



# ALBANY

*with*



**DINNER**  
*with*  
**ALBANY**  
DETAILS: PAGE 46





# ALBANY LOCAL WEEK

*See how much you can do  
in Albany in one week!*

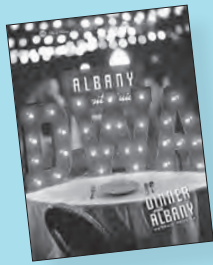
**Take the ALBANY LOCAL WEEK Challenge!** See how much you can do, shop, eat, and play within Albany's square mile the week of September 21–29.

ALBANY LOCAL WEEK is an opportunity to discover and celebrate what Albany has to offer while supporting our local businesses and organizations.

Simply use the OFFICIAL SCORE CARD, keeping track of your activities from September 21–29. (Score card, instructions, and list of special offers are available on pp. 40–45 of this Activity Guide. Additional forms are available and at [albanycya.org/albanylocalweek](http://albanycya.org/albanylocalweek) or at the Community Center.) The person with the top score will be honored with his or her name on the ÜBER ALBANY LOCAL CUP. Winner will be announced September 29 at this year's Dinner With Albany. Everyone who submits their score card by September 28 will receive a limited edition participation prize.

**More information:** [albanycya.org/albanylocalweek](http://albanycya.org/albanylocalweek)  
**Albany Recreation & Community Services**  
**(510) 524-9283**

## SEPTEMBER 21–29, 2018



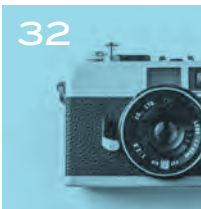
**AN ILLUMINATED EVENING...**  
 Mark your calendar: Albany's biennial party event—  
 Dinner with Albany—will have Solano Avenue aglow  
 the evening of September 29. See page 46 for details,  
 and be sure to reserve your table(s) soon.



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

# Summer Camp Leftovers

## 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 13-Aug 17	M-F	9 am-noon	5x	\$179	\$189

**Instructor:** Skyhawks Staff  
**Location:** Albany Middle School Gym  
 Min: 10; Max: 20

## Gymnastics and More

AGES 3-5.5

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 20-Aug 24	M-F	9:30 am-12:30 pm	5x	\$205	\$215

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

## Skyhawks Beginning Golf (SNAG)

AGES 5-9

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	9 am-noon	5x	\$179	\$189

**Instructor:** Skyhawks Staff  
**Location:** Memorial Park Ball Field, 1331 Portland Avenue  
 Min: 8; Max: 16

## Skyhawks Basketball

AGES 7-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	9 am-2:30 pm	5x	\$219	\$229

**Instructor:** Skyhawks Staff  
**Location:** Albany High School Gym  
 Min: 10; Max: 24

## Intermedia Video Game Coding: Platform Games

AGES 10-13

Working with an in-class partner and PC computers, students will use Clickteam Fusion 2.5 to create a unique platform game! Give your characters gravity and create interesting and original bad guys to challenge you through your game. Working with design, animation and programming tools, students will create a fun and engaging platform adventure! Please bring a snack and drink daily for break time and a flash drive on Friday for student work! Note: Finished games may not work for Mac.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	1-4 pm	5x	\$215	\$225

**Instructor:** Freshi Films Staff  
**Location:** Albany Community Center, Hall  
 Min: 6; Max: 16





## Techsplosion: Coding Foundations with Minecraft!

AGES 8-12

Are you interested in coding, but don't know where to start? This is the camp for you! This camp does NOT focus on computer science. Instead, we use code as a way to build confidence and technical problem-solving skills, which will transfer to every new language you learn! We will use WorldEdit, Java, and Eclipse IDE at this camp!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 20-Aug 24	M-F	1-4 pm	5x	\$292	\$302

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

## Techsplosion: Design & Screen Casting with Minecraft!

AGES 7-12

Learn to make let's play, build battle, or Minecraft tutorial videos, then share them with friends on YouTube when camp is over! We'll start the week by working on a collaborative parkour obstacle course to build our design and teamwork skills. Then we'll move on to learning about what makes a great screencast before planning, filming, and editing our screencasts!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 20-Aug 24	M-F	9 am-noon	5x	\$292	\$302

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

## Computer Animation Basics with PC

AGES 10-13

Working with PC computers, participants learn skills that help with computer drawing, character creation and movement and character interaction. In small groups or with a partner, students focus on learning introductory computer animation techniques and create original characters and short animated sequences! Please bring a snack and drink daily for break time and a flash drive on Friday for student work! Note: Finished games may not work for Mac.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	9 am-noon	5x	\$215	\$225

**Instructor:** Freshi Films Staff  
**Location:** Albany Community Center, Hall  
 Min: 6; Max: 16

# Friendship Club

## SUMMER CAMP 2018

Children ages 6-12 (grades 1-5)

Mon-Fri • 8 am-6 pm

Ocean View Park

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

- August 6-10: Jungle Jumpin': Inflatable Jumper/The Jungle
- August 13-17: Land & Sea: Hiking @ Albany Bulb/USS Hornet
- August 20-24: Critter Adventure: E.B. Vivarium/Ardenwood Historic Farm

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!

## Robotics using LEGO® Mindstorms EV3

AGES 8-12

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving and teamwork skills. Work in small groups, program and build your robot and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 13-Aug 17	M-F	1-4 pm	5x	\$279	\$289

**Instructor:** Play-Well TEKologies  
**Location:** Albany Community Center, Hall  
 Min: 8; Max: 16

## Robotics using LEGO® WeDo

AGES 6-7

Build and program robots in this introductory Robotics class using the LEGO® WeDo system. Learn basic programming skills, simple engineering concepts and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 13-Aug 17	M-F	9 am-noon	5x	\$279	\$289

**Instructor:** Play-Well TEKologies  
**Location:** Albany Community Center, Hall  
 Min: 8; Max: 16



### World Cooking I

AGES 9-12

Join us for a culinary trip around the world! Each day we will travel to a different country and prepare healthful, delicious dishes from each: Thailand, China, Mexico, Japan, and Italy. Your child will be exposed to an international palate of flavors, build confidence in the kitchen, and learn important kitchen skills like kitchen safety, how to read a recipe, proper measuring, and food preparation techniques. We will create delectable dishes such as Summer Rolls with Thai Peanut Sauce, Mushroom and Cheese Empanadas, and Shitake Miso Soup. Instructor is a certified natural foods chef and culinary coach. (Note that World Cooking I is not a prerequisite for World Cooking II; you may sign up for both or either.) Please contact instructor prior to registering if your child has food allergies. \$30 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	10 am-12:30 pm	5x	\$180	\$190

**Instructor:** Hilla Abel, www.HealthInAPan.com  
**Location:** Albany Community Center, Kitchen  
 Min: 6; Max: 10

### World Cooking II

AGES 9-12

Another route on our culinary adventure! Each day we will travel to a different country, prepare healthful, delicious dishes from each, and learn about their food cultures: Turkey, India, France, Greece, and El Salvador. Your child will be exposed to an international palate of flavors, build confidence in the kitchen, and learn important kitchen skills like kitchen safety, how to read a recipe, proper measuring, and food preparation techniques. We will create delectable dishes such as Bean and Cheese Pupusas (corncakes), Potato Fillo Triangles, and Fenugreek Flatbreads. Instructor is a certified natural foods chef and culinary coach. Please contact instructor prior to registering if your child has food allergies. Note: World Cooking I is not a prerequisite for World Cooking II; you may sign up for both or either \$30 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 13-Aug 17	M-F	10 am-12:30 pm	5x	\$180	\$190

**Instructor:** Hilla Abel, www.HealthInAPan.com  
**Location:** Albany Community Center, Kitchen  
 Min: 6; Max: 10

### Kitchen Laboratory

AGES 9-12

Let's experiment with food! This is a science class in the kitchen. We'll conduct experiments and use our observational skills to learn food science while also preparing tasty treats. Science topics include acids and bases, colligative properties, fermentation, osmosis, and more. Our experiments will yield delicious results such as Best-Ever Mac N' Cheese, Rosemary Focaccia, Homemade Vanilla Bean Ice Cream, and Macerated Strawberries. Instructor is a certified natural foods chef and culinary coach. Please contact instructor prior to registering if your child has food allergies. \$30 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 20-Aug 24	M-F	10 am-12:30 pm	5x	\$180	\$190

**Instructor:** Hilla Abel, www.HealthInAPan.com  
**Location:** Albany Community Center, Kitchen  
 Min: 6; Max: 10

### 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 6-Aug 9	M-Th	9:30-11 am	4x	\$118	\$128
Aug 6-Aug 9	M-Th	11 am-12:30 pm	4x	\$118	\$128
Aug 6-Aug 9	M-Th	12:30-2 pm	4x	\$118	\$128

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

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

AGES 10-17

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

AGES 10-13

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	9 am-noon	5x	\$209	\$219

AGES 14-17

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	1-4 pm	5x	\$209	\$219

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

### Improv and Theater Games

AGES 9-13

"With improv, it's a combination of listening and not trying to be funny..."Kristin Wiig

During this week, campers will be introduced to basic concepts of comedy improv such as "yes and" (enthusiastically accepting what is offered), "group mind" (listening to each other and working as a team) and "space object work" (miming objects and environments). Using warm-up exercises and improv "structures", they will be encouraged to trust their instincts, think on their feet and actively support each other (it is said that a good improviser is one who makes their teammates look good rather than themselves). They will also laugh a lot!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 13-Aug 17	M-F	9 am-noon	5x	\$154	\$164

**Instructor:** Geri Engberg  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 6; Max: 13





### 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 10, 12:30 pm.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	8:30 am-noon	5x	\$160	\$170

**Instructor:** Mary Stocker & Assistant  
**Location:** Albany High School, Band & Choir Rooms  
 Min: 5; Max: 180

### Skyhawks Track & Field

AGES 6-12

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	9 am-noon	5x	\$179	\$189

**Instructor:** Skyhawks Staff  
**Location:** Albany Middle School, Cougar Field Track  
 Min: 10; Max: 20

### Art Intensive Camp

AGES 5-10

Explore different methods of art making, using a wide range of materials. We'll start with wet clay on the first day. Classes begin with warm up drawing exercises that lead to more developed works of art. Each student will take home a unique hand-built glazed tile, paintings, collages, and a stack of drawings. Come join the fun with local artist-Paquerette! \$15 material fee paid to instructor. \$5 optional snack fee.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 20-Aug 24	M-F	1:30-4 pm	5x	\$187	\$197

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

### 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 6-Aug 10	M-F	10 am-noon	5x	\$120	\$130
Aug 13-Aug 17	M-F	10 am-noon	5x	\$120	\$130
Aug 20-Aug 24	M-F	10 am-noon	5x	\$120	\$130

TEENS CAMP: AGES 12-16

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Aug 6-Aug 10	M-F	1-3 pm	5x	\$120	\$130
Aug 13-Aug 17	M-F	1-3 pm	5x	\$120	\$130
Aug 20-Aug 24	M-F	1-3 pm	5x	\$120	\$130

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

# Special Interest

## Cartooning 101

AGES 7-11

Anyone can do this class if you have a pencil and an imagination! This class will help develop your drawing skills and creativity. Design an original cartoon character. Understand the creative process and development of a cartoon from brainstorming. Create a comic book. Learn about bird's eye view, puns, gags, punch lines, props, a flying hamburger, speech bubbles and thumb nail sketches. \$5 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 13-Oct 18	Thur	4:30-5:30 pm	6x	\$99	\$109
Oct 25-Dec 6*	Thur	4:30-5:30 pm	6x	\$99	\$109

**Instructor:** Jamie Aberegg  
**Location:** Albany Community Center, Craft Room  
 Min: 5; Max: 12 \*No class on Nov 22

## How Our World Works: STEAM Story Time for Young Children

AGES 3-5

With increasing accessibility to information and awareness about our complex and beautiful world, this early literacy class will delve into themes in the areas of Science, Technology, Engineering, and Math. We will read aloud hand-picked picture books that are age-appropriate, work on simple activities that reinforce language skills, and engage in fun hands-on art-based crafts—ALL anchored in several engaging STEM themes. The sessions will encompass themes in Science (e.g. water cycle, outer space, dinosaurs), Technology (e.g. robots, computers), Engineering (e.g. how-to-build concepts), Math (e.g. 3D shapes, simple operations). This class will open up our world while nurturing curiosity and love for learning in children! A parent or caregiver must stay in class. No unregistered siblings.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 11-Oct 16	Tue	11 am-noon	6x	\$125	\$135
Nov 6-Dec 11	Tue	11 am-noon	6x	\$125	\$135

**Instructor:** Meera Sriram  
**Location:** Albany Community Center, EOC Room  
 Min: 4; Max: 10

## Techsplosion: Minecraft YouTubers—Let's Play!

AGES 5-12

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

AGES 5-7

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Oct 18*	Thur	3:30-4:30 pm	6x	\$154	\$164

AGES 8-12

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Oct 18*	Thur	4:30-5:30 pm	6x	\$154	\$164

**Instructor:** Techsplosion, Inc  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 10; Max: 12 \*No class on Sept 13

## 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 10-Apr 22*	Mon	3:30-5:30 pm	28x	\$15	\$25

**Instructor:** TBA  
**Location:** Albany Community Center, EOC Room  
 Min: 3; Max: 20 \*No class on Nov 12, Dec 24, Dec 31, Jan 21 & Feb 18

## Chopped Junior

AGES 7-13

What can you make with lemon yogurt, an avocado, pretzels and no recipe? That is the puzzle that teams of children are challenged to figure out. Each week children in the "Chopped Junior" class will create a delicious solution using these and other ingredients to make a dish. They will work together in teams of 4-6 with a new child team leader each week to make a tasty, appealing and beautifully presented dish using only 3 ingredients, all of which are a surprise to the class participants! Children are given 1 hour to make their dish—then comes judging and tasting. The winning team gets a prize each week. "Chopped Junior" takes creative thinking, learning by doing, and getting to know your ingredients really well! \$30 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Oct 22	Mon	4-5:30 pm	7x	\$180	\$190
Oct 29-Dec 17*	Mon	4-5:30 pm	7x	\$180	\$190

**Instructor:** Cooking Round the World Staff  
**Location:** Albany Community Center, Kitchen  
 Min: 6; Max: 16 \*No class on Nov 12

## Little Lits I

AGES 21 MONTHS-3 YEARS

In this story-time based toddler class, children will be introduced to preschool themes through music and books. Wonderful read-alouds, songs and rhymes, storyboards, and movement and finger play, will prepare children for a life-long love of reading and learning! This gentle and interactive class will also include a simple craft or activity, and some stay-and-read time. You will take home songs to sing, book titles to read, and craft ideas. A parent or caregiver must stay in class. No unregistered siblings.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 11-Oct 16	Tue	9:45-10:30 am	6x	\$96	\$106
Nov 6-Dec 11	Tue	9:45-10:30 am	6x	\$96	\$106

**Instructor:** Meera Sriram  
**Location:** Albany Community Center, EOC Room  
 Min: 4; Max: 10

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

AGES 0-2.5

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Dec 10*	Mon	9:30-11 am	13x	\$3	\$4
Sept 7-Dec 14	Fri	9:30-11 am	13x	\$3	\$4

**Instructor:** Recreation Staff  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 3; Max: 30 \*No class on Oct 12, Nov 12 & Nov 23



## 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 6-Oct 4	Thur	4-6 pm	4x	\$140	\$150
Oct 11-Nov 8	Thur	4-6 pm	5x	\$174	\$184
Nov 15-Dec 13*	Thur	4-6 pm	4x	\$140	\$150

**Instructor:** Abby Skrivan, [www.writeonyouth.com](http://www.writeonyouth.com)

**Location:** Albany Middle School, Room 203

Min: 6; Max: 20 \*No class on Sept 20 & Nov 22

## 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 10-Oct 29	Mon	2:15-3:30 pm	8x	\$185	\$195
Sept 10-Oct 29	Mon	3:30-4:45 pm	8x	\$185	\$195
Sept 10-Oct 29	Mon	4:45-6 pm	8x	\$185	\$195

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

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

Min: 6; Max: 9

## Film and Story Workshop

AGES 10-15

Ever wonder what it takes to make a great film? Learn DIY filmmaking techniques by critiquing films and making a short video using your own equipment or gear provided by the class. Students will research, storyboard, and design characters for a world of their making. Get hands on experience using a green screen and other post production tricks to composite their characters into handmade miniature worlds and bring their story to life in a short video. Each session builds on the other but can be taken independently as well. \$20 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7-Oct 5	Fri	3:45-5:30 pm	5x	\$210	\$220
Oct 19-Nov 16	Fri	3:45-5:30 pm	5x	\$210	\$220

**Instructor:** Mason Hall, [narrativeartcenter.com](http://narrativeartcenter.com)

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

Min: 5; Max: 10

## Techsplosion: Minecraft, Animated!

AGES 5-12

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

AGES 5-7

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 25-Dec 13*	Thur	3:30-4:30 pm	7x	\$179	\$189

AGES 8-12

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 25-Dec 13*	Thur	4:30-5:30 pm	7x	\$179	\$189

**Instructor:** Techsplosion, Inc

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

Min: 10; Max: 12 \*No class on Nov 22

## Write You Are! A Creative Writing Workshop for Teens

AGES 13-15

Bring your creative license and explore the possibilities of written expression! In these classes, we discuss different narrative elements and forms as we approach writing with a creative instinct and critical eye. Genre experimentation, improvisational composition, and exemplary prose and poetry guide us on our literary journey. These classes are fun, engaging, and inspiring and designed to help teens discover new vistas for self and creative expression. Each session, the instructor will introduce new ideas and assignments so that returning students can explore fresh material and new students can feel welcome. The curriculum is adapted to the composition, experience, and general disposition of each class of students. But the spirit and intention of every session is the same: to provide a safe, encouraging, and dynamic space for reflection, inspiration, and connection.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 11-Oct 9	Tue	3:45-5 pm	5x	\$124	\$134
Oct 16-Nov 13	Tue	3:45-5 pm	5x	\$124	\$134

**Instructor:** Rachel Rosekind, PhD

**Location:** Albany Community Center, Hall

Min: 5; Max: 12

## INSTRUCTOR SPOTLIGHT

**Rachel Rosekind, PhD, MLIS** is

passionate about cultivating empathy, curiosity, connection, and creativity—in the classroom, on the page, and in her community. As a teacher, writer, and

coach, she facilitates conversations and activities that challenge interpretive, expressive, and experiential horizons.



