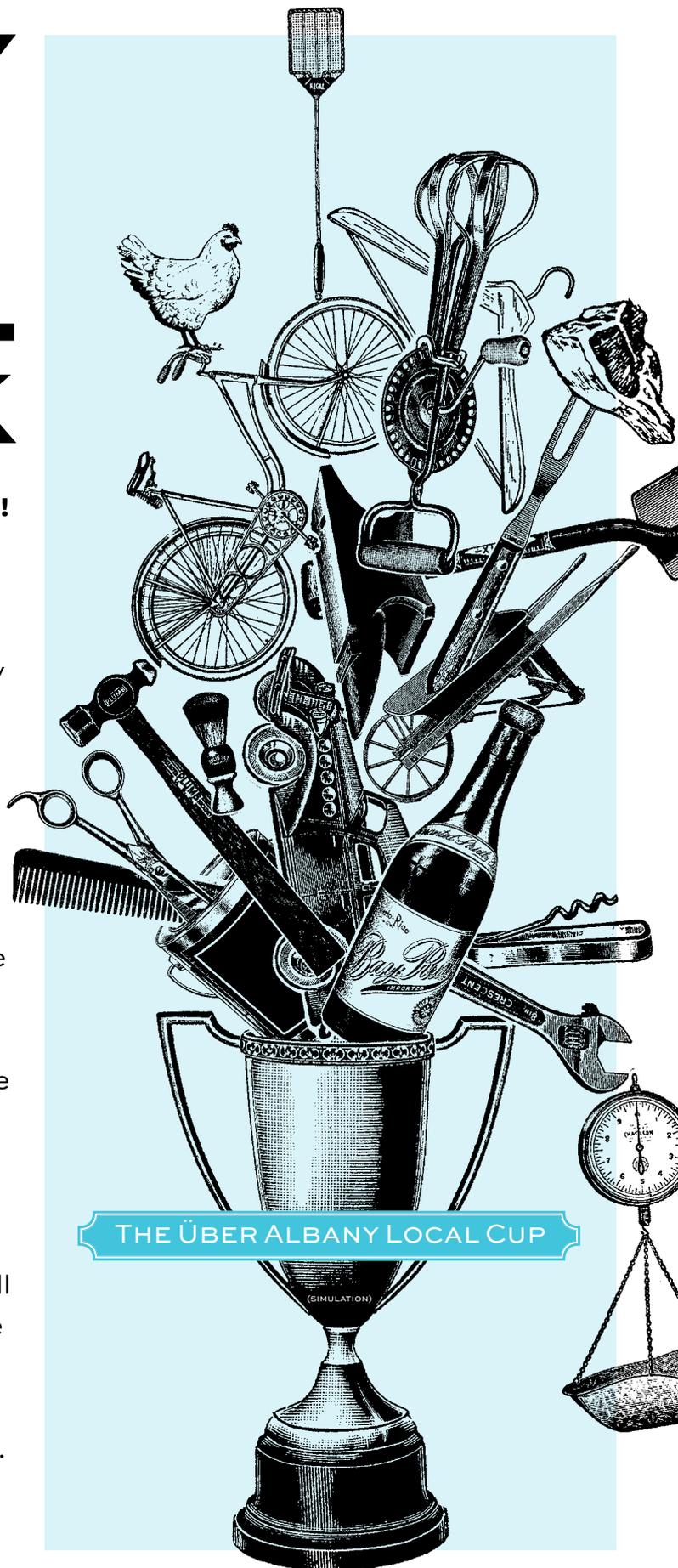
See how much you can do, shop, eat, and play within Albany's square mile the week of September 17-24.

ALBANY LOCAL WEEK is an opportunity to discover and celebrate what Albany has to offer while supporting our local busi-

nesses and organizations. (See page 68 for a list of special local offers.)

Simply use the score

card at right, keeping track of your activities from September 17-24. The person with the top score will be honored with his/her name on the ÜBER ALBANY LOCAL CUP, which will be put on prominent display (in a public location to be determined). Everyone who submits their score card by September 24, 2016 will receive a limited edition participation prize (the form of which to be later revealed). ÜBER ALBANY LOCAL CUP winner will be announced on stage at Dinner with Albany. #AlbanyLocalWeek





## Special

ALBANY LOCAL WEEK: SPECIAL, LOCAL OFFERS  
SEPTEMBER 17-24, 2016

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

**902 Santa Fe**  
902 Santa Fe Avenue  
(510) 526-5256  
\$80 off integrative medicine consultation with Tiffany Baer, M.D.  
Available: T

**Academic Coaching – Pat LaDouceur**  
1505 Solano Avenue  
(510) 277-0456  
Free 15-minute Academic Coaching phone consultation for parents.  
Available: M T W

**Albany AM-PM**  
1001 San Pablo Avenue  
(510) 525-1262  
Three fresh baked cookies for \$ .99. BBQ Rib Sandwich or Chicken Sandwich for \$1.89. Two Jumbo Dogs for \$2.48.  
Available: Su M Tu W Th F Sa

