



City of Albany RECREATION & COMMUNITY SERVICES *Winter / Spring 2024*

# Albany

## WINTER / SPRING ACTIVITY GUIDE

SEE THE GUIDE  
ONLINE AND  
SIGN UP FOR  
CLASSES





# City Services at a Glance

At times it can be confusing to determine what City department you need to contact. Here is a quick guide to some of the more common questions/issues to help provide more direct and easy access to the services you need:

## **EMERGENCY SERVICES**

Call **9-1-1** in an Emergency.

The City of Albany provides full-service police, fire, mobile crisis, and emergency medical services.

Non-Emergency Police & Fire Contacts

**Police Contacts** | [albanypolice@albanyca.org](mailto:albanypolice@albanyca.org) | **1(510)525-7300**

**Fire Contacts** | [albanyfire@albanyca.org](mailto:albanyfire@albanyca.org) | **1(510)528-5770 X 5**

## **NEIGHBORHOOD SERVICES | ALBANY CARES**

[albanycares@albanyca.org](mailto:albanycares@albanyca.org) | **1(510) 559-4589**

Resources and services referrals including food, meal delivery for seniors, shelter and housing, utility bill payment assistance and more.

## **ADMINISTRATION DEPARTMENT | CITY CLERK OFFICE**

[cityhall@albanyca.org](mailto:cityhall@albanyca.org) | **1(510) 528-5710**

City operations oversight, public information, and City Council meeting administration and agendas.

Access the City Calendar to get updated information on public meetings.

Local business outreach and resource clearinghouse | **1(510) 528-5736**

## **COMMUNITY DEVELOPMENT DEPARTMENT**

[com-dev@albanyca.org](mailto:com-dev@albanyca.org) | **1(510) 528-5760**

Building permits via email and construction inspections.

Liaison with Waste Management for solid waste and recycling services.

## **FINANCE DEPARTMENT**

[accountsreceivable@albanyca.org](mailto:accountsreceivable@albanyca.org) | **1(510)528-5730**

Accounts payable and receivable, business licenses.

## **PUBLIC WORKS DEPARTMENT**

[apworks@albanyca.org](mailto:apworks@albanyca.org) | **1(510)524-9543**

Infrastructure and facilities maintenance

(streets, sewer, sidewalk, trees, parks, city trash cans, etc.).

## **RECREATION & COMMUNITY SERVICES**

[recinfo@albanyca.org](mailto:recinfo@albanyca.org) | **1(510)524-9283**

Classes, programs & summer camps. Tennis court, facility & field rentals.

**Friendship Club** | **1(510)559-7220**

**Senior Center** | **1(510)524-9122**

*Front Cover Image: Albany Bulb - photo by Emily Ferreira*





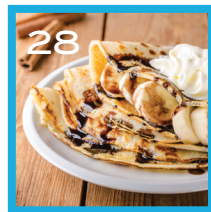
facebook.com/albanyrec



instagram.com/albanyrecreation

TRY OUR  
**ONLINE  
 REGISTRATION**  
[www.albanyca.org/onlinereg](http://www.albanyca.org/onlinereg)

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## Greetings Albany Community!

Inside this activity guide you will find many ways to get involved in **your** Albany, including recreational classes for all ages, special events, volunteer opportunities and more. Community response to recreational programming has been incredible, with many of our classes filling quickly, and we are thrilled to continue expanding these program opportunities going forward.

As part of this activity guide, we have also included a spotlight on the City's Albany CARES program, which is focused entirely on helping residents with services and resources that may be of need. These services generally include rental assistance, program subsidies and discounts, tax exemptions, and assistance with housing needs. This work reflects one of our ongoing core principles to serve all members of our community with dedication and compassion.

Please also save the date for our annual "Commit to Serve" event in respect and dedication to Dr. Martin Luther King Jr. Day, January 15, 2024. Commit to Serve aims to help make looking for ways to volunteer as accessible as possible, knowing that together we do make a difference in our community. As part of the activities, we will host an in-person Commit to Serve volunteer sign up kiosk at our Community Center.

Looking towards the new year, we have a lot of planning work underway. We have started a planning process for a street tree management plan to shape priorities and policy around caring for our street trees. We have also evaluated our street lighting system and are working to identify ways to improve street lighting citywide. We are also doing analysis on Albany Hill to thoughtfully plan for necessary tree management and ecological sustainability in this important open space area. All of these planning processes will greatly benefit from your participation and feedback to help shape programs that serve our community's interests and concerns. Please sign up for our enotify - [www.albanyca.org/enotify](http://www.albanyca.org/enotify) and enews - [www.albanyca.org/enews](http://www.albanyca.org/enews) to stay connected on these important initiatives and other major news items.

May the New Year bring you health, happiness, and pride in our unique one-square-mile City of Albany.

In Service,

**Nicole Almaguer, City Manager**





# CITY NEWS

## ALBANY FAMILY HOUSING RENTAL OPPORTUNITIES

Albany Family Housing is a 62-unit (61 rentable units and one manager's unit) affordable apartment community being constructed by SAHA – Satellite Affordable Housing Associates. Located at 755 Cleveland Avenue, at the foot of the Eastshore/Solano Hill neighborhoods, the property is adjacent to the new Peggy Thomsen Pierce Street Park, which will eventually be connected with a bicycle and pedestrian path to Cleveland Avenue.

SAHA estimates it will be starting the lease-up process for the project in February 2024 or soon after. There will be a few different waiting lists for the 61-units available to rent. Five units have Project-Based vouchers that will be filled through the Housing Authority of Alameda County's waitlist. An additional 19 units are set-aside for individuals with a serious mental illness and formerly unhoused. These units will be filled through the County's Coordinated Entry System (CES) waitlist. The remaining 37 units will have a property waitlist maintained by SAHA, and includes 1-bedroom, 2-bedroom and 3-bedroom units for households earning between 30% and 60% of Area Median Income. If you are interested in any SAHA housing, you can apply through SAHA's website: [www.sahahomes.org/apply](http://www.sahahomes.org/apply)



## BUILD AN ACCESSORY DWELLING UNIT (ADU)

Contribute to the housing stock, generate rental income, provide accommodations for family or friends, increase the value of your property! The City has updated its Accessory Dwelling Unit (ADU) Ordinance to reflect changes in State law, improve life safety conditions, and streamline the approval process. Recent changes include:

- Detached ADUs may be up to 20 feet in height;
- Attached ADUs may be up to 25 feet in height;
- Three-foot rear and side yard setback required;
- ADUs up to 800 square feet in size are exempt from lot coverage and floor area ratio (FAR) calculations
- Building Permit processing only; no Planning ADU permit required!

For further information, visit the City's Accessory Dwelling Unit website: [www.albanyca.org/adu](http://www.albanyca.org/adu)

Contact the Planning Division via email at [planning@albanyca.org](mailto:planning@albanyca.org) or phone at 1(510) 528-5760 with any questions.





# Crime Awareness Tips from the Albany Police Department: Avoiding Identity Theft

It has become increasingly common for personal information to be obtained by others. Acquiring your credit card information, Social Security or Medicare number or even your medical insurance information has become more frequent and rectifying the issue can be costly and time-consuming. Here are some tips on ways to prevent identity theft from the Albany Police Department:

## Ways to protect your personal information

### At home

- Keep your financial records, Social Security and Medicare cards in a safe place
- Shred papers that have your personal or medical information
- Take mail out of your mailbox as soon as you can

### As you do business

- Only give your Social Security number if you must. Ask if you can use another kind of identification
- Do not give your personal information to someone who calls you or emails you

### On the computer

- Use passwords that are not easy to guess.
- Do not respond to emails or other messages that ask for personal information

Do not put personal information on a computer in a public place, like the library

## How to tell if someone has stolen your identity

Read your bills and account statements. Watch for:

- Things you did not buy
- Withdrawals you did not make
- A change of your address that you did not expect
- Bills that stop coming

## What to do if someone steals your identity

- Call your bank or companies where you know the fraud happened and explain that your identity was stolen
- Ask them to close or freeze your accounts
- Change your password or personal identification number (PIN)
- Get your credit report annually. If someone has stolen your ID, your credit report is free

Visit [IdentityTheft.gov](http://IdentityTheft.gov) or call the Federal Trade Commission (FTC) at 1-877-438-4338 to report identity theft and get a personal recovery plan





# Now is the time to apply for **FREE** street tree planting

Individual property owners can apply to have a street tree planted by the City in the public right-of-way adjacent to their property for **FREE!** All street tree planting applications must be submitted **BEFORE MARCH 1st** to be considered for the current season's planting project. Applications received later will be added to the next season's planting list.

To apply, please complete the Street Tree Planting application on our website: [www.albanyca.org/street-tree-planting](http://www.albanyca.org/street-tree-planting). This webpage also has a list of street trees to select from, and additional information on street tree planting. You can also connect with City staff with any questions about street tree planting via email to [urbanforestry@albanyca.org](mailto:urbanforestry@albanyca.org) or by phone to **1(510) 524-9543**.

Tree planting in Albany is performed annually during the late winter and early spring to give new young trees time to benefit from winter rains and mild spring weather.

A total of 84 new trees were planted and 15 new tree basins were cleared by the City to make room for new trees this past 2023 planting cycle. The City additionally planted trees of 22 different species in efforts to increase biodiversity and resilience of our urban forest. For more information, visit the City's Urban Forestry webpage, [www.albanyca.org/urbanforestry](http://www.albanyca.org/urbanforestry)





# Paving Rehabilitation and Transportation Improvements team up at the Marin/Masonic Intersection

2023 saw the “intersection” of two City projects along Marin Avenue and Masonic Avenue with construction of the closely interconnected Marin Avenue Pavement, Storm Drain, and Curb Ramp Rehabilitation Project and the Masonic Intersections (Ohlone Trail Safety Improvements) Project.

Despite kicking off construction in what was widely predicted would be a cold, dry La Niña winter (also referred to as “good winter construction weather”), the 2022-23 winter season brought forth some of the rainiest days on record just as work started on necessary improvements to the storm drains on Marin Avenue! Meanwhile, lingering supply chain disruptions from the Covid-19 pandemic caused delays to traffic signal equipment production under the Masonic Intersections project which resulted in the need for close coordination of two projects occurring simultaneously at the intersection of Marin Avenue and Masonic Avenue. In spite of these setbacks, after a long rainy season, paving on Marin Avenue wrapped up with a full weekend closure that saw the mobilization of over 60 personnel working 12-15 hours per day to rehabilitate over 15,000 square yards of pavement. This included the paving of an additional street on Masonic Avenue between Solano Avenue and Marin Avenue – along with improvements to turn signals along Masonic Avenue for improved pedestrian and bicycle safety!