For two decades, she has served in various roles and environments to empower youth and adults through creative exploration. She offers private writing instruction and coaching, classes and workshops, and editorial services.

Her current writing project explores women's role in the performance, documentation, and legacy of the Grateful Dead and the broader contributions of female activists and artists to the diverse Bay Area countercultural movements of the 1960s and 1970s. Learn more about her and what she does at [www.writeyouare.net](http://www.writeyouare.net).

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 7-Oct 19	Fri	1:30-2 pm	7x	\$74	\$84
Oct 26-Dec 14*	Fri	1:30-2 pm	7x	\$74	\$84

**Instructor:** Mary Lyons

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

Min: 6; Max: 25

\*No class on Nov 23

**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 7-Oct 19	Fri	3:30-4 pm	7x	\$74	\$84
Oct 26-Dec 14*	Fri	3:30-4 pm	7x	\$74	\$84

**Instructor:** Mary Lyons

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

Min: 6; Max: 25

\*No class on Nov 23

**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 7-Oct 19	Fri	4:40-5:25 pm	7x	\$99	\$109
Oct 26-Dec 14*	Fri	4:40-5:25 pm	7x	\$99	\$109

**Instructor:** Mary Lyons

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

Min: 6; Max: 25

\*No class on Nov 23



**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 7-Oct 19	Fri	2-2:30 pm	7x	\$74	\$84
Oct 26-Dec 14*	Fri	2-2:30 pm	7x	\$74	\$84

**Instructor:** Mary Lyons

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

Min: 6; Max: 25

\*No class on Nov 23

**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 7-Oct 19	Fri	4:05-4:35 pm	7x	\$74	\$84
Oct 26-Dec 14*	Fri	4:05-4:35 pm	7x	\$74	\$84

**Instructor:** Mary Lyons

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

Min: 6; Max: 25

\*No class on Nov 23

**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 7-Oct 19	Fri	5:30-6:15 pm	7x	\$99	\$109
Oct 26-Dec 14*	Fri	5:30-6:15 pm	7x	\$99	\$109

**Instructor:** Mary Lyons

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

Min: 6; Max: 25

\*No class on Nov 23

**Homeschool Beginning Ballet**

AGES 4-7

This class is a fun introduction to ballet. We will learn basic ballet positions and movements at the barre and in the center. We will also learn steps across the floor and work on learning a short dance. Each class will end with some "free dance" time, in which your dancer can express themselves through movement to different styles of music. The focus of this class is building a solid foundation of ballet technique, with an emphasis on creative expression and having fun!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Oct 8	Mon	Noon-12:45 pm	5x	\$54	\$64
Oct 15-Nov 5	Mon	Noon-12:45 pm	4x	\$44	\$54
Nov 26-Dec 17	Mon	Noon-12:45 pm	4x	\$44	\$54

**Instructor:** Melissa Rosales, Dancer & Homeschool Mom

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

Min: 2; Max: 10

**Homeschool Ballet I**

AGES 7-12

This class will introduce your dancer to ballet. We will learn a basic barre, do a short stretch and then work on movements (basic port de bras, adagio and allegro) in the center as well as across the floor. We will end the class learning a short dance. The focus of this class is building a solid foundation of ballet technique, with an emphasis on artistic expression, all while having fun!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Oct 22	Mon	1-2 pm	7x	\$88	\$98
Oct 29-Dec 17*	Mon	1-2 pm	6x	\$76	\$86

**Instructor:** Melissa Rosales, Dancer & Homeschool Mom

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

Min: 2; Max: 12

\*No class on Nov 12 & Nov 19



# Art & Music

## 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 4-Oct 2	Tue	3:45-5 pm	5x	\$111	\$121
Oct 9-Nov 6	Tue	3:45-5 pm	5x	\$111	\$121
Nov 13-Dec 11	Tue	3:45-5 pm	5x	\$111	\$121

**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 5-Oct 3	Wed	2:15-3:30 pm	5x	\$131	\$141
Oct 10-Nov 7	Wed	2:15-3:30 pm	5x	\$131	\$141
Nov 14-Dec 12	Wed	2:15-3:30 pm	5x	\$131	\$141

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

## 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 5-Oct 3	Wed	4-5:15 pm	5x	\$131	\$141
Oct 10-Nov 7	Wed	4-5:15 pm	5x	\$131	\$141
Nov 14-Dec 12	Wed	4-5:15 pm	5x	\$131	\$141

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

## Music Together®

AGES 0-5

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

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

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 Booklet 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.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 14-Nov 16	Fri	9:30-10:15 am	10x	\$180	\$190
Sept 14-Nov 16	Fri	10:30-11:15 am	10x	\$180	\$190

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

## 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 8-Oct 6	Sat	10-11:30 am	5x	\$68	\$78
Oct 13-Nov 17*	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 \*No class on Nov 3

## 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 5-Sept 26	Wed	2:30-6:30 pm	4x	\$124	\$134
Oct 3-Oct 24	Wed	2:30-6:30 pm	4x	\$124	\$134
Nov 7-Nov 28	Wed	2:30-6:30 pm	4x	\$124	\$134

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

## Ukulele 1

AGES 12-ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Oct 22*	Mon	6-7:30 pm	6x	\$100	\$110
Nov 19-Dec 17	Mon	6-7:30 pm	5x	\$84	\$94

**Instructor:** Lenny San Jose aka "Ukulenny"  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 6; Max: 30 \*No class on Oct 1

## Ukulele 2

AGES 12-ADULT

Advanced ukulele workshop for players with confident strumming and chord reading ability. This course will focus on advanced strumming patterns, scales, fingerpicking, and special ukulele techniques. Songs will be selected in collaboration between instructor and student, with some orchestral-type ukulele arrangements and individual/small group performances. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Oct 22*	Mon	7:30-9 pm	6x	\$100	\$110
Nov 19-Dec 17	Mon	7:30-9 pm	5x	\$84	\$94

**Instructor:** Lenny San Jose aka "Ukulenny"  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 6; Max: 30 \*No class on Oct 1

# Martial Arts & Sports

## 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. The second hour of the class is for advanced students and includes work with Jo and Bokken.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 8-Sept 29	Sat	9-11 am	4x	\$60	\$70
Oct 6-Oct 27	Sat	9-11 am	4x	\$60	\$70
Nov 3-Nov 17	Sat	9-11 am	3x	\$60	\$70
Dec 1-Dec 15	Sat	9-11 am	3x	\$60	\$70

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

**Location:** Albany Community Center, Hall; Albany Senior Center (Nov 3, Dec 1 & Dec 8)

Min: 5; Max: 25



## Albany Kids Karate-Do

AGES 7-18

With an emphasis on the unification of "mind, body and spirit", your children will discover confidence, mindfulness and control through the art of traditional Okinawan Karate. Sensei Rick (local father of two daughters) will inspire your kids to explore and expand their physical and mental abilities, in a fun, non-aggressive environment where the emphasis is on inner knowledge and the quiet strength and confidence that come from achievement. Students will learn traditional Okinawan Karate stances, and movements (Kata), kicks, punches and blocking techniques. Stretching, meditation and "karate style" games, keep it fun and engaging for the little ones. Advances students will learn weapons' kata with the Bo and Sai-traditional Okinawan farming tools, and sparring. Students will train for biannual belt tests and studio tournaments. Parents are welcome to stay and observe the class. New students are always welcome and can start at any time. Separate fees to be paid to Sensei Rick for uniforms, test fees and badges.

FORMS, SELF-DEFENSE, SPARRING & WEAPONS

Thursday: 4-5:30: All Belts (Kata & Basics)  
 Saturday: 8:30-9:30 am: White Belts (Kata)  
 Saturday: 9-10:30 am: Yellow Belts & Up (Kata, Sparring & Weapons)

DATE	DAY	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Sept 29	Sat/Thur	2-3x/week	\$80	\$90
Oct 4-Oct 27	Sat/Thur	2-3x/week	\$80	\$90
Nov 1-Nov 29*	Sat/Thur	2-3x/week	\$80	\$90
Dec 6-Dec 15	Sat/Thur	2-3x/week	\$50	\$60

**Instructor:** Sensei Rick Marlin & Black Belt team, (510) 332-4044

**Location:** Albany Community Center, Rooms 1 & 2 (Saturdays); Albany Community Center, Hall (Thursdays)

Min: 4; Max: 50 \*No class on Nov 22 & Nov 24

## 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 5-Sept 24	M/W	3:30-4:30 pm	6x	\$100	\$110
Sept 26-Oct 15	M/W	3:30-4:30 pm	6x	\$100	\$110
Oct 17-Nov 5	M/W	3:30-4:30 pm	6x	\$100	\$110
Nov 7-Nov 28*	M/W	3:30-4:30 pm	6x	\$100	\$110
Dec 3-Dec 12	M/W	3:30-4:30 pm	4x	\$68	\$78

**Instructor:** John Fry & Staff

**Location:** Memorial Park Tennis Courts

Min: 4; Max: 10 \*No class on Nov 12

## INSTRUCTOR SPOTLIGHT

**Sensei Rick Marlin** received his 1st degree black belt in Okinawan Karate in 2000 and has been teaching since 2013. Father of two daughters, Sensei focuses on the power of Intention, and the integration of Mind, Body and Spirit through



the forms, movements and discipline of Karate to enrich young hearts and minds with confidence, poise and dignity. "The highest level of martial arts is expressed when it never has to be used",

as confidence derived from the practice allows for more direct social interaction, the ability to de-escalate conflict and gain understanding with those whom you disagree. Rick is a principal of Maric Consulting Group, providing strategic sales development consultancy in a wide array of markets.

## 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 5-Sept 24	M/W	4:30-5:30 pm	6x	\$100	\$110
Sept 26-Oct 15	M/W	4:30-5:30 pm	6x	\$100	\$110
Oct 17-Nov 5	M/W	4:30-5:30 pm	6x	\$100	\$110
Nov 7-Nov 28*	M/W	4:30-5:30 pm	6x	\$100	\$110
Dec 3-Dec 12	M/W	4:30-5:30 pm	4x	\$68	\$78

**Instructor:** John Fry & Staff

**Location:** Memorial Park Tennis Courts

Min: 4; Max: 10 \*No class on Nov 12

## 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 5-Sept 24	M/W	5:30-6:30 pm	6x	\$100	\$110
Sept 26-Oct 15	M/W	5:30-6:30 pm	6x	\$100	\$110
Oct 17-Nov 5	M/W	5:30-6:30 pm	6x	\$100	\$110
Nov 7-Nov 28*	M/W	5:30-6:30 pm	6x	\$100	\$110
Dec 3-Dec 12	M/W	5:30-6:30 pm	4x	\$68	\$78

**Instructor:** John Fry & Staff

**Location:** Memorial Park Tennis Courts

Min: 4; Max: 10 \*No class on Nov 12

### Skyhawks Kindergarten Basketball

AGES 4.5-6

The fundamentals of Basketball are taught in a structured environment with a big focus on fun! Through a series of drills, competitive games, and activities, participants learn athletic fundamentals along with teamwork, sportsmanship, leadership, and strategy. Boys and girls explore dribbling, passing, shooting, defense, and rebounding. Listening and following instructions are emphasized.

Our progressive curriculum, modified equipment and highly trained staff, provide a safe environment where kids can develop at their own pace with lots of encouragement. At the end of this program, your child will show you why this is one of our most popular programs. This action-packed enrichment program equips young athletes with the skills and confidence necessary to live an active and healthy lifestyle. All participants receive a Skyhawks T-Shirt and Merit Award.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 4-Oct 16	Tue	5-5:45 pm	6x	\$109	\$119
Sept 4-Oct 16	Tue	6-6:45 pm	6x	\$109	\$119
Oct 23-Dec 11	Tue	5-5:45 pm	6x	\$109	\$119
Oct 23-Dec 11	Tue	6-6:45 pm	6x	\$109	\$119

**Instructor:** Skyhawks Staff

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

Min: 4; Max: 8 \*No class on Sept 25, Nov 6 & Nov 20

### 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 5-Sept 28	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Oct 1-Oct 31*	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Nov 5-Nov 30*	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80
Dec 3-Dec 17	M/W/F	4-5 pm	1x/week	\$50	\$60
			2-3x/week	\$70	\$80

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

**Location:** Albany Community Center, Hall; EOC (Nov 30)

Min: 2; Max: 40 \*No class on Oct 26, Nov 2, Nov 12 & Nov 23

### 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! Rainout hotline updated 30-minutes before the start of the class. Receive cancellation notifications on your smartphone with the free Kidz Love Soccer mobile app. Cancelled classes will be made up at the end of the session.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 22-Nov 17*	Sat	4:30-5 pm	8x	\$119	\$129

**Instructor:** Kidz Love Soccer Staff, Rainout Hotline (888) 372-5803

**Location:** Memorial Park, Front West Grass

Min: 6; Max: 20 \*No class on Oct 6

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 22-Nov 17*	Sat	3:50-4:20 pm	8x	\$119	\$129

**Instructor:** Kidz Love Soccer Staff, Rain-out Hotline (888) 372-5803

**Location:** Memorial Park, Front West Grass

Min: 6; Max: 24 \*No class on Oct 6

### 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! Rainout hotline updated 30-minutes before the start of the class. Receive cancellation notifications on your smartphone with the free Kidz Love Soccer mobile app. Cancelled classes will be made up at the end of the session.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 22-Nov 17*	Sat	3:15-3:50 pm	8x	\$119	\$129

**Instructor:** Kidz Love Soccer Staff, Rain-out Hotline (888) 372-5803

**Location:** Memorial Park, Front West Grass

Min: 6; Max: 24 \*No class on Oct 6

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 22-Nov 17*	Sat	2:30-3:15 pm	8x	\$119	\$129

**Instructor:** Kidz Love Soccer Staff, Rain-out Hotline (888) 372-5803

**Location:** Memorial Park, Front West Grass

Min: 6; Max: 24 \*No class on Oct 6







### Skyhawks Fall Girls Basketball League

GRADES 5TH-8TH

This instructional league emphasizes individual skill development, teamwork, character building and most importantly...FUN! Participants will be placed in teams by age and skill level and teams will have 90-minute time slots. All sessions are on Sundays. The first week consists of a 90-minute skill development, evaluation clinic and scrimmage. The next six weeks include practice, followed by a game. The last week will be a practice, then playoff/tournament schedule based on team record. All participants receive a Skyhawks jersey. The training sessions will be taught by Skyhawks Staff, with Volunteer Parent Coaches needed for teams/games.

GRADES 5TH-6TH

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 7-Dec 16	Sun	9-10:30 am	8x	\$214	\$224

GRADES 7TH-8TH

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 7-Dec 16	Sun	10:40 am-12:10 pm	8x	\$214	\$224

**Instructor:** Skyhawks Staff  
**Location:** Albany Middle School, Gym  
 Min: 28; Max: 40 \*No class on Nov 11, Nov 25 & Dec 2



### Fall Lacrosse League

AGES 6-14

Berkeley Lacrosse Club offers developmental and competitive opportunities for all players in Grades 1-9. The Fall Ball program is an excellent opportunity for new players to learn the basics of lacrosse and begin to develop stick skills. Returning players will keep their stick skills sharp while improving their lacrosse IQ through targeted instruction. All players will be organized into teams based on age and skill for small-sided scrimmages and fast-paced game action each week. Reversible pinneys are included. All players will need to either provide proof of an active US Lacrosse membership or bring a \$30 materials fee to the first class. Visit our website at [www.berkeleylacrosse.org](http://www.berkeleylacrosse.org) for important scholarship and league information.

**Girls:** The girls lacrosse game is a game of finesse, skill, and athleticism. A girl's lacrosse stick, protective goggles and mouthguard are required for participation, with gear rental available through BLC. Visit the gear page at [www.berkeleylacrosse.org](http://www.berkeleylacrosse.org) for details.

**Boys:** The boys lacrosse game allows for an increasing degree of physical contact as players mature. A full set of protective gear (helmet, shoulder pads, elbow pads, gloves, athletic cup and mouthguard) along with a boys lacrosse stick, are required for participation. Low cost gear rental is available through BLC. Visit the gear page at [www.berkeleylacrosse.org](http://www.berkeleylacrosse.org) for details.

#### GIRLS

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 16-Nov 4	Sun	3-5 pm	8x	\$145	\$155

#### BOYS

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 16-Nov 4	Sun	1-3 pm	8x	\$145	\$155

**Instructor:** Berkeley Lacrosse Club  
**Location:** Albany Middle School, Cougar Field  
 Min: 20; Max: 60



# 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, and gymnastic camps and more. **New this fall, Girls Lacrosse and Basketball leagues!** 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).



# 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 55 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
<b>3 days/week</b>	\$318/month	\$227/month
<b>4 days/week</b>	\$405/month	\$285/month
<b>5 days/week</b>	\$495/month	\$360/month

## MID-WINTER CAMP 2019

February 18-22 • Children ages 6-12 (grades 1-5) • Mon-Fri • 8 am-6 pm  
Ocean View Park • Weekly fee: \$230 for Albany Residents; \$240 Non-residents

A minimum of (10) participants needed for camp to operate • Monday Albany Bowl  
Tuesday Don O'Brien • Wednesday On-site Jump House • Thursday Trip To Lawrence Hall of Science  
Friday On-site Pizza & Movie • Morning & afternoon snack provided  
Scheduled trips are subject to change

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

## FRIENDSHIP CLUB

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



# TEENS @842

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 2018-19 program will begin on August 28, 2018. Program hours are 3:05-6 pm, Monday-Friday (2:10-6 pm, Wednesday). Staff walks with participants from Albany Middle School to 842 Masonic Ave.