**All in One Fitness**  
614 San Pablo Avenue  
(510) 524-1001  
No initiation/sign-up fee. Valid only if purchasing 1-year prepaid or 12-month committed membership.  
Available: Su M T W Th F Sa

**Arrow Glass Company**  
640 San Pablo Avenue  
(510) 525-2118  
15% off new window and door screens. Materials only – installation not included.  
Available: M T W Th F

**Berkeley Motor Works**  
736 San Pablo Avenue  
(510) 528-1214  
10% off parts on repair.  
Available: M T W Th F

**BeScentered**  
Online Business  
(510) 558-3309  
15% off all online orders. Enter code "Albany" to receive discount.  
Available: M T W Th F Sa

**BevMo!**  
836 San Pablo Avenue  
(510) 525-9582  
5 CENT SALE: Buy one bottle of wine, get the second for \$.05. Must be a ClubBev! member. Second bottle must be same as first bottle.  
Available: September 8-October 8

**Boss Burger**  
1187 Solano Avenue  
(510) 526-2677  
25% off entire meal. Must mention "Albany Local Week."  
Available: Su M T W Th F Sa

**Café Eugene**  
1175 Solano Avenue  
(510) 647-9999  
Seasonal dish with a glass of beer or wine.  
Available: Su M T W Th F Sa

**Chloe's Closet**  
1545 Solano Avenue  
(510) 900-6043  
15% off entire purchase. Limit one discount per customer. Not valid with other coupons or offers.  
Available: Su M T W Th F Sa

**Christopher's Nothing Fancy**  
1019 Solano Avenue  
(510) 847-4241  
15% off entire meal. Dine-in only.  
Available: Su M T W Th

**Dana Meyer Auto Care**  
660 San Pablo Avenue  
(510) 527-1938  
10% off for new customers (first visit only). 5% off to existing customers. Not valid with other coupons or offers.  
Available: M T W Th F

**Daniel Winkler & Associates, Inc.**  
1215 Solano Avenue  
(510) 528-2200  
4% off commission to sell your Albany home.  
Available: Su M T W Th F Sa

**Delhi Diner**  
1373 Solano Avenue  
(510) 528-5000  
10% off all takeout orders over \$30.  
Available: Su M T W Th F Sa

**Eisenmann Architecture**  
853 Ramona Avenue  
(510) 558-8442  
15% off 1 to 2-hour design consultation.  
Available: M T W F

**Emw Auto Body & Frame**  
618 San Pablo Avenue  
(510) 526-2286  
10% off body work and paint (max discount \$100).  
Available: Until December 31, 2016

**Everest Kitchen**  
1150 Solano Avenue  
(510) 716-0591  
15% off all week. Monday & Tuesday - free veggie pakoda. Wednesday & Thursday - free rice pudding. Not valid with other coupons or offers.  
Available: Su M T W Th F Sa

**Eye to Eye**  
1558 Solano Avenue  
(510) 526-0862  
20% off complete purchase of prescription glasses.  
Available: T W Th F Sat

**Five Little Monkeys**  
1224 Solano Avenue  
(510) 528-4411  
\$5 off purchase of \$30 or more. Must mention "Albany Local Week." Limit one discount per customer. Discount valid on in-stock items only. Not valid with other discounts or previous purchases. Not valid for purchase of LEGO or gift certificates. In-store purchases only. Discount off of pre-tax total.  
Available: Su M T W Th F Sa

**Floor Dimensions and Chinese School**  
1081 Eastshore Hwy  
(510) 525-5656  
20% off all in-stock flooring and carpeting. Not valid with other discounts or prior purchases. Must mention "Albany Local Week" at time of purchase.  
Available: Su M T W Th F Sa

**Flora Child Care & Chinese School**  
741 Adams Street  
(510) 575-4610  
\$100 off full-time daycare program tuition. 10% off after-school full-time program tuition.  
Available: M T W Th F Sat

**GF Brown Insurance Service LLC**  
828 San Pablo Avenue, Suite 201  
(510) 524-8812 x1  
Free review of all current policies and free quote on new policies.  
Available: M T W Th F

**Golden Poppy Flowers**  
1160 Solano Avenue  
(510) 525-7313  
15% off entire store.  
Available: Su M T W Th F Sat

**Grove Salon**  
1483 Solano Avenue  
(510) 526-9874  
20% off all regularly priced Kerastase and Shu retail items.  
Available: T W Th F Sa

**H Builders LLC**  
716 Stannage Avenue, Suite 2  
(510) 542-9537  
Free estimate on sustainable design, construction or renovation project.  
Available: Su M T W Th F Sa

**I Table Tennis**  
533 San Pablo Avenue  
(510) 432-3196  
\$2 off drop-in play. 25% off group lesson (\$20/2 hrs). Private lessons: buy 2, get 1 free.  
Available: Sun M T W Th F Sa

**Japanese Yoga & Martial Arts for Kids**  
1053 San Pablo Avenue  
(510) 526-7518  
Sign-up for 1, 3 or 6-month membership and receive free martial arts uniform. Appointment needed to register. No credit cards. (Kids as young as 5 years old).  
Available: Su M T W Th F Sa