Pavement rehabilitation work in the City of Albany is supported by the Annual Street Rehabilitation Program which was established to provide ongoing investments into the City’s roadway infrastructure. Funding for these programs include local, regional, and state funds that are projected to be stable in the long term in order to best support continual and regular rehabilitation of roadway assets, including State Bill SB-1, Measures B, Measures BB, VRF and Measure F. The City has been proud to deliver this project, along with other ongoing and completed paving projects, through the Annual Street Rehabilitation Program.

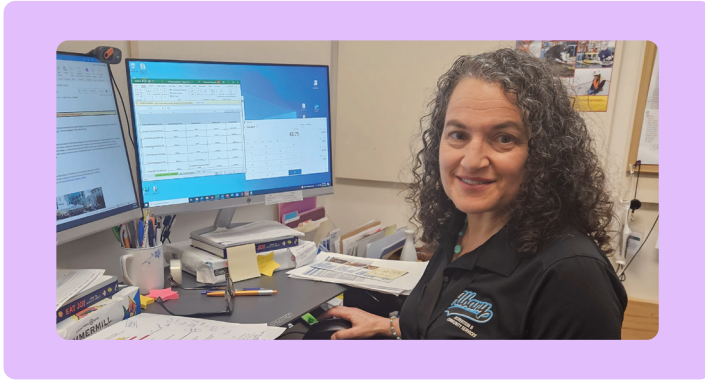
Transportation improvements on the Masonic Intersections project is supported by a grant from the state Active Transportation Program in conjunction with funding drawn from Measure B, Measure BB, and TDA. The City continues to seek grant funding to support improvement projects, including this project and the upcoming San Pablo Pedestrian Improvements – Phase 1 project which is anticipated to begin construction in Spring 2024.



# Spotlight on the Albany CARES Program

## An Interview with Annemarie Heineman, Albany CARES Director

Albany CARES, which began in 2018, is the City's social services referral program to help residents successfully access available community resources. Under the Recreation & Community Services Department, this program is one example of the strong commitment the Department has made to offer community services, which works to incorporate that element into all of their programs and services. We interviewed Annemarie Heineman, Albany CARES Director, to learn more about the team and work they do.



### 1) What are some things Albany CARES does and what is your role in the program?

We provide information regarding all types of services that residents might need: medical care, food programs, help with rent or mortgage payments, legal advice, and other types of physical, material, and psychological support. Sometimes a person just needs to talk through a problem, and we are happy to provide that opportunity. My primary role is to engage directly with individuals and families in Albany and effectively connect them to available resources. I feel lucky that I get to do that every day. The program has grown since I started; we now assist over 500 people each year.

### 2) What are some social service agencies you work with?

We collaborate with many non-profit agencies in the area so we can better understand what services are available and make more effective referrals for residents. We work particularly closely with staff from Insight Housing (formerly Berkeley Food and Housing Project) which provides homeless outreach and housing navigation services, and with ECHO Housing regarding landlord/tenant issues. ECHO Housing also helps administer our Rent Review Program and our new Financial Assistance Program for renters. The City of Albany has contracts with both of these agencies, and we interact often, making referrals, sharing information and working together to get appropriate services to eligible residents. Last year, we collaborated to provide assistance to over 100 people.

### 3) What is the most sought-after service from Albany CARES?

In the beginning, it was information about affordable housing and help applying for it, issues around homelessness, and difficulties with health insurance and finding home care. As we've become more active in assisting residents with applying for parcel tax exemptions and renter rebates, that has become one of the issues that we get a lot of calls about. We also talk to a fair number of people about both renter and homeowner issues. The Community Grocery Program brought in a lot of residents we had not heard from or met before, many who need financial assistance. Regardless of the issue, I would say there is a common theme for most people we speak with – many are looking for a person who will listen empathetically and try to help.



### 4) What is the most rewarding part of your job?

When I'm able to help someone get past an obstacle or get access to something they really need, it's very satisfying, even if it's something that seems small. I also like that I have opportunities to learn in this role and connect with people.

More information on Albany CARES services and programs can be found on Page 40 of this Activity Guide.

For assistance, call **1(510) 559-4589** or email [albanycares@albanycares.org](mailto:albanycares@albanycares.org).



# RECREATION & COMMUNITY SERVICES ACTIVITIES

Browse the wide array  
of new and enriching  
classes and programs

Winter/Spring  
registration begins  
December 18 at 9 AM

## Summer Camps 2024

Recreation and Community  
Services will have a variety of  
summer camp options for all ages.  
Summer Recreation Catalogue and  
registration will be released in  
March!



# YOUTH CLASSES

## Sports

### First Touch Soccer Under-5

AGES 3 - 4

Our Under-5 Program provides young players with a pressure-free introduction to the world's most popular sport. Our knowledgeable and patient trainers work on developing skills such as trapping, dribbling, passing, shooting, speed and agility. All with an emphasis on good sportsmanship. Mastery of the fundamentals makes soccer fun!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Mar 3-Apr 14	Su	10:30-11:30 AM	7x	\$250	\$260
Apr 21-Jun 2	Su	10:30-11:30 AM	7x	\$250	\$260

**Instructor: Albany-Berkeley Soccer Club Staff**

Location: Ocean View Field

Min: 8; Max 40

Activity #: 2336AB

### First Touch Soccer

AGES 5 - 7

Your child will work on developing dribbling, passing, trapping, defending, shooting, throw-ins, speed and agility with knowledgeable and patient trainers. There is a strong emphasis on teamwork and good sportsmanship. Staff is dedicated to the health and well-being of players and begins each practice with the FIFA 11+ warm-up to reduce injury.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Mar 3-Apr 14	Su	11:30-12:30 PM	7x	\$250	\$260
Apr 21-Jun 2	Su	11:30-12:30 PM	7x	\$250	\$260

**Instructor: Albany-Berkeley Soccer Club Staff**

Location: Ocean View Field

Min: 8; Max 40

Activity #: 2336AB



### Karate

AGES 7 +

Shotokan Karate is traditional Japanese karate with an emphasis on the integrated mind, body and spirit. This philosophy seeks perfection of character through hard training and discipline. We offer instruction in a supportive environment with traditional training. Students build endurance, alertness, and self-esteem. Sibling discount: \$5 off per child.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 8-29*	M/Th	5:30-6:30 PM	6x	\$45	\$55
Feb 1-29*	M/Th	5:30-6:30 PM	8x	\$60	\$70
Mar 4-28	M/Th	5:30-6:30 PM	8x	\$60	\$70
Apr 1-29	M/Th	5:30-6:30 PM	9x	\$70	\$80
May 2-30*	M/Th	5:30-6:30 PM	8x	\$60	\$70

**Instructor: Bijan Soleimani**

Location: Community Center, Hall & Rooms 1&2

Min: 7; Max: 30

\*No class on Jan 15, Feb 19 & May 27

Activity #: 2132KK



## Spiders Ultimate Sports Class

AGES 8 - 11

Have fun playing with the Spiders, Oakland's Professional Ultimate Frisbee team! Each week we will learn by playing with the pros, including throwing, catching, and the fundamental X's and O's. Throughout each game we emphasize Spirit of the Game and developing social-emotional skills to help players thrive on any team.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Feb 26-May 20*	M	3:30-4:30 PM	12x	\$280	\$290

**Instructor: Spiders Youth Coaches**

Location: Ocean View Field

Min: 7; Max 24

\*No Class Apr 1

Activity #: 25360S



## Beginner Skateboarding

AGES 7 - 12

In this class skaters will learn to build balance, coordination, and confidence on their skateboards as well as techniques and tricks for further progression.

Participants must bring their own skateboard, helmet, and knee and elbow pads.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Mar 5-26	Tu	3:30-4:30 PM	4x	\$175	\$185
Apr 8-May 20	M	3:30-4:30 PM	7x	\$210	\$220

**Instructor: Maurice Coxeff Jr.**

Location: Ocean View Elementary, Outdoor Basketball Courts

Min: 5; Max: 10

Activity #: 2634SB



Since 1997, The Albany Police Department's Police Activities League (APAL) provides positive alternatives for Albany's young people.

With the goal of providing quality, fun and safe programming for youth, APAL is providing scholarships to help low-income eligible families defray the cost of recreational classes.

Request an application at:  
[recinfo@albanyca.org](mailto:recinfo@albanyca.org)

# Coding & Technology

## AI Adventures

AGES 7 - 12

Your child will have the opportunity to work with some of the latest and most cutting edge AI technologies, such as ChatGPT, Stable Diffusion, DALL-E, and NovelAI. Students learn how to use these tools to create their own chatbots, animations, short stories, and even films!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 22-Mar 4*	M	3:30-4:30 PM	6x	\$150	\$160
Mar 11-Apr 22*	M	4:40-5:40 PM	6x	\$150	\$160

### Instructor: Athena Coding Staff

Location: Community Center, EOC

Min: 9; Max: 24

\*No class on Feb 19 & Apr 1      Activity #: 2131AC

## Minecraft Coding and Design Studio

AGES 6 - 12

Athena Coding has developed a project-based approach to a variety of coding topics using Minecraft Education. The course will cover personalized game design, animation, storytelling, programming in Python and Javascript, the fundamentals of electrical circuitry using Minecraft's patented Redstone circuit system, logic gates, multi-system mechanisms, modding and more.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 16-Feb 20	Tu	3:30-4:30 PM	6x	\$165	\$175
Mar 14-Apr 25*	Th	3:30-4:30 PM	6x	\$165	\$175

### Instructor: Athena Coding Staff

Location: Community Center, EOC

Min: 9; Max: 24

\*No Class Apr 4      Activity #: 2131AC

## Roblox Game Design and Coding with Lua

AGES 7 - 12

Your child will use the Lua programming language to create in Roblox's 3D design studio while mastering real-world programming concepts. Roblox's game design engine offers incredibly fun challenges for beginners and experienced participants.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 18-Mar 7	Th	3:30-4:30 PM	8x	\$185	\$195
Mar 12-May 7*	Tu	3:30-4:30 PM	8x	\$185	\$195

### Instructor: Athena Coding Staff

Location: Community Center, EOC

Min: 9; Max: 24

\*No Class Apr 2

Activity #: 2131AC



Athena Coding Classes have required equipment. Check our registration site for details.

## Game Design and Animation with Scratch and Python

AGES 6 - 12

Students will develop their creative storytelling or game designing abilities, with the opportunity to bring them to life in Scratch and Python. Students will create App Store caliber games and learn plenty of professional programming practices, including how to use binary operators, conditional statements, sequencing, and more!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 12-Mar 1	F	4:40-5:40 PM	8x	\$185	\$195
Mar 8-May 10*	F	3:30-4:30 PM	8x	\$185	\$195

### Instructor: Athena Coding Staff

Location: Community Center, EOC

Min: 9; Max: 24

\*No class Apr 5 & Apr 26

Activity #: 2131AC



# Special Interest

## Fashion Sewing - Tote Bags and Shorts (Beginner)

AGES 9 - 15

In this beginner class learn to sew and create a tote bag and shorts. Students will learn to safely operate a sewing machine and iron, read a sewing pattern, and illustrate their designs. All materials are provided, including high quality fabrics, threads, and personalized embroidery.