## ENROLLMENT

Enrollment is ongoing. Daily drop-in rate is \$20. Rates do not include: Holidays or in-service days.

- 1 day/week: \$80/month
- 2 days/week: \$160/month
- 3 days/week: \$210/month
- 4 days/week: \$288 month
- 5 days/week: \$360/month

## TEENS@842

Keenan McCarron, Teen Coordinator  
842 Masonic Avenue @ The Annex  
(510) 524-9122



### 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 5–Oct 24	Wed	7:15–8:45 pm	8x	\$112	\$122
Nov 7–Dec 12	Wed	7:15–8:45 pm	6x	\$85	\$95

FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7–Oct 26	Fri	7–8:30 pm	8x	\$112	\$122
Nov 2–Dec 14*	Fri	7–8:30 pm	5x	\$72	\$82

WEDNESDAY & FRIDAY

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 5–Oct 26	Wed/Fri	See Above	16x	\$204	\$214
Nov 2–Dec 14*	Wed/Fri	See Above	11x	\$142	\$152

**Instructor:** David Bertlin & Ronn Guidi

**Location:** Albany Community Center, Hall; Albany Community Center, Room 1 & 2 (Sept 28, Oct 26 & Nov 2)

Min: 9; Max: 21 \*No class on Nov 23 & Nov 30

### 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. The September class is a prerequisite for the October class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 4–Oct 9	Tue	7–8:30 pm	6x	\$58	\$68
Oct 23–Dec 11*	Tue	7–8:30 pm	6x	\$58	\$68

**Instructor:** Aimee Haire

**Location:** Albany Community Center, Hall

Min: 8; Max: 25 \*No class on Nov 6 & Nov 20

### 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.
Sept 6–Dec 6*	Thur	7–8:30 pm	10x	\$94	\$104

**Instructor:** Aimee Haire

**Location:** Albany Community Center, Hall

Min: 8; Max: 25 \*No class on Sept 27, Oct 25, Nov 8 & Nov 22

### 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 4–Sept 25	Tue	12:30 am–2 pm	4x	\$65	\$75
Oct 2–Oct 30	Tue	12:30 am–2 pm	5x	\$80	\$90
Nov 6–Nov 27	Tue	12:30 am–2 pm	4x	\$65	\$75
Dec 4–Dec 18	Tue	12:30 am–2 pm	3x	\$50	\$60

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

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

Min: 8; Max: 14



Special Interest



NEW

How to Tell Your Own Story

ADULT

Want to tell your story but don't know how? If you have an idea for a short story, personal essay, or historical short, this is the class for you! We will go over some of the best practices for getting your story from idea to page. You will then have the opportunity to workshop your stories in a supportive learning environment.

Nishant Batsha received a PhD in history from Columbia University in 2017 and is a writer of fiction and creative non-fiction. His work has been featured in TriQuarterly, The Offing, and The Caribbean Review of Books, among other publications. He is currently revising his first three novels. His writing has been called "powerful" by writers such as Joyce Carol Oates.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 18–Nov 13*	Tue	7:30–8:45 pm	8x	\$75	\$85

Instructor: Nishant Batsha

Location: Albany Community Center, EOC Room

Min: 4; Max: 10

\*No class on Oct 9

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 6–Nov 15*	Thur	10 am–1 pm	10x	\$204	\$214

Instructor: Soho Sakai

Location: Albany Community Center, Hall

Min: 15; Max: 50

\*no class on Oct 18

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 10–Nov 5	Mon	3–5 pm	9x	\$94	\$104

Instructor: Carla J. Tenret

Location: Albany Community Center, Rooms 1 & 2

Min: 15; Max: 20

NEW

Japanese Tea Ceremony

ADULT

Take a break from your busy daily lives and come learn the art of Japanese Tea Ceremony in the Omotesenke style. Take part in this meditative experience that you can then create at home. Learn from a licensed tea practitioner and teacher how to practice Japanese tea authentically in the chair/table format.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 4–Oct 23	Tue	10 am–noon	8x	\$164	\$174

Instructor: Akiko Kobayashi

Location: Albany Community Center, Rooms 1 & 2

Min: 3; Max: 10





### 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 10–Oct 22*	Mon	6–8 pm	7x	\$45	\$50
Oct 29–Dec 17*	Mon	6–8 pm	7x	\$45	\$50

**Instructor:** Shay Stephens  
**Location:** Albany Senior Center, South Room  
 Min: 5; Max: 15 \*No class on Sept 3 & Nov 12

### 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 5–Nov 7	Wed	7–9 pm	8x	\$84	\$94
Nov 14–Dec 19	Wed	7–9 pm	8x	\$84	\$94

**Instructor:** Jack Katz  
**Location:** Albany Senior Center, South Room  
 Min: 8; Max: 20

### 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.
Sept 7–Oct 12	Fri	6:30–8:30 pm	6x	\$129	\$139

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

### 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 12–Oct 17	Wed	9:50 am–12:10 pm	6x	\$136	\$146
Oct 31–Dec 12*	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 21

### Watercolor Landscape

ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 19–Nov 30*	Fri	6:30–8:30 pm	6x	\$129	\$139

**Instructor:** Ilah Jarvis  
**Location:** Albany Community Center, Craft Room  
 Min: 3; Max: 10 \*No class Nov 23

### Art Techniques & Mix Media Workshop

AGES ADULT

Anyone can do this class—this workshop is open to beginners, artists, or non-artists alike. We are all artists. These Workshops will give you a chance to try new materials such as watercolors, colored pencils, markers, inks and papers. You will learn techniques and create wonderful backgrounds: resist painting, work with writing/fonts, tissue paper graffiti, gesso and lots of collaging. You will receive one on one instruction and you can create your book of dreams, cards, art pieces, etc. You will leave each session feeling inspired to create art and make additional art works on your own. Students need to bring a thin tip sharpie and a white sharpie pen. Also, any pictures, fine papers, or photocopies of your own to class. \$20 material fee paid to instructor. Come join the fun with our local artist Jamie Aberegg.

Note: Each session will have different techniques and expanded projects. Returning students can use this time to finish up any projects and also create something new.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 18–Oct 23	Tue	9:50 am–12:10 pm	6x	\$150	\$160
Nov 6–Dec 11	Tue	9:50 am–12:10 pm	6x	\$150	\$160

**Instructor:** Jamie Aberegg  
**Location:** Albany Community Center, Craft Room  
 Min: 2; Max: 8

### Intuitive Art Journaling (All Levels)

ADULT

Are you looking for a way to be grounded and centered in this busy and crazy world? Do you need a few hours just for you, where you can indulge your creativity in a low-stress class where no "artistic talent" is needed? If you can operate a glue stick you have all you need to dive into art journaling. Come and discover a great way to easily and quickly be creative, have fun with color, and let go of stress and worry. In this three-hour workshop we will turn an old book into an art journal, connect in with our creative muse, and then have a ton of fun with color and collage. We will also play with oracle cards as a way to become present with our inner knowing and intuitive wisdom. You will leave with a wonderful and easy creative practice than can help center you and bring enjoyment to your life. All materials are provided and all levels of creative experience are welcome.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 13	Thur	2–5 pm	1x	\$40	\$50
Sept 29	Sat	1:30–4:30 pm	1x	\$40	\$50

**Instructor:** Monica Garcia  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 4; Max: 15

# 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 10-Oct 29	Mon	6:30-8 pm	8x	\$92	\$102
Nov 5-Dec 17*	Mon	6:30-8 pm	6x	\$70	\$80

**Instructor:** Jennifer Sowerwine  
**Location:** Albany Community Center, Hall; EOC (Sept 10)  
 Min: 5; Max: 30 \*No class on Nov 12

## 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 12-Oct 31	Wed	5:45-6:45 pm	8x	\$105	\$115
Nov 7-Dec 12*	Wed	5:45-6:45 pm	5x	\$70	\$80

**Instructor:** Ernie Adams, (510) 619-9223, www.userfriendlypilates.com  
**Location:** Albany Community Center, Hall  
 Min: 8; Max: 35 \*No class on Nov 21

## Practical Posture: Mindfulness and Mobility with 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 19-Oct 24	Wed	7-8 pm	6x	\$110	\$120

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

## 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 4-Oct 11	Tue/Thur	7-8 pm	12x	\$94	\$104
Oct 16-Nov 29*	Tue/Thur	7-8 pm	13x	\$102	\$112

**Instructor:** Darryl Allison  
**Location:** Albany High School, Weight Room  
 Min: 6; Max: 15 \*No class on Nov 22

## Table Tennis for Competition

ADULT

Table Tennis, AKA "Ping Pong" 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. In this class students will learn basic forehand and backhand strokes, as well as advance skills, footwork, rules, serve and return, serve for competition play (single and double). We will be working on many type of drills to help and improve students' skills learned in the class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Oct 11	Wed	7-9 pm	6x	\$119	\$129
Oct 18-Nov 22	Wed	7-9 pm	6x	\$119	\$129

**Instructor:** Lynn Sun, USATT Certified Coach  
**Location:** Albany Senior Center, Multi Use Room  
 Min: 4; Max: 6

## 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 more than 24 years. She is a certified yoga and Acu-yoga instructor, as well as, an acupressure practitioner.

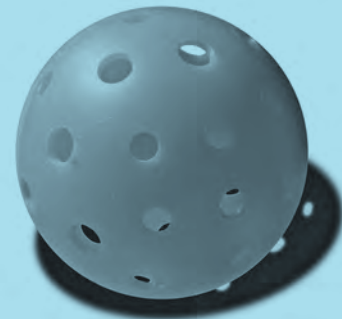
DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 5-Oct 3	Wed	6:30-8 pm	5x	\$59	\$69
Sept 15-Oct 6	Sat	11 am-12:20 pm	4x	\$48	\$58
Oct 10-Nov 7	Wed	6:30-8 pm	5x	\$59	\$69
Oct 13-Nov 3	Sat	11 am-12:20 pm	4x	\$48	\$58
Nov 14-Dec 12*	Wed	6:30-8 pm	4x	\$48	\$58
Nov 10-Dec 15*	Sat	11 am-12:20 pm	4x	\$48	\$58

**Instructor:** Viji Sundaram  
**Location:** Albany Community Center, Rooms 1 & 2; Senior Center, Multi-Use Room (Dec 1)  
 Min: 5; Max: 20 \*No class on Nov 21, Nov 24 & Dec 8

## 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



# Cooking

## 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.
Oct 10	Wed	6:30-8 pm	1x	\$39	\$49

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

## Cultured Sauerkraut

### ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12	Wed	6:30-8 pm	1x	\$39	\$49

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

## Tortillas & Tamales

### ADULT

Tamales are traditional holiday dish in Latin America. We will use masa to make tamales filled with a choice of beans, cheese or pork. Then we will make tortillas and guacamole as we wait for the tamales to steam. Both tamales and tortillas are easy to make and delicious. The masa used in the tamales does contain lard and is not vegetarian. \$9 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 19	Wed	6:30-8 pm	1x	\$39	\$49

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

## Meat Preparation

### ADULT

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

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

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

## Season with Herbs & Spices

### ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Oct 3	Wed	6:30-8:30 pm	1x	\$44	\$54

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

## Sushi Workshop

### ADULT

Fall 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 21	Wed	6:30-9:30 pm	1x	\$53	\$63

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

## Indian Vegetarian Cooking

### ADULT

In this 3-hour workshop, students will be shown how to prepare mouth-watering vegetarian dishes from the cuisines of India. Menu: Vegetable kofta (fried vegetables with bread crumbs in creamy, spicy gravy); brown rice and raita (grated cucumber in yogurt, garnished with fresh cilantro and mint. 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 8	Sat	10 am-1 pm	1x	\$40	\$50

**Instructor:** Viji Sundaram  
**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, Pepered Shrimp, Sweet and Sour, 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 16	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, Hot and sour seafood soup, Clay pot, Shrimp fresh spring rolls, Green mango salad, and more. Bring your favorite wok, chef knife, and beverage. Bring your sharp chef knife or clever, cutting board, hand towel, and beverage. \$12 material fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 27	Thur	6:30-9:30 pm	1x	\$53	\$63

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



## Dim Sum Workshop

### ADULT

Dim Sum means "a little bit of heart," and these little savories and sweets surely gladden the heart and palate. Dim sum can be served as an elegant and a fun light appetizer, lunch, snack or as a special treat. We will learn to use a variety of specialties to create popular items, and learn techniques of filling and wrapping in hands-on preparing delicious dim sum, such as Pork & 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.
Dec 11	Tue	6:30-9:30 pm	1x	\$53	\$63

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

## Korean Cuisine

### ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 14	Wed	6:30-9:30 pm	1x	\$53	\$63

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



## Low Intermediate Recorder Ensemble

### ADULT

In this class, students develop proficiency in ensemble skills by playing in recorder ensemble with all sizes from soprano to bass. Participant may use this class to obtain proficiency on tenor and bass sizes of the recorder. Refine understanding and practice all elements of music making. Emphasis on tuning, execution of fingerings, phrasing and articulation together in ensemble. Consort music from medieval to modern for recorders. Prerequisite: Must know fingerings for an octave and a half including two sharps/flats and be familiar with common time signatures.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 25-Nov 27*	Tue	6:30-7:30 pm	7x	\$69	\$79

**Instructor:** Tish Berlin  
**Location:** Albany Middle School, Music Room  
 Min: 8; Max: 50 \*No class on Oct 30, Nov 6 & Nov 13

## 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 25-Nov 27*	Tue	7:30-8:30 pm	7x	\$69	\$79

**Instructor:** Tish Berlin  
**Location:** Albany Middle School, Music Room  
 Min: 8; Max: 50 \*No class on Oct 30, Nov 6 & Nov 13



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 43 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 18.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 11–Nov 13	Tue	7–9:15 pm	10x	\$69	\$79

**Instructor:** Teresa Colyer  
**Location:** Albany High School, Band Room 20;  
 Min: 25; Max: 40

**Ukulele 1**

AGES 12–ADULT

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10–Oct 22*	Mon	6–7:30 pm	6x	\$100	\$110
Nov 19–Dec 17	Mon	6–7:30 pm	5x	\$84	\$94

**Instructor:** Lenny San Jose aka "Ukulenny"  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 6; Max: 30 \*No class on Oct 1

**Ukulele 2**

AGES 12–ADULT

Advanced ukulele workshop for players with confident strumming and chord reading ability. This course will focus on advanced strumming patterns, scales, fingerpicking, and special ukulele techniques. Songs will be selected in collaboration between instructor and student, with some orchestral-type ukulele arrangements and individual/small group performances. Taught by Ukulenny, YouTube teacher, co-founder of SF Uke Jam, and sponsored Kala Ukulele artist.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10–Oct 22*	Mon	7:30–9 pm	6x	\$100	\$110
Nov 19–Dec 17	Mon	7:30–9 pm	5x	\$84	\$94

**Instructor:** Lenny San Jose aka "Ukulenny"  
**Location:** Albany Community Center, Rooms 1 & 2  
 Min: 6; Max: 30 \*No class on Oct 1

**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 25–Dec 11	Tue	7–9 pm	12x	\$79	\$89

**Instructor:** Mary Stocker  
**Location:** Albany High School, Room 22  
 Min: 25; Max: 65

**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. Performances may be scheduled outside regular rehearsal dates and times. \$20 material fee paid to instructor.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 5–Nov 28	Wed	7–9:15 pm	12x	\$70	\$80

**Instructor:** Bob Levenson (Musical Director), Rich Kalman (Vocal Director); instructor@albanyjazzband.org  
**Location:** Albany High School, Band Room 20; Albany Senior Center (Sept 12)  
 Min: 12; Max: 25 \*No class on Nov 21

**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 8–Oct 6	Sat	10–11:30 am	5x	\$68	\$78
Oct 13–Nov 17*	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 \*No class on Nov 3

# Martial Arts

## 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 10-Oct 29	Mon	6-7:30 pm	8x	\$120	\$130

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist

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

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 5-Jan 14*	Mon	6-7:30 pm	8x	\$120	\$130

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist

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

Min: 5; Max: 20 \*No class on Nov 21, Dec 24 & Dec 31

## 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 10-Oct 29	Mon	6-7:30 pm	8x	\$90	\$100
Nov 5-Jan 14*	Mon	6-7:30 pm	8x	\$90	\$100

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist

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

Min: 1; Max: 10 \*No class on Nov 21, Dec 24 & Dec 31

## 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 10-Oct 29	Mon	6-6:45 pm	8x	\$70	\$80
Nov 5-Jan 14*	Mon	6-6:45 pm	8x	\$70	\$80

**Instructor:** Charlene Leung, M.S., Licensed Acupuncturist & Herbalist

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

Min: 1; Max: 10 \*No class on Nov 21, Dec 24 & Dec 31

## 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. The second hour of the class is for advanced students and includes work with Jo and Bokken.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 8-Sept 29	Sat	9-11 am	4x	\$60	\$70
Oct 6-Oct 27	Sat	9-11 am	4x	\$60	\$70
Nov 3-Nov 17	Sat	9-11 am	3x	\$60	\$70
Dec 1-Dec 15	Sat	9-11 am	3x	\$60	\$70