**Jingle Jamboree Music**  
1016 Talbot Avenue  
(510) 334-8851  
\$100 off afterschool music or summer camp registration. \$25 off studio classes. Cannot be combined with other discount or donation certificate.  
Available: Su M T W Th F Sa

**Law Offices of Seth P. Chazin**  
1604 Solano Avenue  
(510) 507-8100  
Free 1-hour consultation.  
Available: Su M T W Th F Sa

**LR Walker Business Consulting**  
1650 Solano Avenue, Suite C  
(510) 526-7743  
Free 60-minute meeting to discuss development, restructuring, starting, or closing your business. Appointment needed.  
Available: M T W Th F

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

**Mangia Mangia**  
755 San Pablo Avenue  
(510) 526-9700  
Free chocolate soufflé.  
Available: Su T W Th F Sa

**MatSci Edits**  
1077 Stannage Avenue  
(510) 701-2515  
\$50 off English editing of one Materials Science journal article. Online orders only. Contact tiffany@matsci edits.com to receive discount (valid through 10/31/16).  
Available: Su M T W Th F Sa

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

**Mey Saephan, LMFT**  
1350A Solano Avenue, Ste 4  
(510) 628-0740  
20% off set counseling fee. Must mention "Albany Local Week."  
Clients paying out of pocket only.  
Available: Th F

**Mr. Dewie's Cashew Creamery**  
1116 Solano Avenue  
(510) 225-9534  
Buy one scoop, get second 50% off. Limit one per customer. Not valid with other coupons or offers.  
Available: Sun M T W Th

**Natural Healing MD**  
1201 Solano Avenue  
(510) 550-7500  
20% off medical marijuana evaluation/renewal. New patients only. Schedule appointment online. Enter code "Albanylocal" to receive discount.  
Available: Su M T W Th F Sa

**Nina Homisak Hair Design**  
1580 Solano Avenue, Suite C  
(510) 525-5563  
20% off all services and purchases.  
Available: T W Th F Sa

**The Pearl House**  
809 San Pablo Avenue  
(510) 528-8968  
10% off your order of \$25 or more. Dine-in or call-in only.  
Available: Su M W Th F Sa

**Pediatric Oral Wellness Dental (POW Dental)**  
847 San Pablo Avenue  
(510) 746-8234  
Free dental exam for children 3 years and under. Free electric toothbrush with exam and cleaning.  
Available: M T W Th F Sa

**Restful Massage**  
828 San Pablo Avenue, Suite 104  
(925) 963-1405  
\$48 for one-hour massage therapy (\$10 discount).  
Available: T Th

**Robin Keller, Ph.D (Psychologist)**  
1496 Solano Avenue  
(510) 524-7030  
Free 15-minute phone consultation.  
Available: M T W Th F Sa

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

**Sam's Log Cabin**  
945 San Pablo Avenue  
(510) 558-0502  
Free small OJ with your meal. Limit 1 per customer.  
Available: T W Th

**Sarana Community Acupuncture**  
968 San Pablo Ave  
(510) 526-5056  
Package of 5 acupuncture treatments for \$90. Can include initial visit without any additional fees. No expiration date once purchased. One package per person. Can be multiple as gifts.  
Available: Su M T W Th F Sa

**Shen Clinic**  
1071 San Pablo Avenue  
(510) 948-4372  
50% off initial acupuncture treatment or herbal consultation. Book appointment with Joel Harvey, LAC.  
Available: M T W Th F Sa

**SIG, Inc. Structural Engineering**  
800 San Pablo Avenue, Suite D  
(510) 528-1200  
Two free 1-hour preconstruction/design meetings for Albany, Berkeley and El Cerrito residents. Offer valid through 3/18/17.  
Available: Sun M T W Th F Sa

**Solano Cellars**  
1580 Solano Avenue, #B  
(510) 525-9463  
10% discount for Albany residents (must show California ID).  
Available: Su M T W Th F Sa

**Solano Smile Orthodontics & Pediatric Dentistry**  
1183 Solano Avenue  
(510) 280-5731  
\$500 off comprehensive orthodontic treatment OR \$150 exam, cleaning, and fluoride treatment.  
Available: M T W Th F Sa

**Stephen Vernon, MFT**  
902 Carmel Avenue  
(510) 528-8814  
Free 15-minute telephone session and recommendation/referrals. First five callers only.  
Available: M T W Th F

**Susan Frederickson, LMFT (Psychotherapy)**  
1009 Solano Avenue, Suite B  
(510) 526-6672  
\$50 off one psychotherapy session when appointment is made during Albany Local Week.  
Available: M T W Th

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

**Triple Green Building Group LLC**  
716 Stannage Avenue, Suite 2  
(770) 241-1354  
15% off initial green building consultation for CalGreen compliance, Green Point Rated or LEED projects.  
Available: Su M T W Th F Sa

**Umami Interiors**  
1350 Marin Avenue  
(415) 867-1663  
10% off window coverings and/or custom cushion/pillow sewing. Albany residents only. Must mention "Albany Local Week." Offer valid through 10/31/16.  
Available: Su M T W Th F Sa





# ALBANY LOCAL WEEK

# PIZZA & WINE BLOCK PARTY

**FEATURING TWO LOCAL FAVORITES  
LITTLE STAR PIZZA & SOLANO CELLARS**

**Thursday, September 22, 2016 • 6–8pm**

**Little Star Pizza**

**1181 Solano Avenue**

Join your neighbors for a fun evening of pizza, wine and revelry, while earning a whopping 90 points\* in the Albany Local Week Challenge (see pp. 66–69) for details and official score card).