\$65 supply fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Apr 13-May25*	Sa	1-2:45 PM	6x	\$280	\$290

### Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

\*No class Apr 27

Activity #: 2151JH

## Fashion Sewing - Romper! (Intermediate)

AGES 9 - 15

Students will build their fashion sewing skills while creating a romper. Intermediate level, prior class with Ms. Julia required. All of the materials will be provided, including high quality fabrics, threads, and personalized embroidery.

\$65 supply fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Apr 13-May25*	Sa	10-11:45 AM	6x	\$280	\$290

### Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

\*No class Apr 27

Activity #: 2151JH

## Sewing Workshop- Reading Pillow (Beginner)

AGES 8 - 14

In this 2 hour workshop students will learn to sew and make a reading pillow. A reading pillow is a 12x12 inch pillow with a pocket for a book and a handle so kids can create a comfy reading spot anywhere they go! All tools and materials are provided, including high quality fabrics and threads

\$15 supply fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 13	Sa	1:30-3:30 PM	1x	\$45	\$55

### Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 2151JH

## Sewing Workshop - Zipper Pouch

AGES 8 - 14

In this 2-hour workshop students will learn to sew and make a lined zipper pouch. All tools and materials are provided, including high quality fabrics and threads.

\$15 supply fee paid to the instructor

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 20	Sa	1:30-3:30 PM	1x	\$45	\$55

### Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 2151JH



**Fashion Sewing - New Year, New Skills!  
(Intermediate)**

AGES 9 - 15

In this skill building class, intermediate students will learn a variety of new fashion sewing techniques. Students will learn many seam and hem types, and create samples. They will also learn to sew zippers, machine buttonholes, and more. Students will leave class with samples of their new skills and the confidence to incorporate these techniques into their future sewing projects.

\$35 supply fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 13-27	Sa	10 AM-12 PM	3x	\$160	\$170

**Instructor: Julia Husch**

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 2151JH

**Junior Alchemists: Chemistry for Kids**

AGES 6 - 12

Master the secrets of the universe, create a volcanic eruption to rival Pompei, pass secret messages in invisible ink and much, much, more! Junior Alchemists is designed to introduce students to a deeper understanding of scientific development and application through several experiments that are fun and safe.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 17-Feb 21	W	3:30-4:30 PM	6x	\$165	\$175
Mar 13-Apr 24*	W	4:40-5:40 PM	6x	\$165	\$175

**Instructor: Athena Coding Staff**

Location: Community Center, EOC

Min: 9; Max: 24

\*No class Apr 3

Activity #: 2131JA

**Write On!  
Creative Writing Labs for Kids**

AGES 8 - 13

Designed for both enthusiastic and reluctant writers, students will develop and deepen their mastery of the writing process in small, collaborative groups as they write stories, plays, and poetry. Students will publish a magazine of their polished work to take home. Previous students encouraged to attend.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 11-Feb 8	Th	4-5:30 PM	5x	\$225	\$235
Feb 15-Mar 14	Th	4-5:30 PM	5x	\$225	\$235
Mar 21-Apr 18	Th	4-5:30 PM	5x	\$225	\$235
Apr 25-May 23	Th	4-5:30 PM	5x	\$225	\$235

**Instructor: Abby Skrivan**

Location: Albany Middle School Annex, Room 23

Min: 6; Max: 20

Activity #: 2631AS





## Da Vinci's Workshop

AGES 6 - 12

Our Renaissance instructors will guide your child through exciting new lessons in every class! Students will learn fundamental artistic skills in a variety of mediums including acrylic painting, watercolors, clay sculptures, anime, drawing, and more! Each student will receive their own new art supplies to use for every class.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 17-Feb 21	W	4:40-5:40 PM	6x	\$165	\$175
Mar 13-Apr 24*	W	3:30-4:30 PM	6x	\$165	\$175

**Instructor:** Athena Coding Staff

**Location:** Community Center, EOC

Min: 9; Max: 24

\*No Class on Apr 3

Activity #: 2131DW

## Hollywood Filmmaking

AGES 8 - 12

We'll guide students as they turn their idea into an amazing script and help bring it to life! All students will collaboratively draft a script, act it out, and take turns behind the camera. They will have guidance and advice throughout on special effects and green screen editing, shot composition and panning, lighting and sound effects.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 12-Mar 1	F	3:30-4:30 PM	8x	\$185	\$195
Mar 8-May 10*	F	4:40-5:40 PM	7x	\$185	\$195

**Instructor:** Athena Coding Staff

**Location:** Community Center, Room 1

Min: 9; Max: 24

\*No Class on Apr 5 & Apr 26

Activity #: 2131HF

## Architects' Lego® Design

AGES 6 - 12

This class combines architecture, STEM learning, and storytelling while children explore structural design, balance, and aesthetics through weekly themes and collaborative projects. Weekly challenges allow students to practice fundamental principles of physics and engineering, while nurturing problem-solving and literacy skills. All skill levels are welcome as we build a community that encourages confidence, friendships, and lifelong skills.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 16-Feb 20	Tu	4:40-5:40 PM	6x	\$165	\$175
Mar 14-Apr 25*	Th	4:40-5:40 PM	6x	\$165	\$175

**Instructor:** Athena Coding Staff

**Location:** Community Center, Room 1

Min: 9; Max: 24

\*No Class on Apr 4

Activity #: 2131AL



## Olympic Chess

AGES 6 - 12

Learn chess with Athena! We've designed a high energy, stimulating approach to chess that is great for all ages. Students will spend much of their time playing each other and challenging the instructor. Each session begins with a brief question and answer session on a certain topic, student exercises and puzzles.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 22-Mar 4*	M	4:40-5:40 PM	6x	\$150	\$160
Mar 11-Apr 22*	M	3:30-4:30 PM	6x	\$150	\$160

**Instructor:** Athena Coding Staff

**Location:** Community Center, Room 1

Min: 9; Max: 24

\*No Class on Apr 1 & Feb 19

Activity #: 21310C

## Kids' Carpentry

AGES 4 1/2 - 8 1/2 (Tuesday)

Kids' Carpentry teaches children the safe use of hand tools in a fun environment. Kids build their own wooden projects from scratch, gaining experience in physical engineering, applied math, problem solving, and patience. The lessons, projects, and tools evolve with each student's individual pace. Examples of past projects are boats, trucks, bird feeders, doll furniture, airplanes and much more.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 9-Feb 13	Tu	2:10-3:20 PM	6x	\$225	\$235
Feb 27-Apr 9	Tu	2:10-3:20 PM	6x	\$225	\$235
Apr 16-May 28*	Tu	2:10-3:20 PM	6x	\$225	\$235

Min: 4; Max: 7

\*No Class on Apr 30

Activity #: 2138TC

AGES 6 - 11 (TUESDAY)

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 9-Feb 13	Tu	3:20-4:30 PM	6x	\$225	\$235
	Tu	4:30-5:40 PM	6x	\$225	\$235
Feb 27-Apr 9	Tu	3:20-4:30 PM	6x	\$225	\$235
	Tu	4:30-5:40 PM	6x	\$225	\$235
Apr 16-May 28*	Tu	3:30-4:30 PM	6x	\$225	\$235
	Tu	4:30-5:40 PM	6x	\$225	\$235

Min: 4; Max: 8

\*No Class on Apr 30

Activity #: 2138TC



## Kids' Carpentry (continued)

AGES 6 - 11 (WEDNESDAY)

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 10-Feb 14	W	2:10-3:20 PM	6x	\$225	\$235
	W	3:20-4:30 PM	6x	\$225	\$235
	W	4:30-5:40 PM	6x	\$225	\$235
Feb 28-Apr 10	W	2:10-3:20 PM	6x	\$225	\$235
	W	3:20-4:30 PM	6x	\$225	\$235
	W	4:30-5:40 PM	6x	\$225	\$235
Apr 17-May 29*	W	2:10-3:20 PM	6x	\$225	\$235
	W	3:20-4:30 PM	6x	\$225	\$235
	W	4:30-5:40 PM	6x	\$225	\$235

Min: 4; Max: 8

\*No Class on Apr 30

Activity #: 2138WC

**Instructor: Casey Nutt**

Location: Community Center, Sharyl Gates Craft Room





# Music and Dance

## Lyrical/Contemporary Dance

AGES 6 - 8

Students will experience the enchanting world of lyrical dance where movement and emotion unite to create a mesmerizing dance style. Lyrical dance is a beautiful blend of ballet and contemporary dance, emphasizing the expression of emotions through fluid and graceful movements. This class is designed for students of all levels looking to explore the artistic and emotional aspects of dance.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 13-Feb 10	Sa	12:30-1:30 PM	5x	\$135	\$145
Feb 24-Mar 23	Sa	12:30-1:30 PM	5x	\$135	\$145
Apr 6-May 11*	Sa	12:30-1:30 PM	5x	\$135	\$145

**Instructor: DC Dance Center Instructor**

Location: Community Center, Room 2

Min: 4; Max: 12

\*No class Apr 27

Activity #: 2135DC

## Mini Jazz/Ballet Combo Dance

AGES 3 - 5

Get ready to introduce your little ones to the enchanting world of dance with our Jazz and Ballet Combo class. This class is the perfect blend of two captivating dance styles providing a fun and dynamic experience that nurtures creativity, coordination, and a love for movement. Props like scarves or ribbons may be used to enhance the experience and add magic and playfulness to the class.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 13-Feb 10	Sa	10:30-11:30 AM	5x	\$135	\$145
Feb 24-Mar 23	Sa	10:30-11:30 AM	5x	\$135	\$145
Apr 6-May 11*	Sa	10:30-11:30 AM	5x	\$135	\$145

**Instructor: DC Dance Center Instructor**

Location: Community Center, Room 2

Min: 4; Max: 12

\*No class Apr 27

Activity #:2135DC



## Music Together

AGES NEWBORN - 5

Music Together provides a true family music experience. Music Together is fun, fabulous, uplifting, and magical. Each week in Music Together classrooms worldwide, babies, toddlers, preschoolers, big kids and the grownups who love them gather to make music as a community.