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

**Location:** Albany Community Center, Hall; Albany Senior Center (Nov 3, Dec 1 & Dec 8)

Min: 5; Max: 25

## Tai Chi Chuan

ADULT

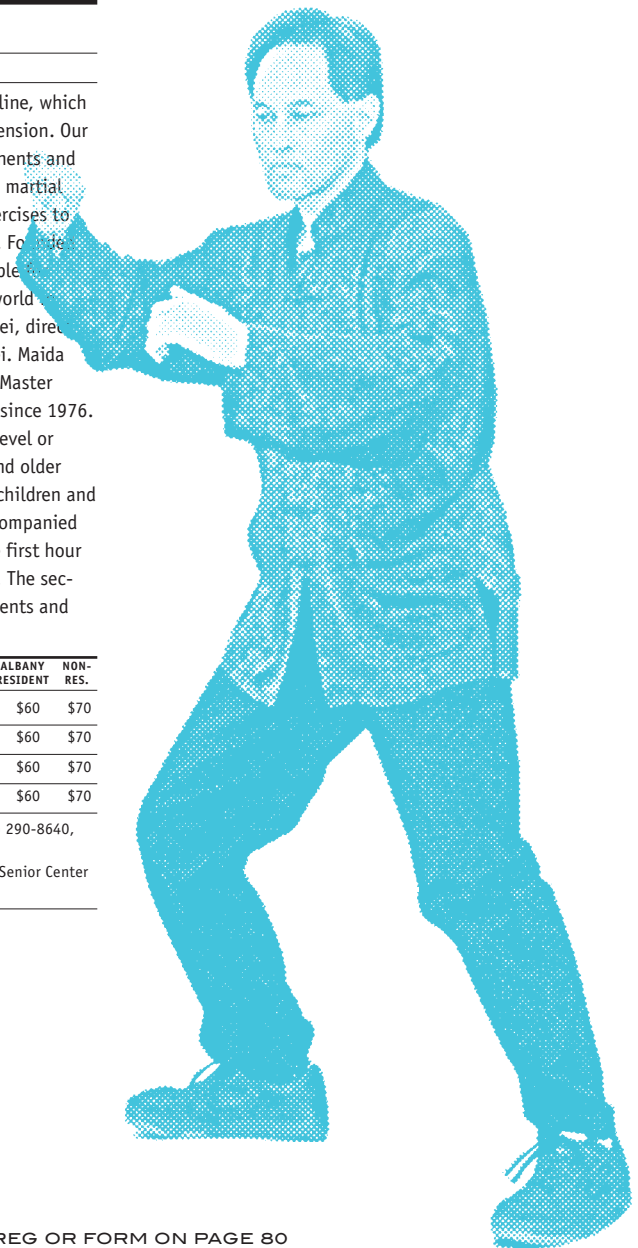
Learn to relax the mind, relieve stress while you exercise and gain flexibility! Tai Chi balances the body's energy and increases vitality. Join us for a fun and dynamic work out, learn to move with grace, balance and power. Cultivating the Chi with this moving meditation will leave you feeling energized, 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 4-Sept 27	Tue/Thur	6-7 pm	8x	\$72	\$82
Nov 6-Dec 11*	Tue/Thur	6-7 pm	8x	\$72	\$82

**Instructor:** Starfire

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

Min: 5; Max: 25 \*No class on Nov 15, Nov 20 & Nov 22







**ADULT LEAGUES**

*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**  
**www.albanyca.org/adultsports**  
**facebook.com/AlbanyAdultSports**  
**twitter@AlbanySports**  
**(510) 559-7216**

Get your team together!

**WINTER INDOOR  
LEAGUES**

Futsal and 5 v 5 Basketball Leagues  
Registration begins November 1, 2018.  
[www.albanyca.org/adultsports](http://www.albanyca.org/adultsports)

**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 2018. Details are on our website.

**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 \$400 per team. Details on our website.

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

Albany is the champion when it come 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 2018. 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.



Albany's RATS Running Club presents:



Challenge your endurance with Albany's 5th Annual 10K run!  
Including 900 ft. of elevation straight up Marin Avenue—this course is truly a monster!

**SUNDAY, SEPTEMBER 23 • 8 AM**

Starts at the Albany Community Center, 1249 Marin Avenue  
\$30 registration fee

Call (510) 524-9283 for more info

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 41) and earn 2,000 points!

Special thanks to Transports and Suzette Crêpe Café



## 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 Crêpe 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.



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**

Sid Schoenfeld, Senior Recreation Supervisor  
Robin Mariona, Recreation Coordinator  
Jess Cosby, 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.

**HALLOWEEN DINNER**  
Wednesday, October 31 • 4 pm

**THANKSGIVING DINNER**  
Wednesday, November 21 • 4 pm

**HOLIDAY DINNER**  
Friday, December 21 • 4 pm

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



### 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.

### Nutrition Services

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

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

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

## 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.



# 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 Front Desk for room location. Schedule is subject to change. Drop-in fee is \$1.




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## THURSDAYS

*No socials on Nov. 22 (City Holiday)*

### Painting

September 6–December 20 • 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 6–December 20 • 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.

### Mahjong & Games

September 14–December 21 • 1–3 pm  
Ping pong, board games, and cards available for anyone looking to have some fun.

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## FRIDAYS

*No socials on Nov. 23 (City Holiday)*

### French Conversation

September 7–December 21 • 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 7–December 21 • Noon–3 pm  
For the seasoned bridge player. Challenge yourself and those around you in our weekly bridge games.

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## MONDAYS

*No socials on Sept. 3 & Nov. 12 (City Holidays)*

### Needlecraft & Beading

September 3–December 17 • 9–11 am  
Bring your own materials and receive input from peers to improve your craftsmanship.

### Senior Center Chorus

September 3–December 17 • 2:45–4 pm  
Come sing away with people that love music.

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## TUESDAYS

### Monthly Story Swap

3rd Tuesday of each month • 10:30 am–noon  
Tell stories with joy and celebration. Share your stories in a supportive environment and make new friends.

### Matinee Movie of the Week

September 4–December 18 • 1:30 pm  
Enjoy some popcorn and a movie each week. See our movie flyer for a schedule of films being shown.

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## WEDNESDAYS

*No socials on Sept. 26 (Senior Center Open House)*

### Beginning Japanese

September 5–December 19 • 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.

### Pop Up Ping Pong

September 5–December 19 • 1:30–3:15 pm  
Come play non-competitive Ping Pong (Table Tennis) at the Albany Senior Center. Exercise for physical health and improve your brain health at the same time! All levels welcome.

# Walking

## 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: *Easy Rocks*

Learn about the geology and history of Berkeley's varied volcanic outcrops on an easy stroll on pathways up to Indian and Mortar Rock Parks. This is leisurely walk with some uphill. Meet F5C Vice President Shirley Jowell at Peet's Coffee, 1825 Solano (AC Transit 18).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 20	Thur	9-11 am	1x	FREE	FREE
October 18	Thur	9-11 am	1x	FREE	FREE
November 15	Thur	9-11 am	1x	FREE	FREE
December 20	Thur	9-11 am	1x	FREE	FREE

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

### October: *EBMUD treatment-plant tour*

Our spring tour of EBMUD's treatment plant near the Bay Bridge filled quickly. Here's another chance to find out what happens when water goes down your drain—from the complex engineering that protects our environment to new pilot projects and how you can keep pollutants out of the Bay. This is an easy, mostly level tour but does require standing. This tour is open to all ages, but space is limited and RSVPs are required. Tour may last until 11:30. Please email f5creeks@gmail.com if you are interested.

### November: *Tilden Regional Park loop with forest, grassland, a rare spring, and views*

You'll gain almost 300 feet elevation with some mostly gentle ups and downs and steep stretches at beginning and end. Meet at Quarry Picnic Area on Wildcat Canyon Road between South Park Drive and Inspiration Point. Info: rangerdude333@hotmail.com.

### December: *High tide walk*

During high winter tides, shorebirds cluster in remaining bits of marsh and water birds come close to shore. Enjoy these colorful winter migrants and talk about a future of rising tides with F5C's president, Susan Schwartz. Bring binoculars if you have them. Meet at Shimada Friendship Park, Peninsula Dr. and Marina Bay Parkway, Richmond.







### 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. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 4-Dec 21*	M-F	9-10 am	86x	\$8	\$9

**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 Nov 12, Nov 22 & Nov 23

### 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 5-Dec 17*	M/W/F	10:30-11:30 am	50x	\$3	\$4

**Instructor:** Yachiyo Otsubo

**Location:** Albany Community Center, Hall

Min: 20; Max: 45 \*No class on Nov 12 & Nov 23

### Rosen Method: Moving Body & Soul

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7-Dec 21*	Fri	9-10 am	17x	\$9	\$10

**Instructor:** Odile Atthalin

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

Min: 3; Max: 15 \*No class on Nov 23

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

AGES 40-OLDER

The Albany Senior Center is partnering with All In One Fitness to present "Fitness into the Golden Ages". With over 25 years of professional fitness experience, the All-in-One trainers will help you improve your strength, 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.

Jasmine is the owner and manager of All In One Fitness. During the last 12 years of running All in one fitness, she and her partner established a niche in working with seniors and improving their quality of life through exercise. She is a National Academy of Sports Medicine, Certified Personal Trainer and has 16 years of experience as a Corrective Exercise Specialist. Come see what training can do for you!

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 5-Oct 3	Wed	11-11:45 am	5x	\$36	\$41
Oct 10-Oct 31	Wed	11-11:45 am	4x	\$29	\$34
Nov 7-Nov 21	Wed	11-11:45 am	3x	\$22	\$27
Nov 28-Dec 19	Wed	11-11:45 am	4x	\$29	\$34

**Instructor:** Jasmine Buczek

**Location:** Albany Senior Center

Min: 5; Max: 12

### Zumba® Gold

AGES 40-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, memory and most importantly, have fun! Ditch the workout, join the party—the Zumba® Gold Dance Party! Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Dec 20*	Thur	10:15-11:15 am	18x	\$7	\$8

**Instructor:** Hildy Revenaugh

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

Min: 5; Max: 20 \*No class on Nov 22

### Rosen Method Movement

AGES 50-OLDER

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. Drop-ins welcome. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 5-Dec 19	Wed	12:15-1:15 pm	17x	\$8	\$9

**Instructor:** Helen Morgan & Deborah Marks

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

Min: 3; Max: 15

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

AGES 50-OLDER

Motion is Lotion! It's an essential balm for surviving troubled times. You need this class! Come ease your pains and stiffness and return to a fuller sense of yourself, joining the lively company of Albany Senior Center's resident creative movers, Impromptu No Tutu featured last fall on KDFC's Neighborhood Spotlight). Our passion is to inspire the joy of movement in all ages and abilities. Guided by the creative processes of Orff Schulwerk, this class will free you up on all levels—to play, interact and explore the expressive language of movement, sharpening both physical and mental agility. We warm up with simple elements of the Brain Dance\* and T'ai Chi, then respond to diverse genres of music, voice or silence, as well as inspirations from art and nature. Chairs and other imaginative props are used to expand range of motion and balance. Class members are welcome to suggest music and movement ideas so that the class experience is collaborative.

One Friday a month, during the school year, children from the Albany Preschool next door join us for half an hour. We also occasionally tour to schools and other senior centers to demonstrate healthy aging through movement. Call the Center before dropping in so you know where to find us. Fee is per class.

\*Developed by Anne Green Gilbert, Creative Dance Center, Seattle

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7-Dec 21*	Fri	10:15-11:30 am	15x	\$9	\$10

**Instructor:** Greacian Goeke

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

Min: 2; Max: 25 \*No class on Nov 23

## Chair Exercise

AGES 65-OLDER

Chair aerobics, stretching, conditioning, balancing and fall prevention. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Dec 17*	Mon	Noon-1 pm	15x	\$2	\$3
Sept 6-Dec 19	Thur	Noon-1 pm	17x	\$2	\$3

**Instructor:** Julia Lee

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

Min: 4; Max: 16 \*No class on Sept 26, Nov 12, Nov 22, Dec 22 & Jan 2

## Table Tennis Anyone

AGES 65-OLDER

Playing table tennis is a great way to benefit both physical and mental health for all ages. This class will be tailored to your skill levels. Instructor will cover basic and advance strokes, rules for single and double games. Students will learn forehand, backhand strokes, service and footwork to make playing table tennis more enjoyable.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Sept 27	Thur	1-2 pm	4x	\$24	\$29
Oct 4-Oct 25	Thur	1-2 pm	4x	\$24	\$29
Nov 1-Nov 29	Thur	1-2 pm	4x	\$24	\$29

**Instructor:** Lynn Sun, USATT Certified Coach

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

Min: 2; Max: 6 \*No class on Nov 22

## 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, a choreographed dance will be cumulatively taught during each 5-week session. Bring your water bottle, wear comfortable clothing and supportive athletic shoes. For extra practice, students will receive a weekly video of the steps via email. This class is taught at a slower pace than the Intermediate Hip Hop Class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Oct 11	Thur	11:30-12:30 pm	5x	\$40	\$45
Oct 18-Nov 15	Thur	11:30-12:30 pm	5x	\$40	\$45
Nov 29-Dec 20	Thur	11:30-12:30 pm	4x	\$36	\$41

**Instructor:** Judith Kajiwara

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

Min: 5; Max: 25 \*No class on Sept 20 & Nov 22

## 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, 45 minutes of dance and a 5-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 5-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 4-Oct 9	Tue	10:30-11:30 am	5x	\$8	\$9
Oct 16-Nov 13	Tue	10:30-11:30 am	5x	\$8	\$9
Nov 20-Dec 18	Tue	10:30-11:30 am	5x	\$8	\$9

**Instructor:** Judith Kajiwara

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

Min: 5; Max: 25 \*No class on Sept 18

## 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. Ingrid has been teaching these dances since 1958. Drop-in! Beginners and experienced dancers alike are always welcome. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 5-Dec 19	Wed	10:15-11:30 am	17x	\$7	\$8

**Instructor:** Ingrid Talmadge

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

Min: 4; Max: 25

## Absolute 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 6-Dec 20*	Thur	2-3 pm	15x	\$2	\$3

**Instructor:** Julia Lee

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

Min: 4; Max: 16 \*No class on Nov 22

## Senior Ballet: Aging Gracefully

AGES 50-OLDER

Accompanied by classical music, this class is gentle, slow, strain-free, appropriately modified version of classical ballet exercises. Starting at the barre for proper body alignment followed by adagio and slow graceful movements in the center floor. Please wear ballet slippers, soft Jazz shoes or go bare foot.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 4-Oct 2	Tue	1:45-3 pm	5x	\$36	\$41
Oct 9-Nov 6	Tue	1:45-3 pm	5x	\$36	\$41
Nov 13-Dec 11	Tue	1:45-3 pm	5x	\$36	\$41

**Instructor:** Nona Refi

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

Min: 6; Max: 12

## Circle Dancing

AGES 50-OLDER

Simple folk dances done holding hands in a circle. No experience necessary; each dance is taught just before it is done. Traditional dances from Greece, Israel, Scotland Russia, the US, and many other places, plus newly-choreographed dances. Some are slow and meditative, and some are more lively. Fee is per class. Begins July 27.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
4th Fridays	Fri	7:30-9:30 pm		\$4	\$5

**Instructor:** John and Marina Bear

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

Min: 3; Max: 15 \*No class on Nov 23

## High Beginner Line Dance

AGES 65-OLDER

A continuation of the Absolute Beginner line dance class. More difficult line dances in this advanced session. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Dec 17*	Mon	1:45-2:45 pm	14x	\$2	\$3

**Instructor:** Julia Lee

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

Min: 4; Max: 16 \*No class on Nov 12

## Special Interest

### iPad Partners for Beginners

AGES 50-OLDER

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

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 5-Dec 19*	Wed	1:45-2:45 pm	16x	\$1	\$1

**Instructor:** Mary McKenna

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

Min: 4; Max: 35

\*No class on Oct 17

### 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 24-Dec 10	Mon	9:45-11:15 am	10x	\$4	\$5

**Instructor:** Constance Cole

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

Min: 12; Max: 35

### AARP's 55 Alive Mature Driving

AGES 50-OLDER

This class provides awareness of aging as it affects driving. It offers participants compensating techniques, and emphasizes defensive practices for drivers. 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 only 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.
Sept 20-Sept 27	Thur	1-5 pm	2x	\$15	\$20
Nov 1	Thur	1-5:30 pm	1x	\$15	\$20

**Instructor:** Alice Meyers

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

Min: 10; Max: 20

### CTAP Smart Phone Classes

AGES 50-OLDER

CTAP is offering smart phone training to the residents of California at no charge. The goal of the class is to help make it easier for folks to use their smart phones. The 2-hour class will be divided into 2 sections. The first section will be covering basic phone features such as Wifi, voicemail, status bar, quick setting. The second section will focus on the accessibility features such as making words larger, connecting Bluetooth devices, LED flash. Each class will be tailored accordingly to meet the needs of the students.