\*(10 points for ‘Food & Drink’ category, and another 50 points for attending a Special Event, plus 30 bonus points as this counts as a ‘Combo Special’.)



**LITTLE STAR PIZZA**



# Movie Night

**Saturday, September 17, 2016  
Cornell Avenue at Solano Avenue**

**Aladdin (1992–PG)**

**7:30 pm  
Free**

**Bring a lawn chair and a blanket!**

**Presented by  
As You Wish Frozen Yogurt**

*as you wish*  
frozen yogurt

**Food Truck Sunday  
Sunday, September 18  
5–8 pm  
Albany Community Center  
Parking Lot**



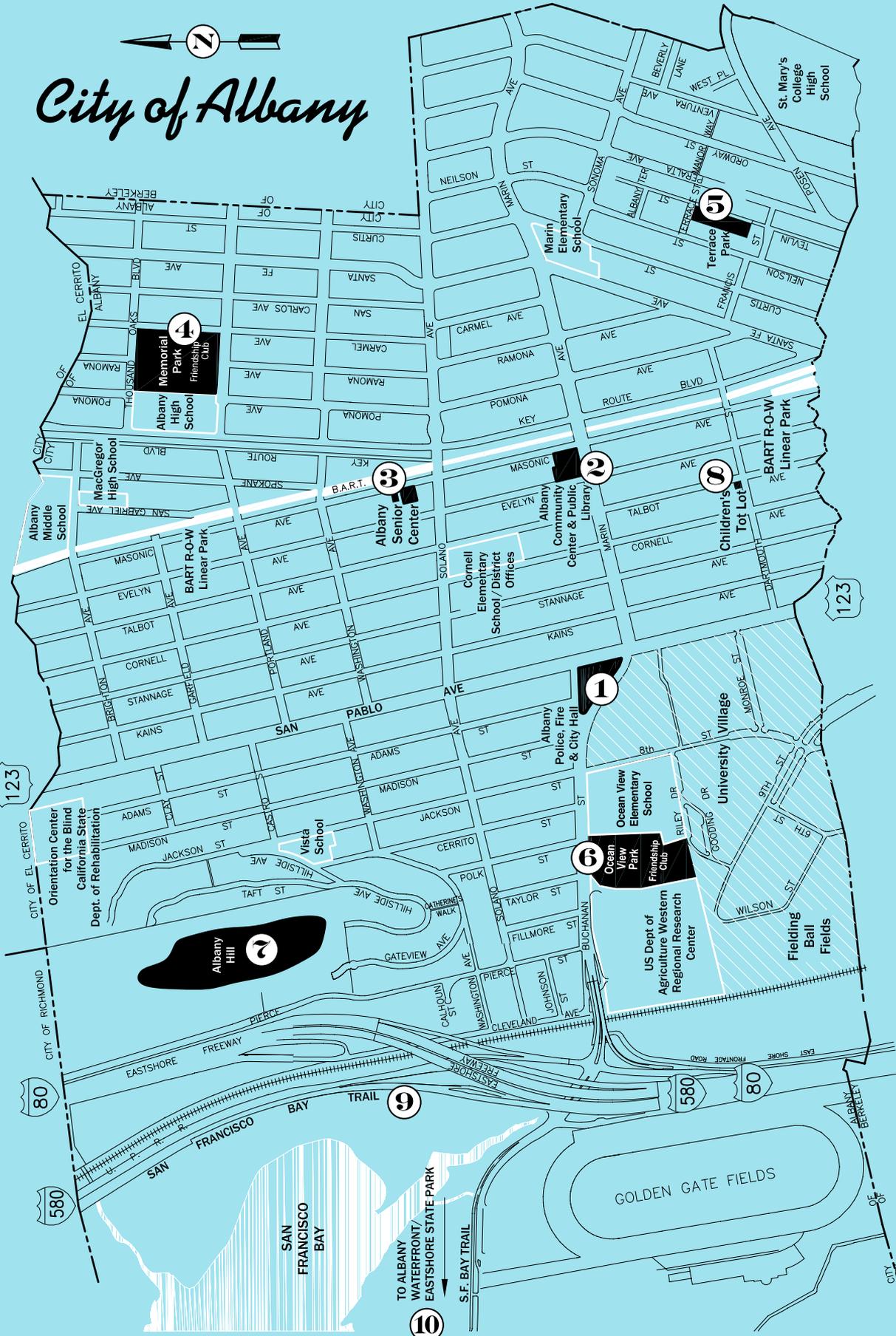
Bring your neighbors, friends and family to the first ever Albany food truck extravaganza. Grab a bite to eat and nosh with friends under the lights. You'll earn mega Albany Local Week points for attending! We provide the chairs and tables, you bring the neighborhood. Big thanks to the Friends of Albany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



# City of Albany



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





## AROUND YOUR BLOCK

Feel like you didn't know about a public meeting, street repair on your block or the dog park going in across the street? Sign-up for the City of Albany's E-Notification system and get information and updates going on Around Your Block.