For dates and registration visit:

<https://eastbaymusictogether.youvirtuous.com>

**Instructor: Music Together Staff**

Location: Community Center, EOC

Min: 6; Max: 13

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### Afterschool Beginner Ballet

AGES 8 - 11

A gentle and fun introduction to basic classical ballet positions of the body, feet, and port de bras, as well as fundamentals of turning and jumping. We start with quick warm-ups and stretches on the floor, ballet exercises at the barre, then dance movements in the center including adagio, petit and grand allegro.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 9-Feb 6	Tu	4-5 PM	5x	\$130	\$140
Jan 11-Feb 8	Th	4-5 PM	5x	\$130	\$140
Feb 13-Mar 12	Tu	4-5 PM	5x	\$130	\$140
Feb 15-Mar 14	Th	4-5 PM	5x	\$130	\$140

**Instructor: Nona Refi**

Location: Community Center, Room 2

Min: 6; Max: 12

Activity #: 2135NR

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### Pre-Ballet

AGES 5 - 8

A pre-ballet dance class is typically designed for young children who are eager to explore the fundamentals of ballet in a fun and engaging way. These classes provide a gentle introduction to ballet and help children develop coordination, balance, and a love for dance.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 13-Feb 10	Sa	11:30-12:30 PM	5x	\$135	\$145
Feb 24-Mar 23	Sa	11:30-12:30 PM	5x	\$135	\$145
Apr 6-May 11*	Sa	11:30-12:30 PM	5x	\$135	\$145

**Instructor: DC Dance Center Instructor**

Location: Community Center, Room 2

Min: 4; Max: 12

\*No class Apr 27

Activity #: 2135DC





# YOUTH SEASONAL CAMPS

## Karate

AGES 8 - 17

Shotokan Karate is traditional Japanese karate with an emphasis on the integrated mind, body and spirit. This philosophy seeks perfection of character through hard training and discipline. We offer instruction in a supportive environment with traditional training. Students build endurance, alertness, and self-esteem. Sibling discount: \$5 off per child.

DATE	DAY	TIME	ALB RES	NON RES
Feb 20-23	Tu-F	9 AM-12PM	\$200	\$210
Feb 20-23	Tu-F	1 -4 PM	\$200	\$210
Apr 1-5	M-F	9 AM-12PM	\$250	\$260
Apr 1-5	M-F	1 -4 PM	\$250	\$260

### Instructor: Bijan Soleimani

Location: Community Center

Min: 7; Max: 30

#: 2132KK

Activity



## FULL DAY: Soccer

AGES 4 - 18

Albany-Berkeley Soccer Club welcomes boys and girls of all ages and skill levels who want to spend their spring break developing their soccer skills while having fun!

DATE	DAY	TIME	ALB RES	NON RES
Apr 1-5	M-F	9 AM-4 PM	\$470	\$480

### Instructor: Albany-Berkeley Soccer Club Staff

Location: Ocean View Field

Min: 8; Max: 45

Activity #: 2336AB

## FULL DAY: STEM + Minecraft with LEGO Materials

AGES 5 - 9

Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Then, venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world.

DATE	DAY	TIME	ALB RES	NON RES
Apr 1-5	M-F	9 AM-4 PM	\$520	\$530

### Instructor: Play-Well TEKnologies

Location: Community Center, Rooms 1&2

Min: 10; Max: 16

Activity #: 2138PW





### Spiders Ultimate Sport Class

AGES 8 - 11

Have fun playing with the Spiders, Oakland's Professional Ultimate Frisbee team! Each week we will learn by playing with the pros, including throwing, catching, and the fundamental X's and O's. Throughout each game we emphasize Spirit of the Game and developing social-emotional skills to help players thrive on any team.

DATE	DAY	TIME	ALB RES	NON RES
Apr 1-5	M-F	9 AM-12 PM	\$270	\$280

**Instructor: Spiders Youth Coaches**

Location: Ocean View Field

Min: 7; Max: 24

Activity #: 25360S

### FULL DAY: Improv and Theater Games

AGES 6 - 11

In this camp, campers will be introduced to basic concepts of comedy improv. Through games and structures, they will learn to trust their instincts, think on their feet and support each other. They will also laugh a lot! Morning and afternoon sessions will differ so campers are welcome to enroll in both. AM and PM camps can be combined for a full day camp.

DATE	DAY	TIME	ALB RES	NON RES
Feb 20-23	Tu-F	9 AM-1 PM	\$250	\$260
Feb 20-23	Tu-F	1 -5 PM	\$250	\$260
Apr 1-5	M-F	9 AM-1 PM	\$275	\$285
Apr 1-5	M-F	1 -5 PM	\$275	\$285

**Instructor: Geri Engberg**

Location: Community Center

Min: 6; Max: 16

Activity #: 2131GE

### Beginner Skateboarding

AGES 7 - 12

In this class skaters will learn to build balance, coordination, and confidence on their skateboards as well as techniques and tricks for further progression.

Participants must bring their own skateboard, helmet, and knee and elbow pads.

DATE	DAY	TIME	ALB RES	NON RES
Apr 1-5	M-F	9 AM-1PM	\$250	\$260

**Instructor: Maurice Coxeff Jr.**

Location: Ocean View Elementary, Outdoor Basketball Courts

Min: 5; Max: 10

Activity #: 2634SB





# FRIENDSHIP CLUB 2023-24

City of Albany Friendship Club programs are for children in 1st through 10th grade. All programs are held at Ocean View Park, 900 Buchanan Street. These specialized programs are curated by City Staff to bring enriching experiences to the youth in the community.



## AFTERSCHOOL PROGRAM

Friendship Club is an afterschool oasis where every child can play and explore in a safe and enriching environment. Our curriculum is inquiry based and driven by the interests of the children. Children have an opportunity for daily indoor and outdoor play, along with having time for relaxation and homework. They will have access to the portable classrooms, play structure, baseball field, tennis courts, and redwood grove. Friendship Club 2023-2024 is currently full, waitlist applications are open.

**Ages:** For children in 1st - 5th grade

**Fees:** Based on the Early Bird/Late Bird release times

5 days/week (no partial registration)

Early Bird-6 PM: \$620/month

Late Bird-6 PM: \$465/month

**Scan for the waitlist application:**



## JUNIOR COUNSELOR PROGRAM

The Junior Counselor program offers tweens and teens the opportunity to give back to their community, gain valuable leadership experience, and mentor younger children. Participants will join Recreation Leaders to assist with various projects and games while having a good time.

Junior Counselors are encouraged to participate in all their program correspondence. Please ask them to call, email, organize, and initiate! Your cooperation is greatly appreciated.

**Ages:** 6th – 10th grade

**Dates:** 3-month commitment

**Winter:** December – February

**Spring:** March – May

**Days:** 2 – 3 days a week

**Time:** TBD after registration upon request

**Fee:** Resident \$324 & Non-Resident \$334

**Activity #:** 1347JC



Register here:

## SUBSIDY PROGRAM

Financial subsidies are available for income-eligible Friendship Campers and Junior Counselors who reside in Albany. Subsidies can be utilized for Seasonal Camp weeks as well as Extended Care options.

Interested families should apply before completing registration. Returning families may be able to complete an abbreviated application. Please contact [kmiller@albanyca.org](mailto:kmiller@albanyca.org) or 1(510) 559-7227 for more information and to complete the brief application process.

## QUESTIONS?

Please contact [friendshipclub@albanyca.org](mailto:friendshipclub@albanyca.org) or 1(510) 559-7220

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

## SEASONAL CAMPS

Come spend your school closure days at our Seasonal Camps! Children will spend their days filled with a variety of engaging activities including art, science, engineering, games, indoor/outdoor play, and walking fieldtrips. Your child will make new friends and have fun while supervised by our Friendship Club staff.

Partial week registration is not offered for Seasonal Camps, nor Extended Care options.

**Ages:** For children in 1st-5th grade

**February Camp**

**Dates:** February 20-23

**Days:** Tuesday-Friday

**Time:** 9 AM-4 PM

**Fee:** \$308 Resident,  
\$318 Non-Resident

**Activity #:** 2337FEB

**Spring Camp**

**Dates:** April 1-5

**Days:** Monday-Friday

**Time:** 9 AM-4 PM

**Fee:** \$385 Resident,  
\$395 Non-Resident

**Activity #:** 2337SP

\*NEW Extended Care Options!

Children will enjoy outdoor free play.

**Time:** 8-9 AM

**Time:** 4-5 PM

**February Fee:** \$20 each AM/PM

**Activity #:** 2337FXC

**Spring Fee:** \$25 each AM/PM

**Activity #:** 2337SPXC

Registration  
begins  
December 18th!



Register here:

## SUMMER CAMP PREVIEW

Friendship Summer Camp will give your child a summer to remember! Our Summer Camp engages, delights, and inspires children to have fun through play. Campers will make new friends, learn new skills, and have fun. Each week children will do activities that include art, crafts, sensory play, engineering, science, group games, and walking field trips to local parks and facilities. Join us for one week or the whole summer and make memories to last a lifetime!

- Summer Camp is for children entering 1st – 5th grade in Fall 2024.
- Camps are Monday – Friday, with no partial week registration.
- Camp will run weekly from June 10th - August 9th.



# ADULT CLASSES

## Sports

### Adult Co-ed Softball

AGES 18+

Organize a team for Albany's adult recreational softball league. This league is available for novice, intermediate, or advanced-level players. Each team will have one scheduled game per week. 1st place team receives an award at the end of the season.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Mar 5-Jun 11	Tu	6:30-10 PM	15x	\$899	\$924

**Instructor: B. Bell**

Location: Ocean View Field

Min: 6; Max: 7

Activity #: 2516SB



### Adult Co-ed Soccer

AGES 18+

Get your cleats on! Albany has a Wednesday Night 5-A-side Co-ed Soccer league. This league is for people who love the game, want to have fun, and join a team. Players have the opportunity to play weekly and compete with others.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Mar 6-Jun 12	W	7:20-10 PM	15x	\$799	\$824

**Instructor: B. Bell**

Location: Ocean View Field

Min: 7; Max: 8

Activity #: 2516AS



Scan here for more information regarding Albany Adult Sports Leagues:



## Pickleball League

AGES 18+

Our Pickleball League strives to promote sportsmanship, competition, community involvement, health, and fitness. We have designed the format so players mostly play with others of similar skill levels. Your scoring will determine your placement.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Feb 4-Mar24	Su	4-6 PM	8x	\$120	\$130
Apr 14-Jun 9*	Su	4-6 PM	8x	\$120	\$130

**Instructor: B. Bell**

Location: Albany High School Gym

Min: 8; Max: 16

\*No meet day May 26

Activity #: 4516PL



## Indoor Pickleball Drop-in

AGES 18+

Play pickleball once a week at the Albany High School Gym. Recreation staff sets up nets and is there to help you learn the game! Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Paddles are available to rent at \$2. Fee is per class.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Feb 4-June 9*	Su	6-8 PM	1x/week	\$8	\$10