ANDRIOD CLASSES

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 4	Thur	1:30-3:30 pm	1x	Free	Free
December 13	Thur	1:30-3:30 pm	1x	Free	Free

IPHONE CLASSES

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 6	Thur	1:30-3:30 pm	1x	Free	Free
November 8	Thur	1:30-3:30 pm	1x	Free	Free

**Instructor:** CTAP instructors

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

Min: 2; Max: 6 (Andriod)

Min: 2; Max: 12 (iPhone)

### 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.
Sept 5-Oct 10	Mon	11 am-1:30 pm	6x	\$184	\$189
Sept 7-Oct 12	Fri	11 am-1:30 pm	6x	\$184	\$189

**Instructor:** Becky Jaffe

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

Min: 8; Max: 20

### Beginning Guitar

AGES 50-OLDER

Learn to play guitar in a relaxed and fun environment. Bring your own guitar. Material provided. Experience needed. Play with a pick. Drop-ins welcome. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10-Dec 17*	Mon	1:45-3 pm	15x	\$4	\$5

**Instructor:** Rob Waxman

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

Min: 5; Max: 12

\*No class on Nov 12

### Beginning Spanish

AGES 50-OLDER

Studies suggests that learning a language can make your part of your brain grow—and it's fun! Come join professor Maite's class for a new adventure in language. Fee is per class.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 6-Nov 23	Thur	11:30 am-12:30 pm	12x	\$24	\$29

**Instructor:** Maite Rodriguez

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

Min: 10; Max: 20





# Read & Write

## Remarkable Voices: Fall

AGES 50-OLDER

In *Points of View: An Anthology of Short Stories*, editors James Moffat and Kenneth R. McElheny amassed stories from all possible points of view. The original version became a classic, and the updated 1995 anthology, which we will use, is richer.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 10–Nov 19*	Mon	11:30 am–1:30 pm	10x	\$80	\$85

Instructor: Debra Ratner

Location: Albany Senior Center, Senior/Youth Annex

Min: 4; Max: 30

\*No class on Nov 12

## 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.
Aug 27–Dec 3	Mon	1–3 pm	15x	\$96	\$101

Instructor: Bill Hyman

Location: Albany Senior Center, South Room

Min: 4; Max: 30

## Novels & Memoirs by Women: Fall

AGES 50-OLDER

This new course will begin with a memoir, *The Little Locksmith* by Katharine Butler Hathaway. As The Boston Globe said, "No words can convey the fascination and charm of this story." If you can't find the book in stores, you'll find it online at AbeBooks and/or Amazon. Preferred publisher is The Feminist Press, but others will do.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 12–Nov 28*	Wed	3–5 pm	10x	\$80	\$85

Instructor: Debra Ratner

Location: Albany Senior Center, South Room

Min: 4; Max: 30

\*No class on Sept 26 & Nov 21

## Fiction Writing: Fall

AGES 50-OLDER

Whether you're new to writing fiction or want to enrich your skills, this course will give you a strong foundation for writing stories and/or novels. In-class exercises will be central, along with discussions of plot, character and voice. The atmosphere is lively and supportive, and the instructor will give your writing considerable attention.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Sept 7–Nov 16	Fri	2–4 pm	11x	\$100	\$105

Instructor: Debra Ratner

Location: Albany Senior Center, South Room

Min: 4; Max: 30





**Delta River Boat Cruise (Sacramento)**

AGES 50-OLDER

Trip includes: Transportation, 1-hour guided tour of the Delta, lunch on your own after tour.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 6	Thur	9:30 am-4 pm	1x	\$39	\$44

**Guide Dogs for the Blind Tour and Graduation Ceremonies (San Rafael)**

AGES 50-OLDER

Trip includes: Transportation, 1-hour tour of the Campus, lunch on your own, graduation ceremonies.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 15	Sat	10 am-4:30 pm	1x	\$19	\$24



**Campo Di Bocci**

AGES 50-OLDER

Trip includes: Transportation, Bocci Ball, catered lunch.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 4	Thur	10 am-3 pm	1x	\$79	\$84

**AM TRAC Capitol Corridor Train Ride to Old Town Sacramento**

AGES 50-OLDER

Trip includes: Transportation, Amtrak Train Ride, site seeing in Old Town Sac, lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 10	Wed	10 am-5:15 pm	1x	\$49	\$54

**Russian River Rose Company (Healdsburg)**

AGES 50-OLDER

Trip includes: Transportation, Tour, Tea, bring your own snips and container for rose cuttings (.25 per rose, lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 25	Thur	8 am-3:30 pm	1x	\$29	\$34

**California Academy of Sciences Planetarium Adventure (San Francisco)**

AGES 50-OLDER

Trip includes: Transportation, new and exciting Under Water Show, lunch on your own in the Mission District.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
November 1	Thur	11 am-3:30 pm	1x	\$49	\$54

**AMC Bay Street 16 Luxury Movie IMAX Theater (Emeryville)**

AGES 50-OLDER

Trip includes: Transportation, movie ticket, luxury recliner seat and sound, lunch on your own at Emeryville Mall.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
November 7	Wed	10:45 am-3:30 pm	1x	\$19	\$24

**Great Dickens Christmas Fair (San Francisco Cow Palace)**

AGES 50-OLDER

Trip includes: Transportation, admission to the fair, lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Nov 18	Sun	11 am-4 pm	1x	\$39	\$44

**Great Mall Holiday Shopping Adventure (Milpitas)**

AGES 50-OLDER

Trip includes: Transportation, holiday shopping and lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
Dec 3	Mon	10 am-4 pm	1x	\$19	\$24

**Train of Lights: Holiday Train Ride Nile Canyon Railway (Sunol)**

AGES 50-OLDER

Trip includes: Transportation, train ticket, dinner on your own at Dina's Restaurant.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
December 12	Wed	2:45 am-8:30 pm	1x	\$49	\$54

**Red Hawk Casino: Gambling & Gambling**

AGES 50-OLDER

Trip includes: Transportation and lunch on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
December 17	Mon	8:30 am-5 pm	1x	\$19	\$24





## 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.

## Scotland & Northern Ireland Explorer

NEW

AGES 50-OLDER

**9 Days: October 8, 2018**

**Trip Includes:** Roundtrip airfare, hotel, ground transfers, 10 Meals (7 breakfasts and 3 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

**Cost:** \$3695 per person, double occupancy; \$650 single supplement. Deposit: \$300 per person. Final payment due August 2018.

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

## New Orleans Holiday

NEW

AGES 50-OLDER

**5 Days: December 2, 2018**

**Trip Includes:** Roundtrip airfare, hotel, ground transfers, 7 Meals (4 breakfasts and 3 dinners), motorcoach transportation on tours, admissions per itinerary, sightseeing per itinerary, hotel transfers, baggage handling.

**Cost:** \$1950 per person, double occupancy; \$500 single supplement. Deposit: \$300 per person. Final payment due September 2018.

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

## SPECIAL PRESENTATION: SENIOR TRAVEL TROUPE 2019 SCHEDULE

**Friday, Sept. 21, 2018 • 1 pm • Free**

Want to learn more about our Extended Vacations for 2019? Come see our exciting lineup from Premier World Discovery.

- **Hawaii 3 Island Adventure (February)**
- **Colonial Columbia (February)**
- **Classic Greece Explorer (March)**



**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. Minimum of 12 and a maximum of 21 on each trip.



**Drakes Dealership Beer Garden (Oakland)**

AGES 50-OLDER

Trip includes: Transportation; exploring and lunch are on your own.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
September 20	Thur	11:30 am-2 pm	1x	\$19	\$24

**2nd Annual Clam & Shrimp Bake (Albany Senior Center)**

AGES 50-OLDER

Trip includes: Transportation, all-you-can-eat Clam, Shrimp, BBQ Chicken and all the fixings.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
October 19	Fri	Noon-2:30 pm	1x	\$29	\$34

**Treasure Island Five Star Holiday Luncheon: Jobs Corps Culinary College**

AGES 50-OLDER

Trip includes: Transportation; gourmet lunch \$15 per person (cash).

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
November 15	Thur	11 am-3 pm	1x	\$19	\$24

**Bacheesos Mediterranean Buffett (Berkeley)**

AGES 50-OLDER

Trip includes: Transportation; buffet is \$12.99 per person.

DATE	DAY	TIME	MEETS	ALBANY RESIDENT	NON-RES.
December 20	Thur	11 am-2 pm	1x	\$19	\$24

Albany Senior Center

# OPEN HOUSE

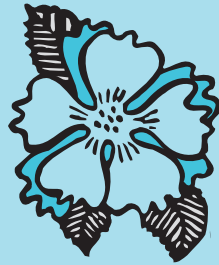
Wednesday, September 26  
9 am–5 pm  
Free



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 25, 2018  
5–7:30 pm

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

Albany Community Center  
1249 Marin Ave., Albany

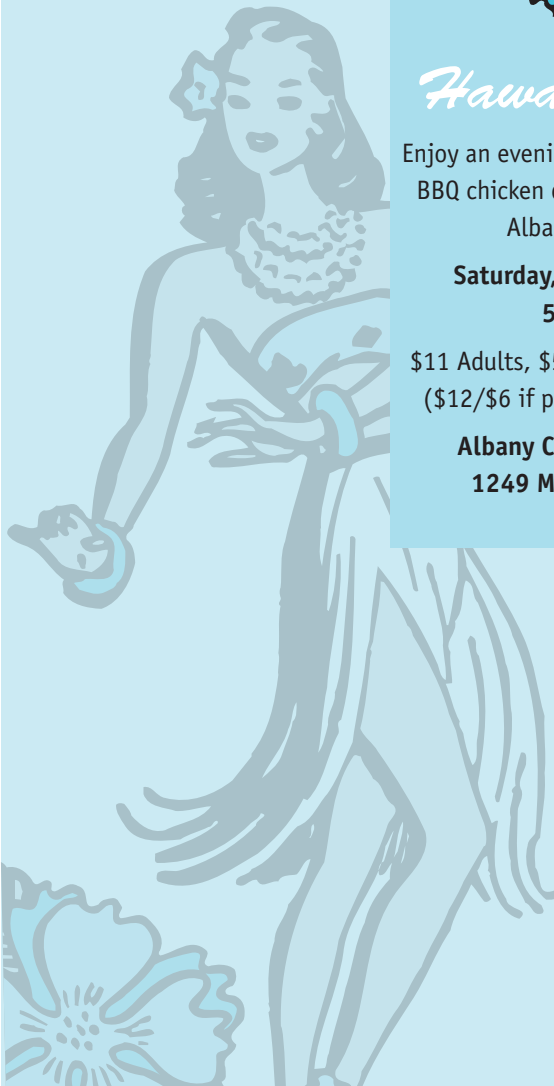
# Holiday MARKET

Saturday, December 1, 2018  
9 am–5 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 23. Call the Senior Center for details 524-9122.

Albany Community Center  
1249 Marin Avenue, Albany





*Two Pounders*, 2004. Unnumbered digital original printed on 36 x 24" canvas.

**DAWN NAKASHIMA** THE ART OF MAKING MOCHI

October 13, 2018–January 7, 2019 • Opening Reception: October 14, 4–6 pm  
Albany Community Center Foyer

"The Art of Making Mochi" is a series of works that represent the steps involved when making mochi by hand as well as the community effort it takes to accomplish the

labor-intensive task. Berkeley artist Dawn Nakashima honed her mochi-making skills in her hometown of Livingston, California.

**Fall into Haiku**

Do You Do Haiku?

This fall, the Albany Arts Committee is organizing the 3rd Annual Fall into Haiku program that decorates city sidewalks 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.

See page 64 for full details.

5 7 5

**NOW ACCEPTING SUBMISSIONS**

**ABOUT THE GALLERY**

The Albany Community Center Art Gallery is supported by the City of Albany and managed by the Albany Arts Committee. The Arts Committee sponsors four solo shows per year. Each exhibit runs for approximately three months in the Community Center Foyer Gallery. A special thanks to two local businesses—La Vie en Rose and Design-a-Sign, who generously

contribute to each show. The Arts Committee is now accepting submissions for shows between January–December 2019. Submission deadline is August 20, 2018 and shows will be selected in September. Please note that group shows are not accepted. For information about the application process visit [www.albanyca.org/arts](http://www.albanyca.org/arts).



S H O P A L B A N Y



# ALBANY LOCAL WEEK

## Take the ALBANY LOCAL WEEK Challenge!

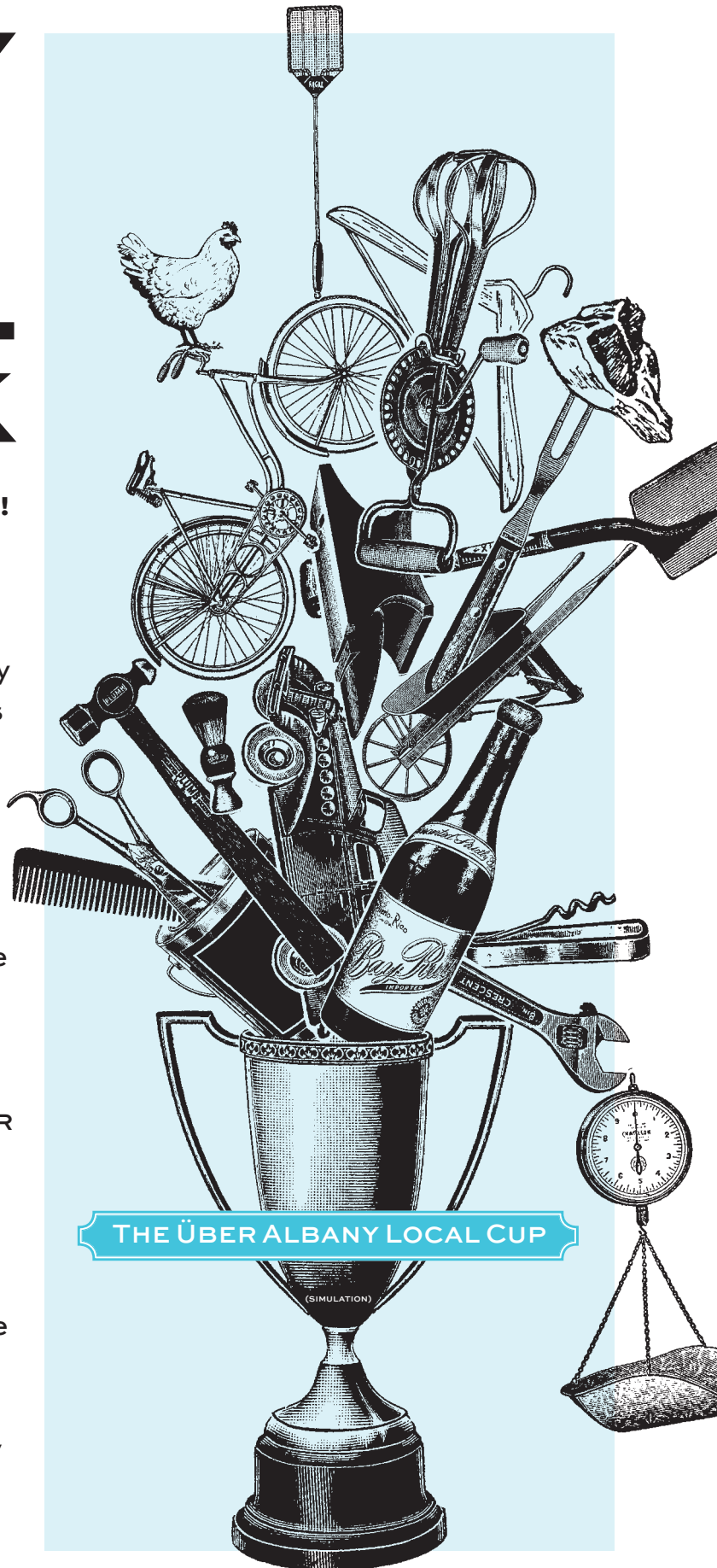
See how much you can do, shop, eat, and play within Albany's square mile the week of September 21-29.

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 42 for a list of special local offers.)

Simply use the score card at right, keeping

track of your activities from September 21-29. 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 28th 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 on September 29, 2018.



# ALBANY LOCAL WEEK

## OFFICIAL SCORE CARD SEPTEMBER 21-29, 2018 SHOP & PLAY IN ALBANY

NAME.....  
ADDRESS.....  
PHONE.....



FOOD & DRINK 10 PTS.	HOME & GARDEN 10 PTS.	HELPFUL SERVICES 10 PTS.	HEALTH & BEAUTY 10 PTS.	RECREATION & ENTERTAINMENT 10 PTS.	SHOPPING 10 PTS.	SPECIAL EVENT 50 PTS.	GOOD NEIGHBOR 100 PTS.
ACTIVITY	CATEGORY			DATE	POINTS		
<b>TOTAL ACTIVITY SCORE</b> ➡						<b>1</b>	

### BONUS SECTION

<b>The Twofer:</b> Combine any two of the 10-point categories on same day.	<b>Add 25 points</b> ➡	<b>2</b>
<b>A Turkey:</b> String any three 10-point categories together on same day.	<b>Add 35 points</b> ➡	<b>3</b>
<b>Good Neighbor:</b> Do one Good Neighbor with any other category on same day.	<b>Add 45 points</b> ➡	<b>4</b>
<b>Mister Rogers Bonus:</b> Do three Good Neighbor activities for the week.	<b>Add 60 points</b> ➡	<b>5</b>
<b>Get Out More Bonus:</b> Attend three Special Events for the week.	<b>Add 50 points</b> ➡	
<b>Combo Special:</b> Pair one Event with a Shopping, Food, or Recreation on same day.	<b>Add 30 points</b> ➡	
<b>Royal Flush:</b> Do one of each category on the same day.	<b>Add 90 points</b> ➡	
<b>BONUS SECTION SUBTOTAL</b>		<b>2</b>
If Activity Section score is more than 50: <b>Add 2000 points</b> ➡		<b>3</b>
If Bonus Section score is more than 25: <b>Add 5000 points</b> ➡		<b>4</b>
If you scored a Mister Rogers Bonus: <b>Multiply Bonus Section Subtotal by 2 and enter here</b> ➡		<b>5</b>
<b>GRAND TOTAL (ADD 1, 2, 3, 4, &amp; 5)</b> ➡		

## DEADLINE

**SCORE CARD ENTRIES MUST RECEIVED BY SEPTEMBER 28, 2018.** Drop-off entry at front desk, Albany Community Center, 1249 Marin Avenue, Albany. Über Cup winner will be announced September 29 at Dinner With Albany event. All participants will be sent a special prize by mail.

### Categories

- Food & Drink**  
Restaurants, bars, ice cream...
- Home & Garden**  
Home repairs, garden services, architecture, painting...
- Helpful Services**  
Automotive, computer, copying, photography, dry cleaning, haircuts, nail salons...
- Health**  
Medical, dental, acupuncture, chiropractic, therapy...
- Recreation & Entertainment**  
Movies, bike riding, bowling, classes...
- Shopping**  
You get the idea...
- Special Event**  
See list, below
- Good Neighbor**  
Pot lucks, bike rack check-ins, block parties, volunteering...