Signing up is easy:

1. **Locate your house on Around Your Block Neighborhood Map (above).**
2. **Go to [www.albanyca.org/aroundyourblock](http://www.albanyca.org/aroundyourblock)**
3. **Follow the instructions on the page.**

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

[www.albanyca.org/aroundyourblock](http://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](http://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

LANDSCAPING  
VOLUNTEERS  
NEEDED

(Green thumb not required)

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

- Friends of Albany Parks
- Weed Warriors

For more information about the programs visit [www.albanyca.org/volunteer](http://www.albanyca.org/volunteer).



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

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

VOLUNTEERS NEEDED

UPCOMING OPPORTUNITIES

**Aug:** Bike About Town, @theCenter, Terrace Park Clean-Up

**Sept:** Bike About Town, Albany Local Week, Dinner with Albany, Sr. Open House, Music in the Park, Solano Stroll Booth, Clothing Swap, Wine & Pizza Block Party, Creekside Park Clean-Up, Marin Monster

**Oct:** Sr. Holiday Dinner, Halloween Carnival

**Nov:** Sr. Holiday Dinner, Fireside Songs & S'mores

**Dec:** Noon Year's Eve, Sr. Holiday Dinner, Songs on Solano

ONGOING PROJECTS

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



# GREEN THINGS FOR YOU

## HOUSEHOLD HAZARDOUS WASTE DROP-OFF EVENT

### Golden Gate Fields North Parking Lot

Sign up at [www.stopwaste.org/HHW](http://www.stopwaste.org/HHW) for this free one day drop-off event. Bring your old paints, pesticides, medications, broken electronics and other household hazardous waste that is illegal to dispose of in your trash or recycling cart.

## WATER CONSERVATION

EBMUD Lifts Drought Restrictions But Urges Continued Water Conservation: Increased rainfall and successful conservation measures prompted the East Bay Municipal Utility District (EBMUD) to declare an end to the drought emergency on May 10, 2016. They have lifted the temporary drought surcharge from customer bills and some outdoor water restrictions. Visit the EBMUD WaterSmart Center and see Save our Water for more tools to help you conserve.

## LOSE YOUR LAWN

Killing your lawn and planting a garden is a fun, easy and cost effective way to reduce your outdoor water usage. Visit [www.lawntogarden.org](http://www.lawntogarden.org) for information on how to turn your lawn into a beautiful, drought tolerant and low-maintenance garden oasis.

## COASTAL CLEAN UP DAY

### Saturday, September 17 • 9 am–noon Albany Beach

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

## OCEAN VIEW COMMUNITY ORGANIC GARDEN WEEKLY "OPEN GARDEN"

### Sundays • 11 am–1 pm

The Ocean View Community Organic Garden serves Albany citizens who live in apartments or condos with little space to grow food. We strive to foster a spirit of community, with gardeners growing and sharing organic fruit, produce, herbs, and flowers. The garden is located in Ocean View Park at 900 Buchanan Street behind the tennis courts. Join us during our "Open Garden" on the 2nd and 3rd Sundays of the month (March–October) from 11 am–1 pm, whenever the garden gates are open. Check out page 75 for information about the Master Gardener Series.

## INTERNATIONAL WALK N' ROLL TO SCHOOL DAY

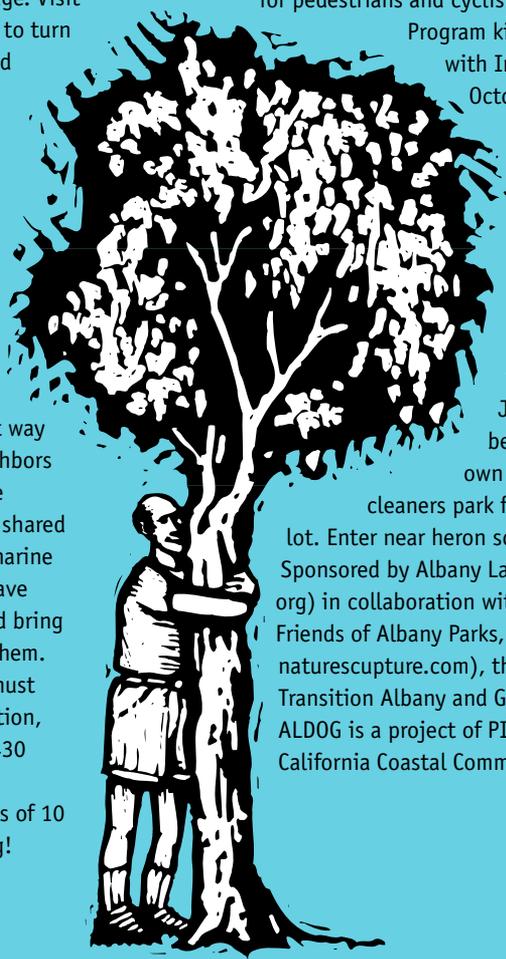
### Wednesday, October 5 • Before School Cornell, Marin, Ocean View and Albany Middle School