**Instructor: B. Bell**

Location: Albany High School Gym

Min: 0; Max: 25

\*No meet days Mar 31 & May 26

## Outdoor Pickleball Drop-in

AGES 18+

Play pickleball once a week at the Ocean View Tennis Courts. Recreation staff sets up nets and is there to help you learn the game! Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Paddles are available to rent at \$2. Fee is per class

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Year-Round	Tu	4-6 PM	1x/week	\$8	\$10

**Instructor: B. Bell**

Location: Ocean View Tennis Courts

Min: 0; Max: 25

\*No meet day TBD-due to court renovation



## Yoga with Viji

AGES 11+

In these 90-minute classes, students will learn a range of poses and breathing techniques that Viji has learned from some of India's best yoga teachers including a few other easy immune system-boosting exercises, which are not a traditional part of yoga. The class includes the practice of meditation and guided relaxation.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 10-Feb 7	W	6:30-8 PM	5x	\$60	\$70
Feb 14-Mar 13	W	6:30-8 PM	5x	\$60	\$70
Mar 27-Apr 24	W	6:30-8 PM	5x	\$60	\$70
May 1-May 29	W	6:30-8 PM	5x	\$60	\$70

### Instructor: Viji Sundaram

Location: Community Center, Main Hall

Min: 6; Max: 20

Activity #: 2114YV

## Morning Yoga (All Levels)

AGES 18+

Begin your day by exploring gentle, therapeutic, and graceful movements. Staying connected to our breath, we become present with every moment and every sensation in the body. We will learn the traditional Yoga asanas (postures) in the style of Hatha Yoga to increase the flexibility and endurance of the body.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 9-Feb 13	Tu	10-11:15 AM	6x	\$90	\$100
Jan 11-Feb 15	Th	10-11:15 AM	6x	\$90	\$100
Feb 27-Mar 26	Tu	10-11:15 AM	5x	\$75	\$85
Feb 29-Mar 28	Th	10-11:15 AM	5x	\$75	\$85
Apr 9-May 28	Tu	10-11:15 AM	8x	\$120	\$130
Apr 11-May 30	Th	10-11:15 AM	8x	\$120	\$130

### Instructor: Julia Alexander

Location: Community Center, Main Hall

Min: 5; Max: 20

Activity #: 2116JA

## User Friendly Pilates

AGES 18+

Develop core strength with the proper awareness to get stronger without getting hurt; learn to improve flexibility, endurance, posture, and balance. Ernie has 30 years' experience helping students optimize movement and prevent injuries. He is certified in Pilates, Feldenkrais, Barefoot Training, and has an extensive background as a professional dancer.

\*Prerequisites: Students must be able to get up and down from the floor without assistance.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 9-Feb 20	Tu	5:30-6:30 PM	7x	\$115	\$125
Feb 27-Apr 9	Tu	5:30-6:30 PM	7x	\$115	\$125
Apr 16-May 28	Tu	5:30-6:30 PM	7x	\$115	\$125

### Instructor: Ernie Adams

Location: Community Center, Main Hall

Min: 10; Max: 30

Activity #: 2114EA



## Breast Feeding and Lactation Workshop

AGES 18+

This workshop will go over breastfeeding and lactation basics including position, latch, what to expect in the first few weeks, some of the common concerns or difficulties parents may have with feeding their babies and how to prevent/address them.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 8	M	10-11:30 AM	1x	\$40	\$50
Jan 22	M	5:30-7 PM	1x	\$40	\$50
Feb 12	M	10-11:30 AM	1x	\$40	\$50
Feb 26	M	5:30-7 PM	1x	\$40	\$50
Mar 18	M	10-11:30 AM	1x	\$40	\$50
Mar 25	M	5:30-7 PM	1x	\$40	\$50

**Instructor: Edna Prieto, MD, IBCLC**

Location: Community Center, Room 1 (AM)

Sharyl Gates Craft Room (PM)

Min: 3; Max: 8

Activity #: 2111EP

## Finding the Perfect Diet for Your Body

ADULT 18+

If you are wanting to feel healthier this year, a fad diet is not the answer. In this workshop, Caitlin will guide you to figure out the best diet for your personal body through a combination of teaching and coaching. Caitlin Ball is a former dieter turned health coach.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 10	W	6:30-8 PM	1x	\$20	\$25

**Instructor: Caitlin Ball**

Location: Community Center, Room 1

Min: 3; Max: 20

Activity #: 2111CB

## Albany Big Band Jazz Ensemble

AGES 18+

Albany Jazz Band rehearses and plays classic to modern instrumental and vocal jazz. Experience with jazz and swing and good sight-reading skills are necessary. Consistent attendance at rehearsals and performances is advisable. Tuition covers a place in a band ensemble. Seats are limited in both bands.

PARTICIPATION IS BY PERMISSION OF INSTRUCTOR ONLY. PLEASE CONTACT [albanyjazzband@gmail.com](mailto:albanyjazzband@gmail.com)

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 17-May 29	W	6-9:30 PM	20x	\$75	\$85

**Instructor: Richard Kalman**

Location: Albany High School Band Room, Room 20

Min: 12; Max: 25

Activity #: 2615JB

## FOOT Power

AGES 18-85

With each step your foot impacts the ground at 1.5x your body weight. If impact isn't controlled, injuries and falls result. Wakeup and strengthen your feet; learn the good, bad, and ugly about shoes, orthotics, and barefoot training. Ernie has 30 years' experience helping students optimize movement and prevent injuries.

\*Prerequisites: Students must be able to get up and down from the floor without assistance.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 11-Feb 22	Th	5:30-6:30 PM	7x	\$115	\$125
Feb 29-Apr 11	Th	5:30-6:30 PM	7x	\$115	\$125
Apr 18-May 30	Th	5:30-6:30 PM	7x	\$115	\$125

**Instructor: Ernie Adams**

Location: Community Center, Main Hall

Min: 10; Max: 20

Activity #: 2114EF



## Sewing Workshop - Zipper Pouch

AGES 18+

In this 2-hour workshop students will learn to sew and make a lined zipper pouch. Class has a small student-to-instructor ratio where you will learn to safely operate a professional sewing machine and iron. All tools and materials are provided, including high quality fabrics and threads.

\$15 supply fee paid to instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 27	Sa	1:30-3:30 PM	1x	\$45	\$55
May 4	Sa	3-5 PM	1x	\$45	\$55

**Instructor: Julia Husch**

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 2151FS



## Adult Ballet (Beginner)

AGES 17+

Begins with floor barre followed by basic ballet barre exercises then finally choreographed dance movement in the center. Enjoy the benefits of improved posture, good balance, better coordination, greater strength and flexibility, healthier breathing, renewed energy, good concentration, and most of all experience the joy of movement to beautiful classical music. This class is gentle enough for the absolute beginner or returners.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 8-Mar 4*	M	6:30-8 PM	7x	\$150	\$160
Mar 11-Apr 22	M	6:30-8 PM	7x	\$150	\$160
Apr 29-Jun 17*	M	6:30-8 PM	7x	\$150	\$160

**Instructor: Nona Refi**

Location: Community Center, Main Hall

Min: 5; Max: 20

\*No Class on Jan 15, Feb 19 & May 27

Activity #: 2115NR



## Painting Workshop

ADULT 18+

In this painting workshop, experienced artists work independently with water-based paints, drawing, collage or mixed media. Participants bring their own projects and materials. There is no instruction, but we strive to provide a supportive space for creative work.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 10-Feb 28	W	5:30-8:30 PM	8x	\$60	\$70
Mar 6-Apr 24	W	5:30-8:30 PM	8x	\$60	\$70
May 1-Jun 26*	W	5:30-8:30 PM	8x	\$60	\$70

**Instructor: Charley Paffenbarger**

Location: Community Center, Rooms 1&2

Min: 5; Max: 12

\*No Class Jun 19

Activity #: 2113PW



## Karate

AGES 18+

Shotokan Karate is traditional Japanese karate with an emphasis on the integrated mind, body and spirit. This philosophy seeks perfection of character through hard training and discipline. We offer instruction in a supportive environment with traditional training. Students build endurance, alertness, and self-esteem.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 8-29*	M/Th	5:30-7 PM	6x	\$55	\$65
Feb 1-29*	M/Th	5:30-7 PM	8x	\$70	\$80
Mar 4-28	M/Th	5:30-7 PM	8x	\$70	\$80
Apr 1-29*	M/Th	5:30-7 PM	9x	\$80	\$90
May 2-30*	M/Th	5:30-7 PM	8x	\$70	\$80

**Instructor: Bijan Soleimani**

Location: Community Center, Main Hall & Rooms 1&2

Min: 7; Max: 30

\*No Class on Jan 15, Feb 19 & May 27

Activity #: 2152AK



## Cooking with Chat

\$15 food fee payable to instructor on day of class. Bring your sharp chef knife or cleaver, cutting board, hand towel, and your own beverage.

Ages 18+

**Instructor: Chat Mingkwan**

Location: Community Center, Kitchen

Min: 5; Max: 20      Activity #: 2111CM

## Appetizers and Small Plates

Easy, simple, and attractive are combined to create these cocktail hors d'oeuvres and finger food offerings. Ingredients and techniques from around the world are infused in preparing one-of-a-kind snacks, appetizers, and hors d'oeuvres, such as savory cakes with sweet chili sauce, lemongrass beef patties, and coconut cocktails.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Feb 29	Th	5:30-8:30 PM	1x	\$48	\$58

## Basic Knife Skills Workshop

Learn to cut and dice like a pro! This basic skill will make your cooking less laborious, quicker and more fun. We will learn to julienne, baton, brunoise, chiffonade vegetables and break up whole chickens to make a simple meal, including tips on maintaining and sharpening knives.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Feb 1	Th	5:30-8:30 PM	1x	\$48	\$58

## Healthy & Delicious Stir-Fry Workshop

Stir-frying is a fresh, quick, and easy food preparation, using the freshest ingredients, taking little time to cook, and employing simple technique. We will make delicious, healthy, and popular Asian stir-fried dishes such as garlic green beans, beef and broccoli, spicy eggplant and Thai basil, and peppered shrimp.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Mar 5	Tu	5:30-8:30 PM	1x	\$48	\$58

## Chinese New Year Feast

Chinese Lunar New Year marks the beginning of spring with the celebration that lasts for 7 days. A special feast is a large part of the celebration with dishes that represent good health and prosperity for the coming new year, Gong Hey Fat Choy! We will prepare three popular dishes: steamed sticky rice in lotus leaf, kungpou chicken, and ginger soup.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Feb 13	Tu	5:30-8:30 PM	1x	\$48	\$58