### Special Events

- Friday, Sept. 21**
  - Food Truck Friday (p. 44)
- Saturday, Sept. 22**
  - Clothing Swap-O-Rama (p. 45)
  - As You Wish Block Movie (p. 45)
  - FOAP Clean-Up (p. 45)
- Sunday, Sept. 23**
  - Marin Monster (p. 44)
- Tuesday, Sept. 24**
  - Local Garden Swap (p. 65)
- Wednesday, Sept. 25**
  - Music in the Park (back cover)
  - Sr. Center Open House (p. 45)
- Thursday, Sept. 27**
  - Best of Albany Awards Party (p. 43)
- Saturday, Sept. 29**
  - Dinner with Albany (p. 46)

# ALBANY LOCAL WEEK



## Specials

ALBANY LOCAL WEEK: SPECIAL, LOCAL OFFERS  
SEPTEMBER 21-29, 2018

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: Tu**

**Ale Tales**  
1137 Solano Avenue  
(510) 280-5641  
10% off with Discount Card on anything in the store. Does not stack on other running promotions.  
**Available: F Sa Su M Tu W Th F Sa**

**Albany AM-PM**  
1001 San Pablo Avenue  
(510) 525-1362  
Three fresh baked cookies for \$ .99.  
**Available: F Sa Su M Tu W Th F Sa**

**Albany Bowl**  
540 San Pablo Avenue  
(510) 526-8818  
\$1.50 per person, per bowling game. Available 9 am-5 pm on Sept. 27 & 28 only.  
**Available: Th F**

**Albany Subaru**  
718 San Pablo Avenue  
(510) 528-1244  
\$500 discount from our weekend sale prices. Must be on new or used units in stock. Must mention Albany Local Week Discount on arrival.  
**Available: F Sa Su F Sa**

**All in One Fitness**  
614 San Pablo Avenue  
(510) 524-1001  
No initiation/sign-up fee.  
**Available: F Sa Su M Tu W Th**

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

**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  
10% off on dine-in or take out with mention of Albany Local Week!  
**Available: F Sa Su M Tu W Th F**

**Bua Luang**  
1166 Solano Avenue  
(510) 527-8288  
15% off your bill when you mention Albany Local Week.  
**Available: M TW Th**

**Café Raj**  
1158 Solano Avenue  
(510) 524-5667  
10% off total bill. Dine-in only.  
**Available: F Sa Su M Tu W Th F Sa**

**Cantina Del Sol**  
1175 Solano Avenue  
(510) 647-9999  
Free house margarita, wine, beer, or agua fresca with a purchase of any entree. Dine in only with mention on Albany Local Week.  
**Available: F Sa Su M Tu W Th F Sa**

**Chroma Salon**  
1049 Solano Avenue  
(510) 526-6722  
Intensive smoothing treatment with first time color or haircutting service.  
**Available: Sa W Th F Sa**

**CJ's Auto Repair**  
575 San Pablo Avenue  
(510) 524-8000  
50% off brake pads or shoes. 30% off on labor. Call for details.  
**Available: Sa Su M TW Th F Sa**

**Constance Chu Photography**  
976 Kains Avenue  
(415) 418-8453  
20% off any photography package.  
**Available: Su M TW Th F Sa**

**Daniel Winkler & Associates, Inc.**  
1215 Solano Avenue  
(510) 528-2200  
4% commission instead of 5% commission when you sell your Albany home.  
**Available: F Sa Su M Tu W Th F**

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

**EMW Auto Body & Frame**  
618 San Pablo Avenue  
(510) 526-2286  
Free damage assessment.  
**Available: M TW Th F Sa**

**Five Little Monkeys**  
1240 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: F Sa Su M TW Th F Sa**

**Floor Dimensions**  
1081 Eastshore Hwy  
(510) 525-5656  
Floor Dimensions pay all sales tax on purchases. Not valid with other discounts or prior purchases. Must mention Albany Local Week at time of purchase.  
**Available: Su M TW Th F Sa**

**Fran Wickner, Ph.D., MFT Psychotherapist**  
1350A Solano Avenue, Suite 4  
(510) 527-4011  
Free 15-minute phone consultation for individuals, families, couples, adolescents.  
**Available: Sa M TW Th F Sa**

**Gathering Tribes**  
1412 Solano Ave  
(510) 528-9038  
Celebrate Native America & mention Albany Local Week for 20% off select jewelry and folk art. Not to be combined with any other offers and does not apply to website sales.  
**Available: F Sa Su M Tu W Th F Sa**

**Golden Poppy Flowers**  
1160 Solano Ave  
(510) 525-7313  
20% off entire store.  
**Available: F Sa Su M Tu W Th F Sa**

**Grow Family Acupuncture**  
1225-C Solano Avenue  
(510) 684-8633  
Schedule a new patient appointment during Albany Local Week, get 50% your first visit! Appointment must be before October 31. Booking is available by phone, email, or online.  
**Available: M TW Th F Sat**

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

**Hanabi Judo**  
841 San Pablo Avenue  
(510) 530-8312  
50% off a month of judo for new customers or customers who have not taken a class within the last six months.  
**Available: M TW Th F Sa**

**Hayama Osteotherapy**  
828 San Pablo Avenue  
(510) 725-7297  
\$50 off new patient visits. 90-minute initial session consists of complete evaluation and treatment. Great for chronic pain sufferers.  
**Available: Sa M TW Th F Sa**

**HEAL: Pilates**  
1053 Solano Avenue  
(510) 679-5055  
3 Private Lessons for \$180! Normally \$200. Each lesson is 55 mins on Pilates Reformer, Cadillac or Chair. Email healpilatesstudio@gmail.com to sign up! New clients only. One per customer. One month expiration.  
**Available: Su M TW Th F Sa**

**Highwire Coffee Roasters**  
1330 Solano Avenue  
(510) 593-7587  
\$2 off of all bags of beans and boxes of tea. One per customer.  
**Available: M TW Th F**

**Husby-Gerry Family Chiropractic**  
1037 Solano Avenue  
(510) 524-7005  
\$25 for complete chiropractic evaluation, including consultation — chiropractic exam (includes X-rays if necessary) and report of your findings (does not include treatments). Call office for appointment. First time patients only.  
**Available: M TW Th F**

**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: F Sa Su M TW Th F Sa**

**Jingle Jamboree Music**  
1016 Talbot Avenue  
(510) 334-8851  
\$10 off afterschool music or summer camp registration. \$25 off studio classes. Cannot be combined with other discount or donation certificate.  
**Available: Su M TW Th F Sa**

**Kim's Café & Sandwiches**  
1309 Solano Avenue  
(510) 525-2538  
15% off for Albany residents only.  
**Available: T**

**Kylie Walsh, MHS (Osteo)**  
902 Santa Fe Avenue  
(510) 526-5256  
New clients get \$30 discount and special welcome pack with essentials that may encourage your healing. Returning clients scheduling appointments during Albany Local Week will receive a \$20 discount.  
**Available: TW Th Sa**

**Law Offices of Seth P. Chazin**  
1604 Solano Avenue  
(510) 984-3959  
Free 1-hour consultation.  
**Available: M TW Th F**

**La Val's Pizza Albany**  
751 San Pablo Avenue  
(510) 528-6100  
10% off total bill when you mention Albany Local Week at time of purchase. Only call-in orders or walk-in orders.  
**Available: Su M TW Th F Sa**

**Laura Turbow Photography**  
729 Santa Fe Avenue  
(510) 528-5555  
50% off business portrait sessions in the studio, including an online gallery and one hi-res file that can be used for any marketing needs including websites, brochures or any social media. In-studio sessions only.  
**Available: F Sa Su M TW Th F Sa**

**Little Star Pizza**  
1181 Solano Avenue  
(510) 526-7827  
15% off Dine-In only with mention of Albany Local Week!  
**Available: F Sa Su M TW Th F Sa**

**LR Walker Business Consulting**  
1650 Solano Avenue, Suite C  
(510) 526-7743  
Complementary 60-minute phone consultation to discuss development, restructuring, starting, or closing your business. Call to set up an appointment.  
**Available: M TW Th F**

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

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

**McNally Realty Advisors**  
1061 Eastshore Highway, Suite 200  
(510) 848-6007  
Complementary commercial property sale or lease evaluation (\$500 value) complete with current market data. Must be commercial property owner.  
**Available: F M TW Th F**

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

**Morning Tide**  
847 Cornell Avenue  
(510) 529-4471  
20% off everything (excluding gift cards) using the code MT-NEIGHBOR online (free hand delivery to Albany residents) or when you mention the code MTNEIGHBOR in the shop.  
**Available: F Sa Su M TW Th F Sa**

**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: Su M TW Th**

**Nippon European Motors**  
730 San Pablo Avenue  
(510) 527-2443  
Albany residents receive a 10% discount off of labor. Cannot be combined with other offers or discounts. By appointment only.  
**Available: Sa Su M TW Th F Sa**

**Ocean View Brew Works**  
627 San Pablo Avenue  
(510) 280-5127  
3 Crowlers for \$25 (regularly 3 for \$33). Thursday 9/27 \$4 pints for locals. Must be 21.  
**Available: F Sa Su M W Th F Sa**

**Orange Theory Fitness**  
1495 Solano Avenue  
(510) 560-4020  
Original Founder's rates which only occur during pre-opening. Free 1st class to try us out.  
**Available: Sa Su TW Th F Sa**

**The Pearl House**  
809 San Pablo Avenue  
(510) 528-8968  
One free appetizer if you spend \$30 or more.  
**Available: Su M TW Th F Sa**

**Ramen Kitchen**  
1491 Solano Avenue  
(510) 526-9601  
Buy one ramen bowl or rice bowl, get the second one 50% off.  
**Available: F Sa Su M TW Th F Sa**

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

**Sam's Log Cabin**  
945 San Pablo Avenue  
(510) 558-0502  
One free small OJ with meal. Limit one per customer.  
**Available: TW Th**

**Sarana Community Acupuncture**  
970 San Pablo Ave  
(510) 526-5056  
Package of 3 acupuncture treatments for \$50. Can include initial visit without any additional fees. No expiration date once purchased. Max 2 per person.  
**Available: Su M TW Th F Sa**

**Solano Cellars**  
1580 Solano Avenue  
(510) 525-9463  
10% off for retail and 15% off at the bar (must show California ID).  
**Available: F Sa Su M TW Th F Sa**

**Strictly Vinyl Records**  
1060 Solano Avenue  
(510) 679-5040  
15% off used vinyl.  
**Available: Sa Su M Th F Sa**

**Su Yun's Chinese Learning Center**  
850-A Talbot Avenue  
(510) 833-7088  
FREE one-day trial class. Call to schedule a tour and free class.  
**Available: M TW Th F**

**Sweet**  
1501B Solano Avenue  
(510) 697-2899  
First class free. Must be first visit to studio.  
**Available: F Sa Su M TW Th F Sa**

**Tay Tah Cafe**  
1182 Solano Avenue  
(510) 527-8104  
Buy 2 BOBA drinks, get 1 free when you mention Albany Local Week.  
**Available: F Sa Su M TW Th F Sa**

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

**Triple Green Building Group, LLC**  
716 Stannage Avenue, Suite 2  
(510) 241-1354  
15% off initial green building consultation for CalGreen compliance, Green Point Rated or LEED projects.  
**Available: Su M TW Th F Sa**



ALBANY CHAMBER OF COMMERCE  
PRESENTS

# BEST *of* ALBANY

Let's celebrate our local businesses and  
give them the recognition they deserve.  
Nominate your favorites, then vote!

**Nomination Period: August 8–29, 2018**

**Voting Period: August 30–September 19, 2018**

Visit [www.EverythingAlbany.com](http://www.EverythingAlbany.com)  
to nominate or vote for your favorites!



Winners announced at the  
**Best of Albany Awards Party**  
Thursday, September 27, 5–7 pm  
Belmont Village, 1100 San Pablo Ave.

**Awards Party Sponsored by: Beacon Home Care &  
Thania Anglin, State Farm Agent**



#### FOOD & DRINK

BEST COCKTAILS  
BEST LUNCH SPOT  
BEST KID-FRIENDLY RESTAURANT  
BEST BRUNCH/BREAKFAST SPOT  
BEST PLACE TO GET CAFFEINATED  
BEST HAPPY HOUR  
BEST SANDWICH  
BEST PLACE FOR SOMETHING SWEET  
BEST DINNER SPOT  
BEST BURRITO  
BEST PIZZA

#### ARTS, ENTERTAINMENT & RECREATION

BEST LOCAL ARTIST  
BEST PLACE TO HEAR LIVE MUSIC  
BEST PLACE TO WORKOUT  
BEST PICNIC SPOT  
BEST GALLERY SPACE

#### SHOPS & SERVICES

BEST PLACE TO GET YOUR HAIR CUT/STYLED  
BEST PLACE TO GET A MASSAGE  
BEST PLACE FOR AUTO SERVICE  
BEST FLORIST  
BEST PET SERVICES OR SUPPLIES  
BEST PLACE TO BUY A BIRTHDAY PRESENT  
BEST PLACE TO GET A MANI/PEDI  
BEST BANK/FINANCIAL INSTITUTION  
BEST ALBANY INSURANCE AGENCY/AGENT  
BEST ACUPUNCTURIST  
BEST CHIROPRACTOR  
BEST NATURAL HEALER  
BEST CONSIGNMENT STORE

#### SOCIAL

BEST PLACE TO PEOPLE-WATCH  
BEST IN ALBANY COMMUNITY SERVICE AWARD  
BEST PLACE TO GO ON DATE NIGHT  
BEST SO-ALBANY PLACE, TO DO, ETC.  
BEST DOG FRIENDLY SPOT  
BEST ALBANY EVENT  
BEST PLACE FOR RELAXING  
BEST PLACE TO MEET NEW PEOPLE

**Creekside Park Clean-Up Event**  
 Saturday, September 22, 2018  
 Entrance of Cerrito Creekside path at the  
 end of Santa Clara Avenue, El Cerrito  
 9 am–1 pm  
 Free T-shirt & Pizza!



ALBANY CHAMBER OF COMMERCE  
 PRESENTS

# BEST of ALBANY

**2018 AWARDS PARTY**  
 Thursday, September 27 • 5–7 pm  
 Belmont Village • 1100 San Pablo Avenue

Let's celebrate our local businesses and  
 give them the recognition they deserve.  
 Nominate your favorites, then vote!  
 See page 43 for details.

Sponsored by: Beacon Home Care & Thania Anglin, State Farm Agent



**Food Truck Friday**  
 Friday, September 21  
 5–8 pm  
 Albany Community Center  
 Parking Lot



Bring your neighbors, friends and family to the  
 Albany food truck extravaganza. Head on down to  
 the Albany Community Center, grab a bite to eat,  
 listen to some crunchy tunes and schmooze with  
 friends under the lights. You earn mega Albany  
 Local Week points just for attending! We provide  
 the chairs and tables. Special thanks to Friends  
 of the Albany Library.



**Sunday, September 23, 2018 • 8 am • \$30**

Start training now! The Marin Monster 10K fun run is  
 exactly that...a monster of a run! Head straight up  
 Marin Avenue and then weave your way back to the  
 Albany Community Center. The Marin Monster kicks off  
 Albany Local Week (September 21–29). Register early  
 this run sells-out! Download an application at [www.albanyca.org/adultsports](http://www.albanyca.org/adultsports).



Albany Senior Center

# OPEN HOUSE

Wednesday,  
September 26  
9 am–5 pm  
Free

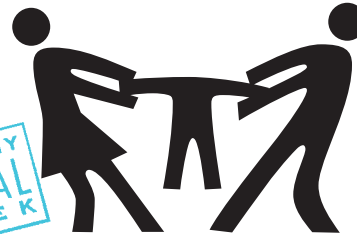
Senior Center  
846 Masonic Ave.  
Albany



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).



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

Saturday, September 22, 2018  
1–5 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 1 pm 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 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:** Bring your sewing machine if it needs repair or a tune-up or if you need help (re) learning to use it. We'll help you get back to sewing!

# Movie Night

Saturday, September 22, 2018  
Cornell Avenue at Solano Avenue



## A League of Their Own

7:30 pm (Sunset)  
Free

Bring a lawn chair and a blanket!

Presented by  
As You Wish Frozen Yogurt



# DINNER

*with*

# ALBANY



# SEPTEMBER 29, 2018 • 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 “Tainted Love”; 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 \$50. 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 \$25 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.*



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# HI NEIGHBOR!



We are a small family run winery crafting natural wines in Berkeley since 2004. We are committed to sustainable viticulture and cellar practices. We make our wines with passion and purpose and look forward to sharing both of these ideologies with you.

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Walk-in tasting, Friday-Sunday, 1-6pm with live music every Sunday

Join us for First Friday Celebration each month at the winery from 6-9pm with live music, local art and wines and food available for purchase. Reserve tasting, picnic table rentals, and private events also available.

1340 5th Street, Berkeley 510-868-9174 donkeyandgoat.com





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Realtor  
DRE# 01944706

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-Karen C.

"Jennifer not only met our expectations, she exceeded them far beyond what we could have ever imagined"  
-Tom T.

### Francesco Papalia

B.A. Architecture, UC Berkeley  
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**510.219.1165**

Francesco@WinklerREG.com

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

"I highly recommend Francesco. He is very detail oriented, experienced and worked really, really hard"  
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"I have a housing development, management and Realtor background and Francesco still managed to outperform all my expectations."  
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"His knowledge of the process and ability to help me prioritize my tasks were exactly what I needed"  
-Bob Benjamin, Albany Seller

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\*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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*"The friends that I have made here have turned my life around."*

To many, living at home means freedom and independence. But it can also be isolating. Belmont Village residents enjoy a lifestyle that keeps them physically active and mentally engaged, delighting in the company of friends old and new.