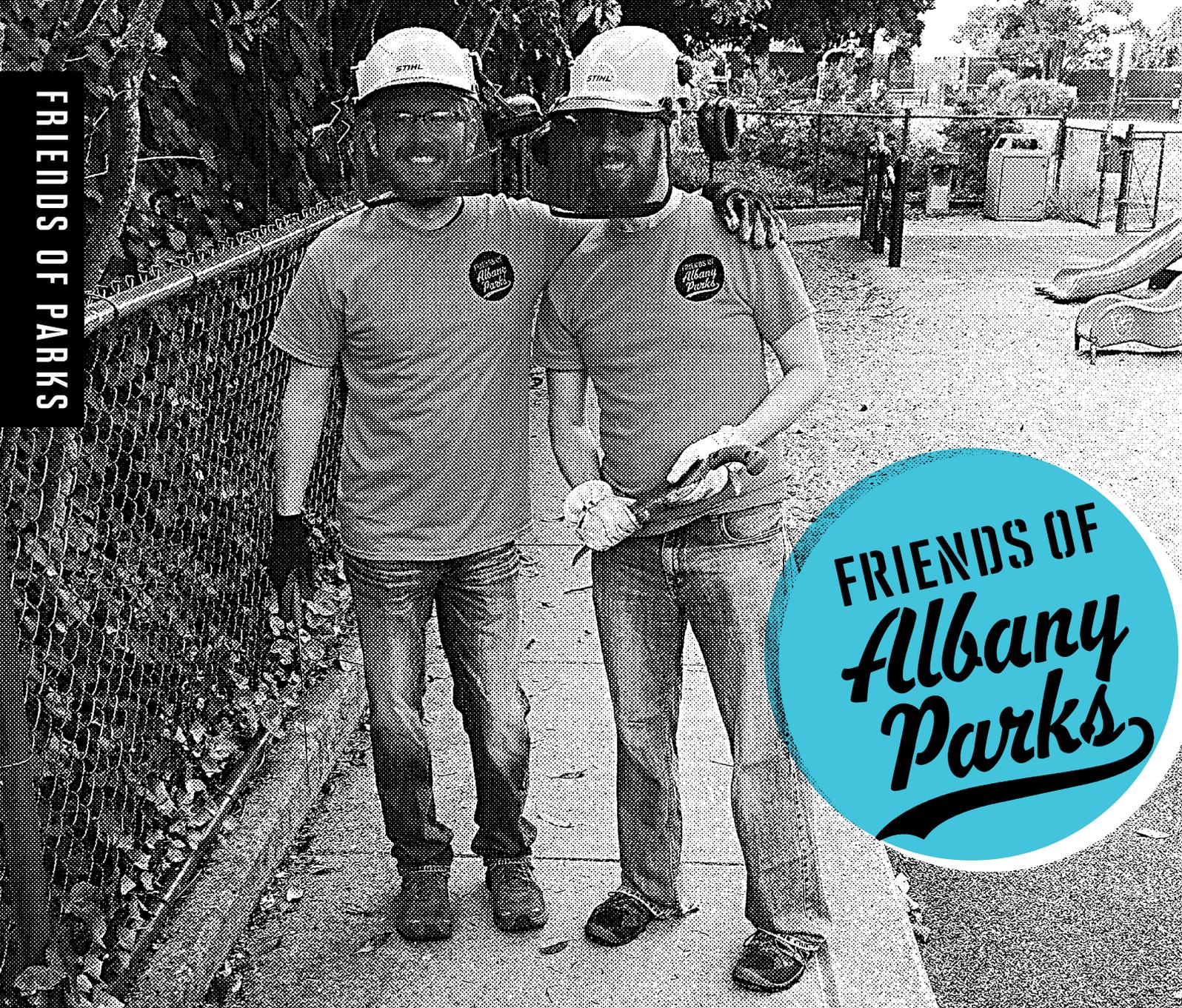
It's a new school year and there's no better time to change habits. Walking or biking to school keeps kids healthy, reduces pollution, and cuts down on congestion around schools, making it even safer for pedestrians and cyclists in our city! The Safe Routes to School Program kicks off its first official event of the year with International Walk n' Roll to School Day in October. Bike, scoot, walk, or skip to school and get there a few minutes early to grab a treat and celebrate active transportation.