## Korean Cuisine

Tasty and simple are characteristics of Korean food not to mention the large amount of garlic that is being used! Join us and cook up three popular Korean dishes. Learn to make pajong pancakes, Chap Chae (bean noodles), and BBQ ribs.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Mar 13	W	5:30-8:30 PM	1x	\$48	\$58

## International Crepes

Crepes can be found around the world, and they can be served as an appetizer, snack, salad, main entrée, or dessert. Let's try crepes of milk and cream from the West, and crepes of coconut and nectar from the East. Let's try fillings of cheeses and wines from Europe, and fish sauce and toddy from Indochina. We will prepare most popular crepes such as blintzes and cheese sauce, Chinese Muu Chu, French sweet crepe suzette with fresh seasonal fruits, and Vietnamese moon crepes.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Apr 25	Th	5:30-8:30 PM	1x	\$48	\$58



## Vegetarian Cooking from Asia

Modify popular Asian dishes into vegetarian friendly meals and maintain the soul that makes Asian cuisine so unique. We make various Asian cuisines healthier and more beneficial by using only vegetables and their by-products. Learn to use different seasonings and herbs. Prepare popular Asian dishes, such as soup, salad, curry, and noodles.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
May 2	Th	5:30-8:30 PM	1x	\$48	\$58



## Comfort Thai

Prepare a comfort Thai meal for cold months. Learn about Thai culinary philosophy and recognize Thai flavors and create wonderful Thai comfort dishes. Learn to use many herbs and spices found in Thai cuisine such as lemongrass, galangal, kaffir lime and Thai Basil. We will prepare dishes such as hot and sour chicken coconut soup, stir-fried pork noodles with Thai basil, aromatic yellow curry.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
May 7	Tu	5:30-8:30 PM	1x	\$48	\$58

## Fried Rice Workshop

Leftover rice is perfect for many varieties of fried rice as it can be utilized and transformed into a scrumptious one plate meal. Chinese invention of wok cooking makes fried rice a fast and easy meal. We will cook three popular fried rice: Chinese Yangchow fried rice, Indonesian fried rice, and Thai curry fired rice.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
May 14	Tu	5:30-8:30 PM	1x	\$48	\$58



# SENIOR CENTER



The Albany Senior Center provides a comprehensive array of recreational programs and services that meet the needs of older adults in the community, enhancing quality of life and helping seniors to remain active, healthy, and independent.

At the Albany Senior Center, adults 50 and over enjoy socializing in a warm, friendly atmosphere and participating in programs.

### Hours

Monday-Friday  
8:30am-5pm

846 Masonic Avenue, Albany  
1(510)524-9122

Learn more about  
the Senior Center:



## RENT

the Senior Center  
for your event,  
meeting or party.

See page 47  
for details.

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## PARATRANSIT SERVICES

The Albany Senior Center Community Shuttle is funded by Measure BB, administered by the Alameda County Transportation Commission.

### *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 1(510) 287-5000 to make an appointment and get an application.

### *Taxi Subsidy Program:*

Using Measure BB funds, Albany Paratransit provides a taxi ride subsidy to Albany residents 70 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 Measure BB.

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## HEALTH SERVICES

### *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 healthcare options. Personal appointments can be made by calling 1(510) 839-0393.

### *Free Blood Pressure Checks:*

Get your blood pressure checked for free at the Senior Center on the 2nd Wednesday of the month. From 12-4pm

# JUST FOR THE FUN OF IT SOCIALS!

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## 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.

### **Technology One-on-One Help:**

Free computer, phone or tablet tutoring is offered by knowledgeable volunteers and staff. Drop in appointments are offered on Wednesdays and Thursdays from 1-4 pm. Call the Senior Center for more information.

**Informational Presentations:** Presentations, discussions and fun events are held regularly at the Senior Center. Ask the desk or look in the monthly Chronicle for more information and dates.

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## NUTRITION SERVICES

### **The Albany Tri-City Café:**

Well-balanced lunches served at 12 PM Monday-Friday. Reserve a seat by calling the Senior Center. Suggested donation: \$4 for 60+.

### **Meals on Wheels:**

Senior Center staff and volunteers deliver 7 meals per week to homebound seniors. Suggested donation: \$4 per meal.

**Mercy Brown Bag Program:** Grocery bags of nutritional food for seniors on a fixed income are distributed on the 1st and 3rd Friday of every month. Registration is required. \$10 yearly contribution.

*The Albany Senior Center offers opportunities for adults 50+ with similar interest to gather and have fun together. Socialize with friends and make new ones! Please check in at the Senior Center Front Desk for room location.*

*Schedule is subject to change.*

*Drop-in fee is \$1.00.*

## MONDAYS

**No Socials on Jan 15, Feb 19, and May 27**

### **SENIOR CENTER CHORUS**

Jan 8-May 20

3-4:30 PM

This chorus rehearses weekly, and occasionally performs in the community. Come be a part of this organized group of singers. Available on zoom or in person.

## TUESDAYS

### **NEEDLECRAFT & BEADING**

Jan 9-May 28

9:30 AM-12 PM

Improve your craftsmanship and socialize, while working on your own current project. Bring your own materials.

### **MORNING STRETCHES**

Jan 9-May 28

10-11 AM

City Staff will lead participants in a set of core stretches focusing on slow peaceful, and meditative movement. Available on zoom or in person.

### **MATINEE MOVIE OF THE MONTH**

Twice per month: Jan 9-May 28

Movies start at 1:30 PM

Enjoy popcorn and watch a critically acclaimed film. See our movie flyer for a schedule of films. Limited seating available.

### **POP UP PING PONG**

Jan 9-May 28

1:30-3 PM

All level of players are welcome to join our non-competitive Ping Pong (Table Tennis). Exercise and make new friends.



# JUST FOR THE FUN OF IT SOCIALS!

## WEDNESDAYS

### WOMEN'S BALKAN DANCING

Jan 10-May 29  
10-11:15 AM

Dances from Bulgaria, Greece, Albania, Armenia, Macedonia, Turkey and Serbia reflect ancient traditions.

No dance experience is required, and women of all ages are welcome; every dance is taught first.

### POP-UP PING PONG

Jan 10-May 29  
1:30-3 PM

All level of players are welcome to join our non-competitive Ping Pong (Table Tennis). Exercise and make new friends.

## THURSDAYS

### PAINTING

Jan 11-May 30  
9 AM-12 PM

Be inspired to further your art skills, have space to spread out your supplies and be part of a safe artist community where creativity is alive. Bring your own materials.

### MAHJONG & GAMES

Jan 11-May 30  
1-3 PM

Mahjong, Pinochle, board games, and cards available for anyone looking to have some fun.

### COUNTRY WESTERN LINE DANCING

Jan 11-May 30  
1:30-3:30 PM

Learn and recognize line dancing's unique vocabulary, typical steps, and patterns while improving your balance, footwork, cardiovascular activity, and stamina.

## THURSDAYS

### KARAOKE FOR SENIORS

Every 3rd Thursday, Jan 11-May 30  
1:30-3 PM

Take turns singing popular songs with a microphone and audience full of friends.

## FRIDAYS

### FRENCH CONVERSATION

Jan 12-May 31  
11:30AM-12:30 PM

If you are interested in conversing in French this group is for you. Read books and discuss current events en français.

### FOLK DANCING

Jan 12-May 31  
10-11:30 AM

Balance, space, time, and movement will be used while participating in simple folk dancing.

## 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 Measure BB, administered by the Alameda County Transportation Commission.



### Red Hawk Casino

World class gaming experience in Placerville. Have fun with games, cards, entertainment, and food.

**Jan 18, Thurs, 9 AM-3:30 PM**

ALBANY RESIDENT \$29  
NON-RESIDENT \$34

### Asian Art Museum

Enjoy the world's finest collection of Asian Art in the heart of San Francisco.

**Feb 2, Fri, 10:30 AM-3PM**

ALBANY RESIDENT \$44  
NON-RESIDENT \$49

### Marin Art and Garden Center

Enjoy beautiful scenery and art exhibits in Marin County, and then enjoy lunch in Ross.

**Feb 12, Mon, 10 AM-3 PM**

ALBANY RESIDENT \$29  
NON-RESIDENT \$34

### Cherry Farm Picking Tour

Three Nunns Farm, in Brentwood, invites you to learn about how cherries are grown. Pick your own to purchase and take home.

**May 30, Thurs, 8 AM-3:30 PM**

ALBANY RESIDENT \$29  
NON-RESIDENT \$34



### TreasureFest

Welcome to TreasureFest, Treasure Island's monthly festival featuring everything that makes the Bay Area unique. Local music, art, food, and hundreds of creators and vendors!

**Feb 24, Sat, 10 AM-3 PM**

ALBANY RESIDENT \$29  
NON-RESIDENT \$34

### San Francisco Ferry Building

Take a ferry ride to the San Francisco Ferry Building. Enjoy the Marketplace which offers a vibrant collection of primarily local, independently owned shops and restaurants.

**May 8, Fri, 10 AM-3:30 PM**

ALBANY RESIDENT \$39  
NON-RESIDENT \$44

All adults ages 50+ are welcome to travel with us on day trips as we explore the beautiful and exciting areas and attractions around Northern California.

Hop aboard our bus and leave the planning to us. Each trip is led by a group leader.

All trips include periods of walking, standing, sitting, admission and transportation, unless otherwise indicated. Travel itineraries are subject to change.

### Wine Tasting

Join us in a curated wine tour in Sonoma County. Wine tasting included.

**Mar 6, Wed, 9 AM-3:30 PM**

ALBANY RESIDENT \$95  
NON-RESIDENT \$100

### The Walt Disney Family Museum

Find animation, innovation, and inspiration in the remarkable life story of Walt Disney.

**Apr 12, Fri, 10 AM-3:30 PM**

ALBANY RESIDENT \$40  
NON-RESIDENT \$45

### Luther Burbank Home and Gardens

Visit Santa Rosa where world-renowned horticulturist, Luther Burbank, lived and grew his own garden.

**Apr 10, Wed, 9 AM-3 PM**

ALBANY RESIDENT \$29  
NON-RESIDENT \$34



# LUNCH TROUPE

All adult ages 50+ join in on this popular Senior Travel Troupe as we explore and enjoy lunch at some of our area's finest dining and popular destinations. Hop aboard our bus with family, friends and other food connoisseurs for an afternoon of good food, company and fun! Lunch and exploring are on your own.

All Lunch Trips are from **10am - 3pm**, **Albany Residents \$29**, **Non-Residents \$34**.



## **SANTANA ROW**

*Jan 11, Thursday*

Enjoy the uniqueness of this San Jose area with cuisine and shops.

## **BURLINGAME**

*Jan 26, Friday*

Located on the San Francisco Peninsula, Burlingame is known for eucalyptus groves, a walkable downtown and good eats.