At Belmont Village, you don't have to live alone to be independent. It's not just your home. It's your community.

# BELMONT *Village*

SENIOR LIVING

ALBANY

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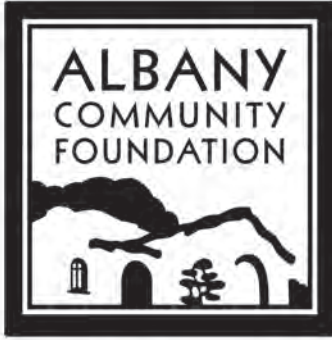
*The Community Built for Life.®*

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



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ACF is proud to be a sponsor of



ACF facilitates local philanthropy for local needs, with an emphasis on recreation and social services, beautification, festivals and events, and public art. Recent projects include:

- Challenge grant for the Solano Parklet
- Sponsor of the Mercy Brown Bag Lunches
- Sponsor of the Free Shower Program
- Lunches for all Park Clean-up volunteers

## Dinner with Albany Bon Appetit!

*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.

DINNER WITH ALBANY  
GOLD-LEVEL SPONSORS

EAT  
SHOP  
PLAY  
LIVE

*do it here*



onSolano

The Solano Avenue  
Association  
is proud to sponsor  
Dinner with Albany

*do it here*



## Being part of the community means CARING

Learning what matters to you is what matters to us. We are proud to support Dinner with Albany



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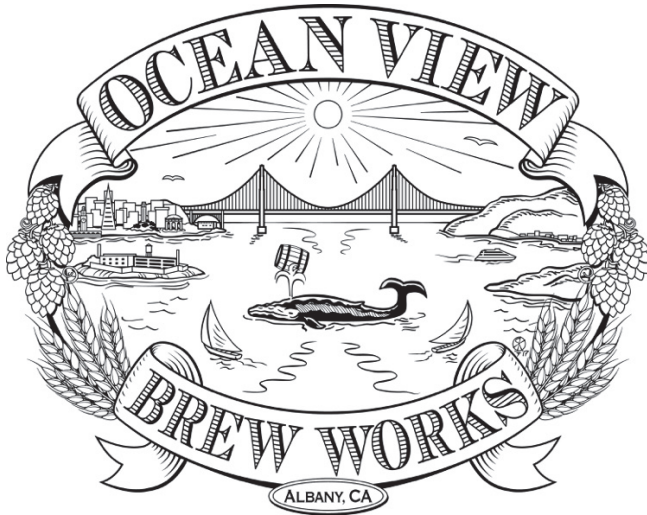


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AD  
HERE

DINNER WITH ALBANY  
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627 SAN PABLO AVENUE



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## 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)



**October 7, 2018**

*Challenge yourself, friends, family and co-workers.*

*It's short. It's fun. It's an Albany tradition.*

*Shirt, swag, food and prizes!*

*Supports Albany Middle & High School Athletics*

**AlbanyTri.com**

**JEWISH AND SECULAR?**

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Carl Sagan



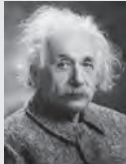
Nora Ephron



Gene Wilder



Betty Friedan



Guess Who

Judaism Beyond God:  
Celebrating Cultural Judaism  
in Albany and Nearby



Check out our web calendar:  
August 24-26 Special Events  
Rosh Hashanah and Yom Kippur  
Speakers \* Food \* Music  
Social Justice \* Community

**Kol Hadash** www.kolhadash.org ♦ 510-982-1455  
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**We Engineer Awesome Parties!**  
Find more information at [play-well.org](http://play-well.org)

Mention the code PWALBF18 when booking your party to get \$25 off!

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## WEAR NICE SHOES TO DINNER WITH ALBANY



# Shoes...

# EVERYBODY LIKES 'EM!

**Hey Albany Middlechoolers 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.





# @ 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. 24 • 6:30–8:30 pm • Free**

Ahoy matey! This event brings more than a hundred Albanians together for a vigorous hunt around Albany. This year's list will be more challenging and as always 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 24th of August or it's the plank for ya! This event is sure to put the "ARRRR" in Recreation. All generations are welcome! Extra credit for teams that dress up like Pirates!

"Our team was comprised of FOUR generations of family and friends and EVERYONE had a blast!"

### **Halloween Carnival**

**Friday, Oct. 26 • 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.

### **Noon Year's Eve**

**Monday, 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 2019–Albany-style!





### ALBANY UKE CLASS MEETUP IN THE PARK

Friday, August 31, 5:30–8 pm  
Memorial Park

Join the Albany Uke Class for a strum and sing-along in Memorial Park. We'll have chord charts and extra ukuleles for newcomers. Take a free ukulele lesson from instructor Ukulenny at 5:30 pm, followed by a jam session with Lenny and past and present members of the Monday Ukulele Class.

**This event is free and open to the public, so bring your uke and your kids and sing, strum and dance along! Snacks also appreciated.**

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



EAT  
SHOP  
PLAY  
LIVE  
*do it here*




onSolano

**2018 SOLANO AVENUE STROLL**  
SUNDAY — SEPTEMBER 9TH

rocky and rosie the chickens •  
albany subaru • city of albany •  
city of berkeley • mechanics bank  
• school of the madeleine • golden  
gate fields • belmont village

[solanoavenue.org](http://solanoavenue.org)



## SCREENAGERS

**Growing Up in the Digital Age**

**Tuesday, October 16 • 7 pm**  
**Albany Community Center**

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Through poignant and unexpectedly funny stories, along with surprising insights from authors, psychologists and brain scientists, **SCREENAGERS** reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance. Watch the trailer at [www.screenagersmovie.com](http://www.screenagersmovie.com)

This screening is presented by the City of Albany, the Albany Library, the Friends of the Albany Library and the Albany FilmFest.



POLICE • COMMUNITY PARTNERSHIPS

## National Night Out 2018 Tuesday, August 7

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



## HALLOWEEN ON SOLANO

Wednesday, October 31 • Free

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

**Costume Contest**  
1319 Solano Avenue (Church on the Corner)  
5–6 pm

Presented by the Solano Avenue Association

## Fall into Haiku

Do You Do Haiku?

This fall, the Albany Arts Committee is organizing the 3rd Annual Fall into Haiku Program that decorates city sidewalks 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 “Urban Nature.” Submissions that are selected will be printed on sign boards and installed in the city's commercial district November–December.

You do not need to be a published poet, just someone who enjoys writing haiku! All ages are welcome. Submissions accepted from August 15–October 1. A Haiku event (sharing & writing) will take place on October 1 from 6–8 pm at the Community Center.

See [www.albanyca.org/haiku](http://www.albanyca.org/haiku) for details.



## TOOL POOL

### Need a Tool?

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

The Tool Pool makes checking out the tools you need simple. Visit the online library and check out the growing inventory. Stop by the Albany Recreation and Community Services offices (1249 Marin Avenue) to register. Please bring a valid photo ID and piece of mail to verify your address. Tools are available for one-week rentals. We are also accepting donations at any time—just contact Lauren Alves at [lalves@albanyca.org](mailto:lalves@albanyca.org).

Check out [www.albanyca.org/toolpool](http://www.albanyca.org/toolpool) for an interface tutorial or the Online Library at [www.facebook.com/albanytoolpool](http://www.facebook.com/albanytoolpool)

The City of Albany Community Services Department  
presents

# BIKE ABOUT TOWN



**AUGUST 17 & SEPTEMBER 21, 2018**

6:30 PM · Bikes on Solano, 1554 Solano Ave.



## 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? Call (510) 524-9283



## 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 until October 8.

For more information, contact:

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



## DROP-IN PICKLEBALL

Outdoor:

Tuesdays, 4–6 pm

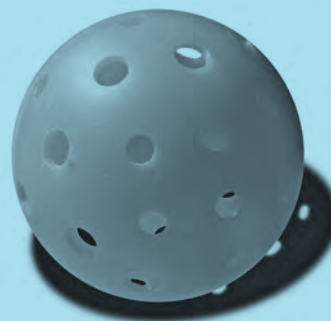
Ocean View Park, Pickleball Courts

Indoor:

Sundays, 4–7 pm

Albany High School Gym

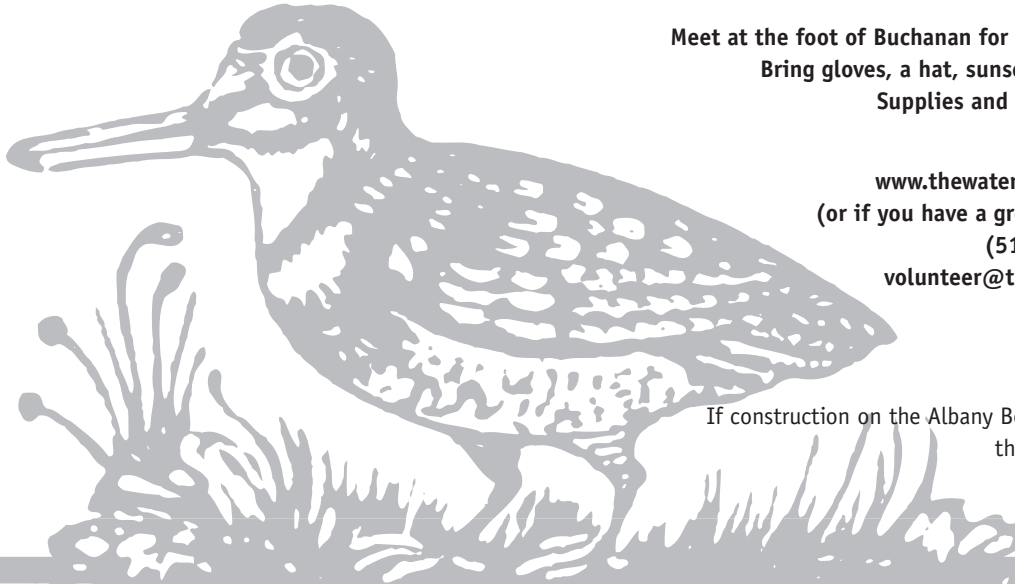
\$5 drop-in court fee, \$2 paddle rental





# COASTAL CLEANUP DAY

SATURDAY, SEPTEMBER 15 • 9 AM–12:30 PM



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:  
[www.thewatershedproject.org/events](http://www.thewatershedproject.org/events)  
(or if you have a group of 10 or more) call  
(510) 665-3430 or email:  
[volunteer@thewatershedproject.org](mailto:volunteer@thewatershedproject.org)

If construction on the Albany Beach project has started,  
this event will be canceled

## FIRESIDE SONGS AND S'MORES

Friday, November 16 • 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 neighbors. We will be roasting  
s'mores on an open fire, singing camp songs  
and warming our bellies with some classic hot  
chocolate.

Contact Brennen at [bbrown@albanyca.org](mailto:bbrown@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!



## Community Emergency Response Team (CERT) Course

Tuesdays, September 25–November 13 • 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.

- How to prioritize what to do and who to help first
- How to organize neighbors
- How to make decisions that will do the greatest good for the  
greatest number of people in the shortest amount of time

**Sign-up today, class limited to 14 participants!**

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

## Holiday Children's Book, Puzzle and Toy Swap

**Sunday, December 9, 9–11 am. Swap begins 9:15 am  
Albany Community Center**

Brace yourself for the influx of holiday gifts this season and purge before the toy storm hits! Reduce your holiday footprint and go green this year by swapping the old for the 'new to you'!

How it works: Walk around your house with your children and have them help identify the gently used toys and books they no longer use (e.g. puzzles, blocks, etc.). Make sure everything is working properly, has all its pieces and is clean. Pack up a box and bring them down to the Albany Community Center on December 9. Bring along extra gift wrapping accessories and take care of your holiday shopping in one fell swoop!

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

## Albany Beach Clean-Ups & Workshops

**November 18 • 1–3 pm  
Beach Clean-Up & Sand Globe Workshop**

Last big beach cleanup of the year! Good for all ages, no need to RSVP. Bring your own buckets or use ours. Free sand globe workshop with environmental artist Zach Pine and free parking for beach cleaners courtesy of Golden Gate Fields (Turn left at the foot of Buchanan Street, by the roundabout).

Sponsored by Albany Landfill Dog Owners Group in collaboration with East Bay Regional Park District, Friends of Albany Parks, Golden Gate Fields, Love the Bulb, and Zach Pine and the Samavesha Community Program.

If construction for the Albany Beach project is underway, this event will be canceled. Visit [www.aldog.org](http://www.aldog.org) or call (510) 473-2626 for updates.



**Alameda County**

**INTERNATIONAL  
WALK 'N ROLL TO SCHOOL DAY**

**Wednesday, October 10, 2018  
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!

# BLOOD DRIVE

**Tuesday, December 18 • 9:30 am–3 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".

# 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*



## CELEBRATE NOON YEAR'S EVE

**Monday, December 31, 2018**

**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 2019 *Albany-style!*



SONGS ON SOLANO

*Spread Some Cheer.  
Be Merry!*

\*

**FRIDAY, DECEMBER 14, 2018**

**6:30 PM**

\*

**WEAR A WARM HAT & SCARF**

**MEET AT THE CORNER OF**

**SOLANO & STANNAGE**

\*





## DIVERSITY BOOK DRIVE

September 21–29, 2018

Drop Book at Albany Community Center



Girl Scout Troop 30119 is installing a mini free diversity library at the new Loop (Portland Avenue under the BART tracks) and would like your help in contributing to our book drive.

We are collecting books representing diverse authors, characters, and themes. We are doing this to increase people's awareness of diverse voices and characters. People in the Black, Latino, Indian, Asian, LGBTQ+, and other communities tend to lack the role models that are necessary to move forward.

We believe that books can either be mirrors or doors; mirrors reflecting yourself, and doors opening you to new people and worlds. We can learn from one another, but first we need a level of understanding about each other.

**Please drop off books at the Albany Community Center, during Albany Local Week, September 21–29.**

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



## CIRCLE DANCING

4th Friday of each Month (Beginning July 27)

7:30–9:30 pm • Albany Senior Center

Albany Residents \$4, Non-Residents \$5

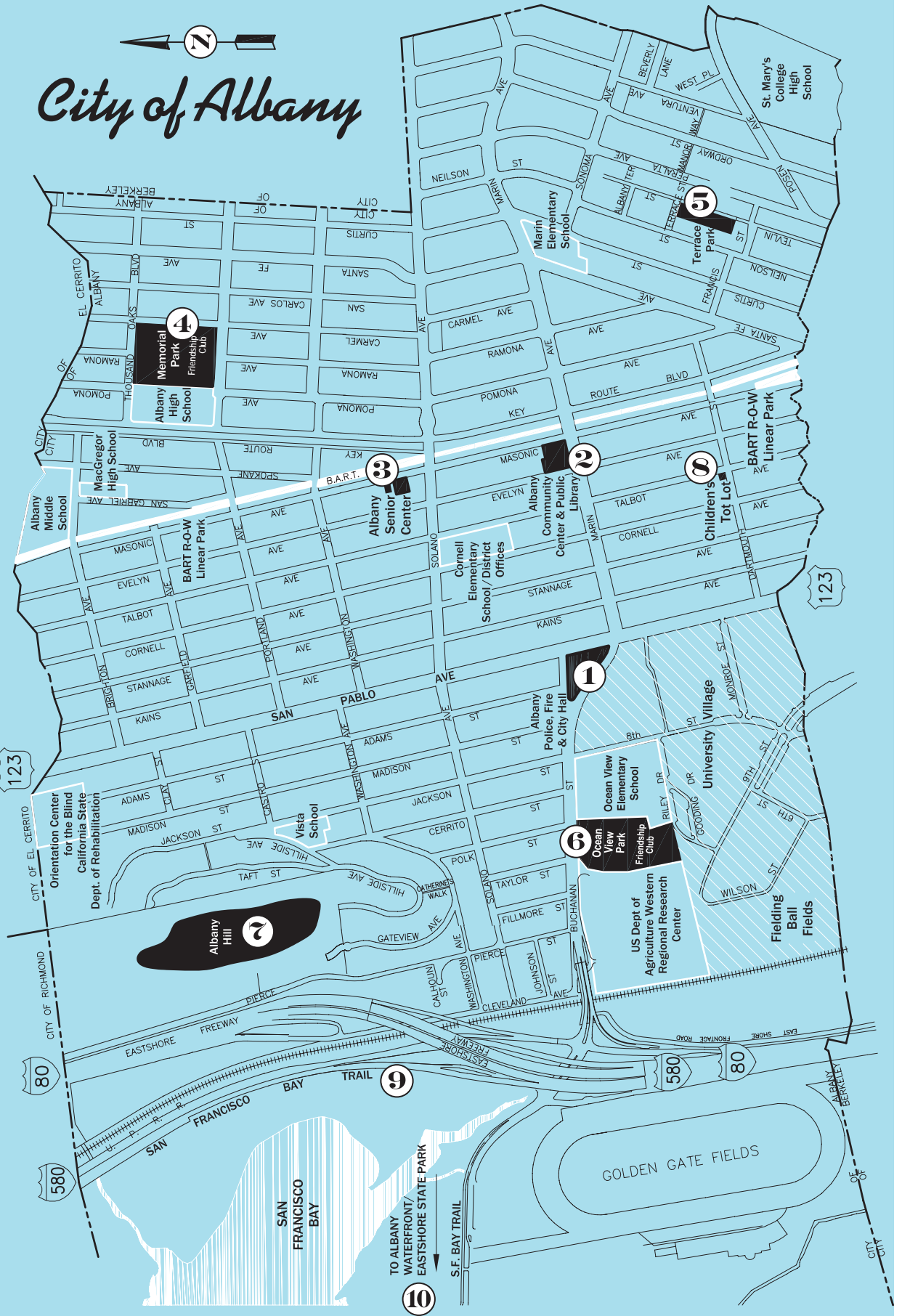
We're the Bay Area Circle Dancers, and we've been dancing on 4th Fridays for more than 30 years! Simple Dances from Israel, Greece, Scotland, Russia, the US, Mexico and many other places, done holding hands in a circle. Some are slow and meditative; others are a bit lively. No dance experience needed. No partner necessary. Every dance is taught just before we do it. More information at [www.circledancing.com](http://www.circledancing.com).