## ALBANY BEACH CLEAN-UP & FREE SAND GLOBE WORKSHOP

### Sunday, November 13 • 1–3 pm Albany Beach

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 Golden Gate Fields parking lot. Enter near heron sculpture at foot of Buchanan Street. Sponsored by Albany Landfill Dog Owners Group ([www.aldog.org](http://www.aldog.org)) in collaboration with the East Bay Regional Park District, Friends of Albany Parks, environmental artist Zach Pine ([www.naturescupture.com](http://www.naturescupture.com)), the Samavesha Community Program, Transition Albany and Golden Gate Fields. ALDOG is a project of PIDO, a 510(c)3 nonprofit, and a California Coastal Commission adopter of Albany Beach.





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.

For more information contact Liam Kelly at lkelly@albanyca.org or visit [www.albanyca.org/volunteer](http://www.albanyca.org/volunteer).

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

PARK	GALA	CLEAN-UP
TERRACE PARK	WEDNESDAY, JULY 27, 6:30 PM	SATURDAY, AUGUST 6, 9 AM
DARTMOUTH TOT LOT	WEDNESDAY, AUGUST 31, 6:30 PM	SATURDAY, SEPTEMBER 10, 9 AM
CREEKSIDE PARK	NO GALA	SATURDAY, OCTOBER 1, 9 AM

Friends of Albany Parks 2017 Schedule will be announced in the 2017 Winter/Spring Guide

# 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](mailto: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.

## **2016 Master Gardener Talks**

Third Saturdays, 11 am–noon, May–October, Ocean View Organic Community Garden Ocean View Park, 900 Buchanan Street, Albany (behind tennis courts). FREE!

### **August 20: Soil**

Wondering why your plants aren't thriving? Maybe it's your soil. Everything in the garden starts from the ground up! Come learn the basics that every home gardener should know, including techniques for determining what type of soil you have, its components and tips for improving it.

### **September 17: Weeds/Integrated Pest Management**

You'll learn Integrated Pest Management (IPM) techniques to manage weeds while minimizing risks to people and the environment. We will cover weed identification, annual vs. perennial weeds, the plant life cycle, best techniques for weed removal, mulch and herbicide use.

### **October 15: Outstanding Plants of Alameda County**

Want a showstopper front garden? We've done the research. Learn what plants grow well in our climate and require less water. See our demonstration bed of what you can do to replace your lawn and make an edible landscape; integrating vegetables and fruit with ornamental plants for a beautiful and delicious front yard—even with partial shade.



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



# *It's Picnic Time!*

**Parks  
 Make  
 Life  
 Better!**



### *Dogs in Albany's Parks*

Dogs are allowed in Memorial Park Section B, 7-days per week from 11 am–8 pm. Dogs are not allowed on the main ball field at any time. Please be a good neighbor and keep barking to a minimum.

## **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 Ocean View Community Garden (see p. 75). 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](http://www.albanyca.org/rec).

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

## **MEMORIAL PARK**

The 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 \$16.50 per hour for residents and \$19 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 \$20.50 per hour for residents and \$23 per hour for non-residents.

Both East and West sides can be reserved for \$36.50 per hour for residents and \$39 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 \$20.50 per hour for residents and \$23 per hour for non-residents.

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

**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 Schoenfeld at the Senior Center at 524-9122 for availability and a price quote.

## BLOCK PARTIES & PICNIC RENTALS

Start planning for your fall 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. Block Party fee is \$40 (barrier drop-off/pick-up included in the fee) plus the cost of insurance. **Invite the Albany Fire Department to make a presentation about disaster preparedness at your Block Party and we will give you a 50% discount on the fee.**

Call Nick Jordan at 524-9283 for information regarding picnic rentals or Jess Cosby 559-7217 for more information about Block Parties.

Visit [www.albanyca.org/BlockParties](http://www.albanyca.org/BlockParties) for an application and information.

## TENNIS COURTS

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

## CITY CONTACTS

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

## COMMUNITY CONTACTS

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

## DID YOU KNOW?

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

[www.albanyca.org/HumanServices](http://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](http://www.AlbanyCA.org)

## PARK &amp; RECREATION COMMISSION

Chelle Putzer . . . . .	Staff Liaison
Tod Abbott . . . . .	Chair
Britt Tanner . . . . .	Vice Chair
Geno Romero . . . . .	Member
Emma Yee . . . . .	Member
Alene Pearson . . . . .	Member
Beth Remington . . . . .	Member
David Esbin . . . . .	Member
<i>Meets on the 2nd Thursday of each month at 7:00 pm, City Hall, Council Chambers</i>	

## CHARTER REVIEW COMMITTEE

Nicole Almaguer . . . . .	Staff Liaison
Caryl O'Keefe . . . . .	Chair
Jim Lindsay . . . . .	Vice Chair
Lisa Schneider . . . . .	Member
Preston Jordan . . . . .	Member
Gabriel Baty . . . . .	Member
<i>Meets the 4th Monday of every other month (even), at 7:30 pm, City Hall, Admin. Conference Room</i>	

## 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
<i>Meets on the 1st Thursday of each month at 5 pm, City Hall, Council Chambers</i>	