9:30 AM-3:30 PM

## **CHINATOWN**

*Feb 8, Thursday*

Located in San Francisco, Chinatown transports you to Chinese culture and cuisine.

## **DOWNTOWN PLEASANTON**

*Feb 28, Wednesday*

Enjoy food and shopping at the edge of Alameda County.

## **TOWN OF SAN ANSELMO**

*Mar 14, Thursday*

Enjoy unique shopping opportunities, rich history and a creek-side location.

## **HEALDSBURG**

*Apr 04, Thursday*

9:45 AM-3 PM

Enjoy lunch and explore this vibrant and sustainable city in Sonoma County.

## **BENICIA**

*Apr 26, Friday*

Enjoy lunch and shopping in this waterside city in Solano County

## **HIGH-HAND NURSERY**

*May 7, Friday*

10 AM-3:30PM

Outside of Roseville, this unique shopping experience, greenhouse tours and excellent food is something to see for yourself!

## **ST. HELENA**

*May 23, Thursday*

10 AM-3:30PM

Views of vineyards and culinary scenes, St. Helena is a town in the heart of Napa County.

# TRAVEL TROUPE - EXTENDED VACATIONS

Extended vacations with the Albany Senior Travel Troupe are a great opportunity for Ages 50 and Older to travel with friends and family to enticing travel destinations around the world with confidence. 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.

**Contact Senior Center at 1(510) 524-9122 for more information and to book your trip.**

## **America's Cowboy Country** **8 Days – June 13, 2024**

### **Trip Includes:**

Roundtrip Airfare, Roundtrip Transfers, 7 Nights' Accommodation, 10 Meals (7 Breakfasts and 3 Dinners), Professional Tour Director, Motorcoach Transportation, Sightseeing per Itinerary, Admission per Itinerary, Hotel Transfers, Baggage Handling at Hotels.

### **Cost:**

\$3,899 per person  
double occupancy/\$1000 single supplement  
Deposit - \$698 per person / Final Payment Due  
60 Days Prior to Departure – April 2024



## **Shades of Ireland** **10 Days – September 12, 2024**

### **Trip Includes:**

Roundtrip Airfare, Roundtrip Transfers, 9 Nights' Accommodation, 13 Meals (8 Breakfasts and 5 Dinners), Professional Tour Director, Motorcoach Transportation, Sightseeing per Itinerary, Cooking Class, Admission per Itinerary, Hotel Transfers, Baggage Handling at Hotels.

### **Cost:**

\$3,999 per person  
double occupancy/\$700 single supplement  
Deposit - \$698 per person/Final Payment Due 60  
Days Prior to Departure – March 2024



### **2024 Schedule**

**October 2024: Spotlight on New York City**

**December 2024: Nashville & the Smoky Mountains**



# Exercise & Dance

## Fitness into the Golden Ages- Weight and Balance Training

AGES 50+

With over 25 years of professional fitness experience, trainers will help you improve your strength, mobility and balance. With their gentle approach, they will train you using simple body resistance exercises, dumbbells, and other small apparatus. Experience what training can do for you!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 12- May 31	F	4-4:45 PM	21x	\$49	\$54

**Instructor: Sarah Abelson & Jasmine Buczek**

Location: Senior Center, Multi Purpose Room and All in One Fitness, 614 San Pablo Ave (2nd Friday each Month)

Min: 4; Max: 10

Activity#: 222428



## FOOT Power

AGES 18 - 85

With each step your foot impacts the ground at 1.5x your body weight. If impact isn't controlled, injuries and falls result. Wakeup and strengthen your feet; learn the good, bad, and ugly about shoes, orthotics, and barefoot training. Ernie has 30 years' experience helping students optimize movement and prevent injuries.

\*Prerequisites: Students must be able to get up and down from the floor without assistance.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 11-Feb 22	Th	5:30-6:30 PM	7x	\$115	\$125
Feb 29-Apr 11	Th	5:30-6:30 PM	7x	\$115	\$125
Apr 18-May 30	Th	5:30-6:30 PM	7x	\$115	\$125

**Instructor: Ernie Adams**

Location: Community Center, Main Hall

Min: 10; Max: 20

Activity #: 2114EF

## Gentle Tai Chi

AGES 50+

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

DATE	DAY	TIME	ALB RES	NON RES
Jan 8-May 31*	M/W/F	10:30-11:30 AM	\$4	\$5

**Drop in fee per class**

**Instructor: Yachiyo Otsubo**

Locations: Community Center, Main Hall

Min: 20; Max: 40

\*No Class on Jan 15 & Feb 19

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**Rosen Method: Moving Body & Soul**

AGES 50+

During this one-hour class, we practice balance, simple dance steps, and easy yoga stretches, to a wide variety of wonderful music. All are invited so please join us!

DATE	DAY	TIME	ALB RES	NON RES
Jan 12-May 31	F	9:30-10:30 AM	\$11	\$12

**Drop in fee per class****Instructor: Odile Atthalin**

Locations: Senior Center, South Room

Min: 3; Max: 15

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**Rosen Movement**

AGES 50+

Based on Rosen Method Movement, a tradition developed by physical therapist Marion Rosen, who took this class at Albany Senior Center through her mid-90's. Classes are playful yet powerful, combining elements of stretch, balance, dance, yoga, and relaxation, all done with wonderful music.

DATE	DAY	TIME	ALB RES	NON RES
Jan 10-May 31	W	12:15-1:15 PM	\$8	\$9

**Drop in fee per class****Instructor: Deborah Marks**

Location: Senior Center, South Room

Min: 3; Max: 15

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**Balance Dancing**

AGES 65+

Balance dancing plus weight and balance training.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 3-31	W	3:15-4:30 PM	4x	\$8	\$12
Feb 7-28	W	3:15-4:30 PM	4x	\$8	\$12
Mar 6-27	W	3:15-4:30 PM	4x	\$8	\$12
Apr 3-24	W	3:15-4:30 PM	4x	\$8	\$12
May 1-29	W	3:15-4:30 PM	5x	\$10	\$14

**Instructor: Julia Lee**

Location: Community Center, Rooms 1 &amp; 2

Min: 4; Max: 10

Activity#: 222425





# Walking

## Albany Senior Center Walking Group

AGES 50+

Come enjoy a group walk to various places around Albany led by local residents and nature lovers. With the benefits of vitamin D from the sun and cordial social exchange, come get active with us.

DAY	TIME	ALB RES	NON RES
Mondays	1-2:30 PM	Free	Free

Location: Each walk departs from the Senior Center

## Walk, Talk & Be Healthy!

AGES 50+

A program designed to encourage walking for adults 50+. Visit regional parks and other interesting, scenic places. Walks are usually 2 to 4 miles and are generally easy to moderate difficulty. Monthly walk schedules and registration forms are available at the Albany Senior Center. Space is limited and early registration is recommended.

DAY	TIME	ALB RES	NON RES
Monthly Tuesdays	9 AM-2:30 PM	Varies for each trip	

## Instructor: Zion Lee

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



# Read and Write

## Memoir Writing

AGE 50+

Students read their own writings to the class for comments and evaluation. The teacher points out principles/approaches for effective writing. The idea is to make our memoir writing as vivid/effective as it can be. The class provides low-pressure and respectful atmosphere.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 8-May 27*	M	1-3 PM	18x	\$96	\$101

## Instructor: Bill Hyman

Locations: Senior Center, South Room

Min: 4; Max: 30

Activity#: 222103

\*No Class on Jan 15, Feb 19, & May 27

## iPad Partners for Beginners

AGE 50+

We have a drop-in weekly support group for those who are newer users of iPads or other touch screen devices. We will focus on getting around on our devices, learning and reviewing basics and useful skills. Bring your own device.

DATE	DAY	TIME	ALB RES	NON RES
Jan 10-May 29	W	2-3 PM	\$1	\$1

## Drop in fee per class

## Instructor: Mary McKenna

Locations: Senior Center, South Room

Min: 4; Max: 20



# Special Interest

## World Affairs & Politics

AGE 50+

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

DATE	DAY	TIME	ALB RES	NON RES
Jan 8-May 27*	M	10-11:30 AM	\$1	\$1

### Drop in fee per class

#### Instructor: Volunteers

Locations: Senior Center, South Room

Min: 4; Max: 20

\*No Class on Jan 15, Feb 19, May 27

## Demystifying Nutrition Controversies

AGES 50+

With so much conflicting information in the news, the best nutritional decisions may be confusing. Paleo, fat, meat, raw milk, vegan, organic, salt, calories, cholesterol, supplements? Come learn the science, understand your own biochemical individuality, and make the best choices. \$6-\$8 supply fee paid to instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 8-29*	M	3:30-5 PM	4x	\$4	\$4
Feb 5-26*	M	3:30-5 PM	3x	\$4	\$4
Mar 4-25	M	3:30-5 PM	4x	\$4	\$4
Apr 1-29	M	3:30-5 PM	4x	\$4	\$4
May 6-20	M	3:30-5 PM	4x	\$4	\$4

#### Instructor: Nori Hudson, BCHN

Locations: Senior Center, South Room

Min: 5 Max: 20

\*No Class on Jan 15 & Feb 19 Activity#: 211128

## Watercolor Workshop

AGE 50+

This intensive watercolor workshop will feature individualized instruction by an experienced watercolorist. You will be encouraged to achieve more detailed control of the creative medium while increasingly wider range of challenges such as cloud, water, flowers, environments, and figurative subjects. Additional \$30 material fee for those needing basic watercolors.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 10-Mar 6	W	9:45-11:45 AM	9x	\$113	\$118
Mar 10-May 22*	W	9:45-11:45 AM	9x	\$113	\$118

#### Instructor: Susan McAllister

Locations: Senior Center, South Room

Min: 1; Max: 18

\*No Class on Apr 5

Activity#: 222333

## AARP: Mature Driving

AGE 50+

This class offers participants compensating techniques and emphasizes defensive practices. 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. Register through Albany Senior Center. Fees will be paid directly to AARP on the first class; check or money order only (no cash).

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Jan 25-Feb 1	Th	1-5 PM	2x	\$20	\$25

#### Instructor: Olithia O'Toole

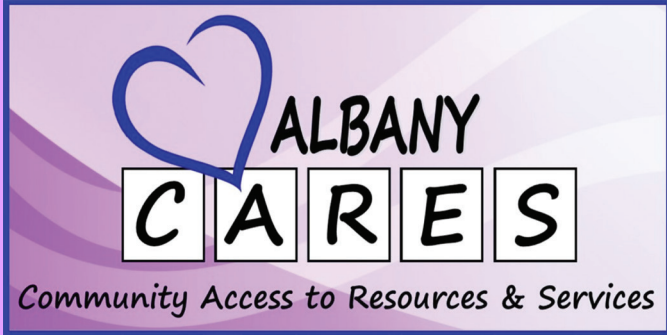
Locations: Senior Center, South Room

Min: 10; Max: 20

Activity#: 222105



# RESOURCES FOR THE COMMUNITY



Albany CARES offers information and referral services to help residents successfully access available community resources.