# MAP

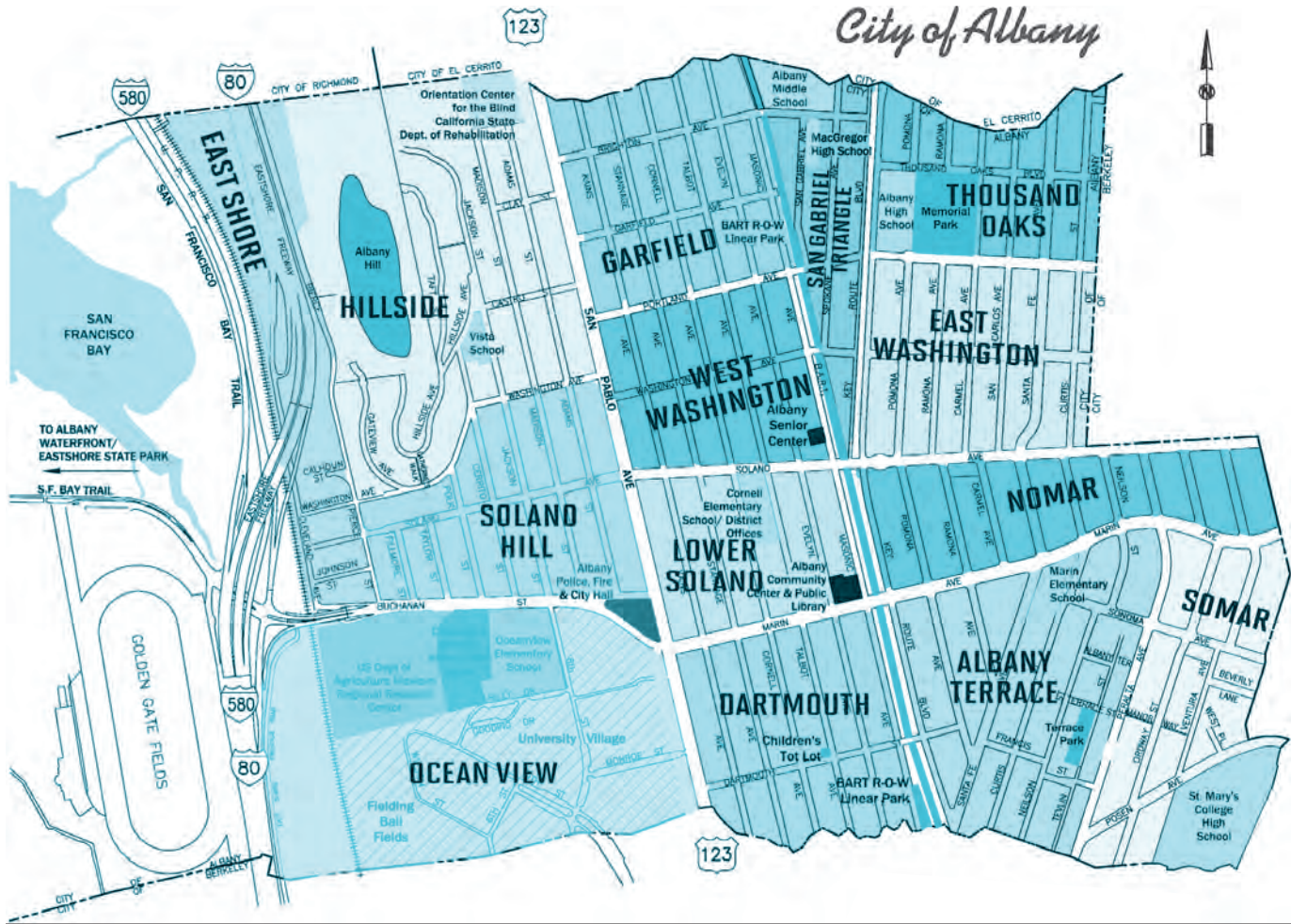
## City of Albany



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







## AROUND YOUR BLOCK

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

Signing up is easy:

1. **Locate your house on Around Your Block Neighborhood Map (above).**
2. **Go to [www.albanyca.org/aroundyourblock](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)

FEATURED IN

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



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



# Get Connected!

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



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

[www.albanyca.org/enotify](http://www.albanyca.org/enotify)



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



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

[www.albanyca.org/socialmedia](http://www.albanyca.org/socialmedia)

1000 San Pablo Avenue

(510) 528-5710 

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



*Urban Village by the Bay*

# GREEN THINGS FOR YOU

## COASTAL CLEAN UP DAY

**Saturday, September 15 • 9 am–noon Albany Beach**

The Watershed Project and the City of Albany partner to host this annual clean-up event at Albany Beach. California Coastal Cleanup Day is the state's largest volunteer event. It's 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 [www.thewatershedproject.org/events](http://www.thewatershedproject.org/events). RSVP for groups of 10 or more at [volunteer@thewatershedproject.org](mailto:volunteer@thewatershedproject.org)

## HOUSEHOLD HAZARDOUS WASTE DROP-OFF EVENT

**Sunday, October 7 • 9 am–1 pm (By Appointment Only)  
Golden Gate Fields North Parking Lot**

Make sure to register before the event at [www.stopwaste.org/recycling/residents/household-hazardous-waste/one-day-event](http://www.stopwaste.org/recycling/residents/household-hazardous-waste/one-day-event) 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. Mattresses will likely be accepted as well. Check the website for details on accepted materials.



## ALBANY BEACH CLEAN-UP & SAND GLOBE WORKSHOP

**Sunday, November 18 • 1–3 pm  
Albany Beach**

Last big beach cleanup of the year! Good for all ages, no need to RSVP. Bring your own buckets or use ours. Free sand globe workshop with environmental artist Zach Pine and free parking for beach cleaners courtesy of Golden Gate Fields (Turn left at the foot of Buchanan Street, by the roundabout). Sponsored by Albany Landfill Dog Owners Group in collaboration with East Bay Regional Park District, Friends of Albany Parks, Golden Gate Fields, Love the Bulb, and Zach Pine and the Samavesha Community Program. If construction for the Albany Beach project is underway, this event will be canceled. Visit [www.aldog.org](http://www.aldog.org) or (510) 473-2626 for updates.

## 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. Alameda County Master Gardeners work in the garden and answer questions on the 1st and 3rd Thursdays of each month from 10:30 am–noon (weather permitting).



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 Brennen Brown, [bbrown@albanyca.org](mailto:bbrown@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, TASH, CRFG, Love the Bulb and Friends of Five Creeks for their partnership.

PARK	GALA	CLEAN-UP
TERRACE PARK	WEDNESDAY, JULY 25, 6:30 PM	SATURDAY, AUGUST 4, 9 AM
CREEKSIDE PARK	NO GALA	SATURDAY, SEPTEMBER 22, 9 AM
PIERCE STREET PARK	NO GALA	SATURDAY, OCTOBER 6, 9 AM

Friends of Albany Parks 2019 Schedule will be announced in the 2019 Winter/Spring Guide





**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 below are some of the events and projects where you can lend a hand throughout the year. For more information and specifics contact Brennen Brown at [bbrown@albanyca.org](mailto:bbrown@albanyca.org) or visit [albanyca.org/volunteer](http://albanyca.org/volunteer).

#### UPCOMING OPPORTUNITIES

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

**September:** Bike About Town, Albany Local Week, Sr. Open House, Music in the Park, Clothing Swap, Creekside Park Clean-Up, Marin Monster, Dinner with Albany

**October:** Peggy Thomsen Pierce Street Park Clean-Up, Sr. Holiday Dinner, Halloween Carnival

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

**December:** Noon Year's Eve, Sr. Holiday Dinner

#### 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

## OCEAN VIEW COMMUNITY ORGANIC GARDEN

*Gardeners wanted!*

Ocean View Park, 900 Buchanan Street

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

Join us for our "Open Garden" on 2nd and 3rd Sundays of the month, March through October from 11 am–1 pm (or whenever the garden gates are open and a gardener is present).

Alameda County Master Gardeners work in the garden and answer questions on the 1st and 3rd Thursdays of each month from 10:30 am–noon (weather permitting).



**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!™**

## **PICNIC AREA RENTALS**

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

### **OCEAN VIEW PARK**

The Ocean View Park picnic area is located among Albany's very own Redwood grove and the Ocean View Community Garden (see p. 75) with picturesque views of Albany Hill and slivers of the San Francisco Bay. The children's play area is spacious and features swings and climbing structures.

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

### picnic. **MEMORIAL PARK**

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

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

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

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

### **TERRACE PARK**

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

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

### **PEGGY THOMSEN PIERCE STREET PARK**

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

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



**FOR RENT**

# *Albany Facilities*

**FACILITIES**



## **ALBANY COMMUNITY CENTER**

The Albany Community Center features a large community room (complete with a commercial kitchen and outdoor patio) with capacity for up to 160 people. The room is equipped with sound and a stage/dance floor, drop-down projector screen for presentations, and a variety of tables and chairs for any event setup. This room is a very popular place for wedding receptions, parties and banquets throughout the year. Call Liam Kelly for a complete price quote and information at 528-5716 or visit [www.albanyca.org/rentals](http://www.albanyca.org/rentals).

## **ALBANY SENIOR CENTER**

The Albany Senior Center is a wonderful place to host a meeting, party, banquet or get-together. The Center has one large room with a kitchen and one small room. Call 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 and get together with friends and family. Organizing a Block Party or picnic in the park is a great way to enjoy the warm weather. Block Party fee is \$40 (barrier drop-off/pick-up included in the fee) plus the cost of insurance.

Invite the Albany Fire Department to make a presentation about disaster preparedness at your Block Party and we will give you a 50% discount on the barrier drop-off/pick-up fee. Call the Albany Community Center at 524-9283 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 and ending at 10 pm. Players may reserve courts up to two weeks in advance; fees depend on residency and day reserved. You can now purchase a half-year or full-year tennis light access code. Come to the Recreation Office (Community Center, 1249 Marin Avenue) to make a reservation.

### *Dogs in Albany's Parks*

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





**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
Albany Community Resource Center . . . . .	559-4589
Friendship Club/Childcare Program . . . . .	559-7220
Teen Center . . . . .	559-7225
Senior Center . . . . .	524-9122
Jobline . . . . .	528-5777

**COMMUNITY CONTACTS**

Chamber of Commerce . . . . .	525-1771
Albany Education Foundation . . . . .	558-6823
Albany Kid's Corner . . . . .	526-7637
Albany Library . . . . .	526-3720
Albany Strollers & Rollers . . . . .	915-4595
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

**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 & RECREATION COMMISSION**

Chelle Putzer . . . . .	Staff Liaison
Julia Chang Frank . . . . .	Chair
Harriet Patterson . . . . .	Vice Chair
Geno Romero . . . . .	Member
Alene Pearson . . . . .	Member
Tod Abbott . . . . .	Member
Bryan Marten . . . . .	Member
Hillary Sardinias . . . . .	Member

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

**CHARTER REVIEW COMMITTEE**

Anne Hsu . . . . .	Staff Liaison
Preston Jordan . . . . .	Chair
Lisa Schneider . . . . .	Vice Chair
Jennifer Radics-Johnson . . . . .	Member
Jim Lindsay . . . . .	Member
Gabriel Baty . . . . .	Member

*Meets the 4th Monday of every other month (even), at 7:30 pm, City Hall, Council Chambers*

**ECONOMIC DEVELOPMENT COMMITTEE**

Isabelle Leduc . . . . .	Staff Liaison
Stephanie Sala . . . . .	Chair
Shaun Charles . . . . .	Vice Chair
Robert Cheasty . . . . .	Member
John Montagh . . . . .	Member
Elizabeth Baker . . . . .	Member
Allen Cain . . . . .	Member
Andrea Goldman . . . . .	Member

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

**ALBANY LIBRARY BOARD**

Ronnie Davis . . . . .	Staff Liaison
Sarah Levin . . . . .	Chair
Karen Leeburg . . . . .	Vice Chair
Rosalie Gonzales . . . . .	Member
Cynthia Hegedus . . . . .	Member
Sue Douglass . . . . .	Member

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

**TRAFFIC & SAFETY COMMISSION**

Justin Fried . . . . .	Staff Liaison
Ken McCroskey . . . . .	Chair
Robert del Rosario . . . . .	Vice Chair
Harry Chomsky . . . . .	Member
Farid Javandel . . . . .	Member
Susan Reeves . . . . .	Member

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

**POLICE & FIRE PENSION BOARD**

Kim Denton . . . . .	Chair
Anne Hsu . . . . .	Vice Chair
Peggy McQuaid . . . . .	Member
Dustyn Wiggins . . . . .	Member
John Megonnigil . . . . .	Member

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

**ARTS COMMITTEE**

Eva Phalen . . . . .	Staff Liaison
Jen Daly . . . . .	Chair
Jenny Holland . . . . .	Vice Chair
Brandon Schneider . . . . .	Member
Susan Moffat . . . . .	Member
Peter Goodman . . . . .	Member
Sheryl Black . . . . .	Member
Lynn Eve Komaromi . . . . .	Member

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

**COMMUNITY MEDIA ACCESS COMMITTEE**

Jeremy Allen . . . . .	Staff Liaison
Chloe Stapleton-Gray . . . . .	Chair
Naomi Sigal . . . . .	Vice Chair
Sunny Sun . . . . .	Member
Jack Kenny . . . . .	Member
Juan Mesa . . . . .	Member
Raquel Ramirez . . . . .	Member
Vacant . . . . .	Member

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

**SOCIAL & ECONOMIC JUSTICE COMMISSION**

Isabelle Leduc . . . . .	Staff Liaison
Kathy Diehl . . . . .	Chair
Terra Baer . . . . .	Vice Chair
Margie Marks . . . . .	Member
Bart Grossman . . . . .	Member
Nicole Daro . . . . .	Member

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

**RECREATION FACILITIES & STAFF**

**Albany Community Center**

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

**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, Senior Recreation Supervisor

**Albany Teens@842 Center**

842 Masonic Avenue (510) 559-7225  
 Hours: 3–6 pm, Monday–Friday  
 Keenan McCarron, Teen Coordinator

**Albany Senior Center**

846 Masonic Avenue (510) 524-9122  
 Hours: 9 am–5 pm, Monday–Friday  
 Sid Schoenfeld, Senior Recreation Supervisor  
 Robin Mariona, Recreation Coordinator  
 Jess Cosby, Recreation Coordinator  
 Keenan McCarron, Recreation Project Assistant

**ALBANY PARKS**

**Peggy Thomsen Pierce Street Park . . .720 Pierce St.**

*Playground, bathrooms, views of the bay*

**Ocean View Park . . . . .900 Buchanan St.**

*Tennis Courts & Hitting Wall, Ball field, Picnic, Friendship Club, Playground, Community Garden*

**Memorial Park . . . . .1325 Portland Avenue**

*Tennis Courts, Basketball, Ball Field, Community Garden, Playground, Picnic, Friendship Club*

**Jewel's Terrace Park . . . . .Tevlin & Terrace Drive**

*Tennis Courts, Basketball, Playground, Picnic, Grass*

**Dartmouth Tot Lot...Corner of Dartmouth & Talbot**

*Play structure for small children*

# Register

## HOW TO REGISTER

There are two 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

**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).

**PLANNING & ZONING COMMISSION**

Anne Hersch . . . . . Staff Liaison  
 Christopher Kent . . . . . Chair  
 Megan Jennings . . . . . Vice Chair  
 Erik Giesen-Fields . . . . . Member  
 Doug Donaldson . . . . . Member  
 Elizabeth Watty . . . . . Member  
*Meets the 2nd & 4th Wednesday of each month at 7 pm, City Hall, Council Chambers*

**SUSTAINABILITY COMMITTEE**

Claire Griffing . . . . . Staff Liaison  
 Nick Peterson . . . . . Chair  
 Samantha Smithies . . . . . Vice Chair  
 Max Wei . . . . . Member  
 Ron Golem . . . . . Member  
 Thomas Cooper . . . . . Member  
 Robert Uhrhammer . . . . . Member  
 Stephanie Siehr . . . . . Member  
*1st Wednesday of each month at 7:30 pm, City Hall, Administration Conference Room*

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)



**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)*

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

<b>Registration Form</b>	City of Albany Recreation & Community Services	1249 Marin Avenue Albany, CA 94706	(510) 528-8914 FAX (510) 524-9283 PHONE
--------------------------	---	---------------------------------------	--

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

Address ..... E-mail .....

City ..... State ..... ZIP ..... Home Phone ( ..... )

Emergency Contact ..... Phone ( ..... )

Activity Registration: Participant Name	Birthdate	Class/Camp Name	Dates	Time	Fee

TOTAL FEES      \$

**Payment Method**       Check       Cash       Credit Card           

(Payable to City of Albany)      Name on Card .....

Card # ..... Expires ..... Signature .....

Billing Address ..... State ..... ZIP Code .....

**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.

**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**  
**Friday, September 21**  
**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 2018

City of Albany's  
 Music in the Park

**Free concerts**  
 September, 2018  
 Wednesdays  
 6:30-8pm

Memorial Park  
 1325 Portland Ave.  
 Albany

Bring a picnic!  
 Bring family!  
 Bring a friend!

- September 5** **Guarandinga**  
Latin Afro-Pop
- 12** **Bumper Jacksons**  
Roots Jazz, Country Swing, and Street Blues
- 19** **Mustache Harbor**  
Yacht Rock Explosion
- 26** **The Uptones**  
California's Greatest Actual Ska Band