## AD HOC DOG COMMITTEE

Brad Griffith . . . . .	Staff Liaison
John Tonkin . . . . .	Member
John Kartychack . . . . .	Member
<i>Meets (as needed) at 7:30 pm, Albany Community Center</i>	

## ALBANY LIBRARY BOARD

Ronnie Davis . . . . .	Staff Liaison
Rosalie Gonzales . . . . .	Chair
Cynthia Hegedus . . . . .	Vice Chair
Marge Atkinson . . . . .	Member
Sarah Levin . . . . .	Member
Karen Leeburg . . . . .	Member
<i>Meets the 3rd Tuesday of every odd-numbered month at 7 pm, Albany Library, Edith Stone Room</i>	

## TRAFFIC &amp; SAFETY COMMISSION

Aleida Andrino-Chavez . . . . .	Staff Liaison
Robert del Rosario . . . . .	Chair
Ken McCroskey . . . . .	Vice Chair
Harry Chomsky . . . . .	Member
Farid Javandel . . . . .	Member
Susan Reeves . . . . .	Member
<i>Meets the 4th Thursday of every month at 7 pm, City Hall, Council Chambers</i>	

## POLICE &amp; FIRE PENSION BOARD

Kim Denton . . . . .	Chair
Nicole Almaguer . . . . .	Vice Chair
Peter Maass . . . . .	Member
Dustyn Wiggins . . . . .	Member
Archie Stirling . . . . .	Member
<i>Meets the last Tuesday of the month at 10 am, City Hall, Conference Room</i>	

## ARTS COMMITTEE

Liam Kelly . . . . .	Staff Liaison
Peter Goodman . . . . .	Chair
Brandon Schneider . . . . .	Vice Chair
Noreen Linden . . . . .	Member
Jen Daly . . . . .	Member
Sheryl Black . . . . .	Member
Lynn Eve Komaromi . . . . .	Member
Jenny Holland . . . . .	Member
<i>Meets the 2nd Monday of each month at 7 pm, City Hall, Council Chambers</i>	

## COMMUNITY MEDIA ACCESS COMMITTEE

Jeremy Allen . . . . .	Staff Liaison
Terry Lamb . . . . .	Member
Liz McBee-Horner . . . . .	Vice Chair
Jack Kenny . . . . .	Member
Naomi Sigal . . . . .	Member
Josh Lebowitz . . . . .	Member
Emita Amatya . . . . .	Member
Vacant . . . . .	Member
<i>Meets on the 4th Monday of each month at 6 pm, City Hall, Council Chambers</i>	

## SOCIAL &amp; ECONOMIC JUSTICE COMMITTEE

Isabelle Leduc . . . . .	Staff Liaison
Margie Marks . . . . .	Chair
Bart Grossman . . . . .	Vice Chair
Kathy Diehl . . . . .	Member
Roman Kaludi . . . . .	Member
Brian Beall . . . . .	Member
<i>Meets the 1st Tuesday of each odd month at 7:30 pm, City Hall, Council Chambers</i>	

**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](http://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 & 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  
Erik Giesen-Fields. . . . . Chair  
Doug Donaldson . . . . . 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 . . . . . Vice Chair  
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  
Stephanie Ohshita . . . . . Member  
*Third Tuesday 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](http://www.albanyca.org/kalb)



# Register

There are three ways to register for classes:

1

**ONLINE**

[www.albanyca.org/onlinereg](http://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](mailto:recinfo@albanyca.org).

Family Account Setup (List family members) Last Name	First Name	Birthdate	Gender (M/F)	Work/Cell Phone Number
PRIMARY (ADULT) CONTACT				(      )
LIST ALL FAMILY MEMBERS WHO MAY PARTICIPATE NOW OR IN THE FUTURE				(      )
				(      )
				(      )

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 .....

**Refund Policy**

- Five (5) business days or more:*
- Payee will be refunded less a \$20 withdrawal fee.
- Four (4) business days or fewer:*
- Payee will receive a credit refund 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](mailto:recinfo@albanyca.org).

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

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

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

**Food Truck Sunday**  
**Sunday, September 18**  
**5–8 pm**  
**Albany Community Center**  
**Parking Lot**



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





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

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

CARRIER PRESORT  
 POSTAL CUSTOMER  
 ALBANY, CA 94706

# Music in the Park 2016

City of Albany's  
 Music in the Park

**Free concerts**  
 September, 2016  
 Wednesdays  
 6:30-8pm

Memorial Park  
 1325 Portland Ave.  
 Albany

Bring a picnic!  
 Bring family!  
 Bring a friend!

- September 7** **Cosmo Alley Cats**  
 Vintage dance band singing hits from the '20s through the '60s
- 14** **La Mixta Criolla**  
 Dance music with Puerto Rican roots
- 21** **Kickin' the Mule**  
 Old-school New Orleans R&B with a twist of blues and '50s rock 'n roll
- 28** **Pride & Joy**  
 Funk band singing Motown/soul covers



Presented by

TARGET

BELMONT *Village*  
 SENIOR LIVING

ALBANY'S  
 MUSIC  
 IN THE  
 PARK