This includes assistance applying for local parcel tax exemptions and affordable housing, as well as information on legal assistance, utility payment assistance, medical and mental health programs, and much more.

For assistance for all Albany CARES programs, call 1(510) 524-9283 or email [albanycares@albanyca.org](mailto:albanycares@albanyca.org).

## Albany Project HOPE

Albany Project HOPE (Housing Opportunities Expanded) provides outreach, engagement, and housing navigation services to people without housing in Albany. The goal of Project HOPE is to address individuals' immediate needs and encourage participation in available services that over time will lead to stable housing.

## Parcel Tax Exemption & Renter Rebate Program

Every year the City of Albany offers exemptions for qualified homeowners and rebates for qualified renters on six parcel taxes. Residents must submit a new application each year. Annual applications will be available in January at [www.albanyca.org/exemptions](http://www.albanyca.org/exemptions).

Get in-person help filling out the application.

**May 14, Tuesday**

1:30-4:00 pm

**May 21, Tuesday**

1:30-4:00 pm

Staff will have current materials available.

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

**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.



## Rent Review Program

The Rent Review ordinance applies to most rental units in Albany, including single-family homes and condominiums, and establishes the Rent Review Program to provide a mediation process for rent increases. Both tenants and landlords can be referred to the Rent Review Program. More information is available at: [www.albanyca.org/rentreview](http://www.albanyca.org/rentreview).



## Landlord and Tenant Counseling

Residential tenants and landlords can be referred directly for information and counseling on a range of housing law issues, including repairs, security deposits, rent payments, and more.

## Financial Assistance for Renters

Are you a renter in Albany? Are you in debt or struggling to pay for rent, household expenses or other necessities? We may be able to help. Financial assistance is now available for income-eligible tenants.

Tenants will need to meet eligibility requirements and complete an application, including providing documentation of household finances.

## Neighbors for Safety Awareness

Recreation and Community Services can assist you in organizing a neighborhood meeting with the Albany Police Department to talk about safety awareness and any other related concerns. These meetings are intended to generate dialogue, provide safety strategies, and build understanding between neighbors. For more information, email [recinfo@albanyca.org](mailto:recinfo@albanyca.org) or call **1(510)524-9283**.

## Text to 911

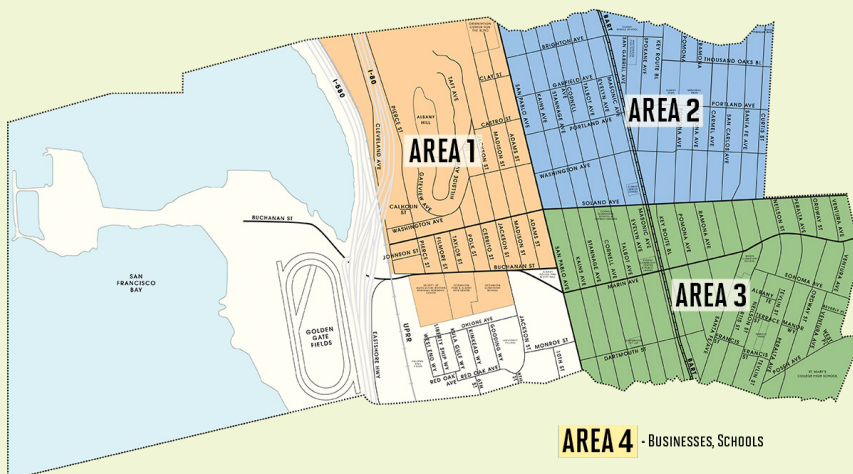
The Albany Police Department's Text to 911 feature allows community members to text APD dispatch during an emergency when you cannot talk on the phone. To use this system, all you have to do is type 911 in the recipient text field, enter the incident details and hit send. Dispatchers will receive your message and begin a text conversation.

- A dispatcher will reply to you by text. Be sure to silence your ringtone if staying quiet is important for your safety
- Give an accurate address or location as quickly as possible
- Identify the type of help you need - police, fire or ambulance
- Be brief, but don't use abbreviations or slang
- Text feature is currently only available in English. Translation services are not yet available
- Do not copy other people on text to 911. Group messages will not go through
- Do not use emoticons or attach photos or videos. Texts with any images or multimedia will not go through
- If your text to 911 fails to go through, you should receive a bounce-back message saying the service is not available and instructing you to make a voice call to 911
- If you do not receive a text response from 911, try to contact 911 another way
- 911 call centers cannot identify your exact location when you send a text to 911
- Don't text and drive, safety is the ultimate priority

## Area Coordinator Program

The Albany Police Department recognizes the importance of maintaining strong relationships with the community. The Area Coordinator Program has been developed to improve accessibility between officers and community members. This program breaks the City down into four smaller subsections, each with an assigned representative to answer questions and help resolve community issues. As always, though, emergency issues and in progress crimes should be reported to our Dispatch Center via 9-1-1.

Residents, business owners, and community members can find their assigned officer to help with a personalized approach to their unique issues. Residents and community members are encouraged to reach out to the Area Coordinators to discuss neighborhood issues, concerns, problems or just to say hello.

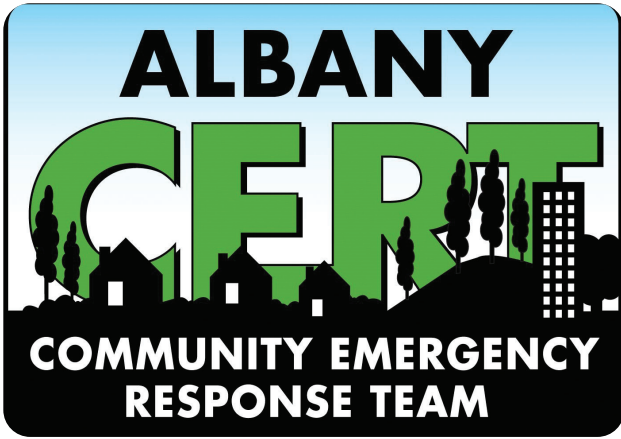


AC area 1:  
**[Area1.coordinator@albanyca.org](mailto:Area1.coordinator@albanyca.org)**  
Residential

AC area 2:  
**[Area2.coordinator@albanyca.org](mailto:Area2.coordinator@albanyca.org)**  
Residential

AC area 3:  
**[Area3.coordinator@albanyca.org](mailto:Area3.coordinator@albanyca.org)**  
Residential

AC area 4:  
**[Area4.coordinator@albanyca.org](mailto:Area4.coordinator@albanyca.org)**  
Businesses, Schools



## CERT Training Classes

Albany CERT (Community Emergency Response Team), supported and authorized by the Albany Fire Department and FEMA (Federal Emergency Management Agency), has scheduled new CERT training sessions.

### Why CERT Training is essential:

When an emergency or disaster situation happens such as earthquake, or wildfires, or other disasters, CERT Trained residents are prepared to help. Because emergency services personnel will not be able to help everyone immediately, you can use your CERT training to make a massive difference in your community.

### CERT Training Schedule:

Training classes will be scheduled twice annually, from March to May and September to November.

### Enrollment is open:

Email [byeaman@mac.com](mailto:byeaman@mac.com) for the training dates in the order you prefer and are available for:

1. 2024 March - May
2. 2024 late September - November
3. 2025 March - May
4. 2025 late September - November

### About Albany CERT:

Albany CERT Inc. is a 501(c)(3) non-profit, and an all-volunteer organization consisting of CERT trained people dedicated to the safety of Albany residents in a disaster, expanding CERT Training and supporting Albany's disaster readiness. To find out about trainings offered by Albany CERT Inc., visit [www.albanycert.org](http://www.albanycert.org)



## CPR & First Aid Courses

The Albany Fire Department is pleased to continue a partnership with the American Safety & Health Institute to offer CPR & First Aid Course to the community.

### Courses Offered:

CPR/AED or First Aid for the Community & Workplace

**Fee:** \$25

**Location:** Emergency Operations Center  
(Between City Hall & Fire Station)

### Upcoming Trainings:

Sunday, Mar 3, 2024 | 8:30 AM-3 PM | CPR & First-Aid

Sunday, Jun 9, 2024 | 8:30 AM-12:30 PM | CPR Only

Sunday, Sept 1, 2024 | 8:30 AM-3 PM | CPR & First-Aid

[www.albanyca.org/CPR-FirstAid](http://www.albanyca.org/CPR-FirstAid)

## ReadyAlbany.org

Learn how to prepare for disasters and stay connected with the City in the event of emergencies by visiting [ReadyAlbany.org](http://ReadyAlbany.org)



## 3 Tips on How to Prepare and Plan for Disasters and Emergencies

1. **Make an Emergency Kit:** An emergency kit should have everything you need to survive for several days. Keeping your kit stocked with necessities like food, water, and medical care can make the difference in the face of a disaster.
2. **Make a Plan:** Disasters can happen anywhere, any time. That's why it's important you're prepared. Do you have a plan for yourself, your pets, and your family? Consider the specific needs you might have in an emergency. Learn your evacuation routes and know how you'll contact family members if separated.
3. **Sign Up for AC Alert:** Sign up all your devices with AC Alert, the mass notification system for Albany and Alameda County. Those that sign up will receive the latest updates on evacuation orders and warnings in Albany. AC Alert can provide notifications over phone, text message, and email. Sign up at [acalert.org](http://acalert.org) or download the Everbridge app to get push notifications for all AC Alert messages, including Red Flag Warnings. Need help subscribing? Visit [www.readyalbany.org/acalert-signup-help](http://www.readyalbany.org/acalert-signup-help) for a step-by-step guide to sign up for Albany AC Alert.

Visit [Ready.gov](http://Ready.gov) for more information on how to prepare for a disaster.

## Protect Your Pipes from Fats, Oils and Grease (FOG)

When cooking oils and grease go down the drain, they can clog pipes and lead to sewage back-ups at your home, place of business, and in the City sewer system. This can even lead to sewage entering the San Francisco Bay when grease clogs the pipes and overflows the sewer system. Please keep our pipes and our Bay clean by properly disposing of cooking oil and grease.

Berkeley and El Cerrito Recycling Centers accept larger amounts of residential oil and grease for recycling. For at-home recycling, pour cooled FOG into a sturdy paper container like a cardboard box or egg carton, absorb remaining FOG by wiping greasy pans with a paper towel, and place the items in your green organics cart.

Visit [www.ebmud.com/fog](http://www.ebmud.com/fog) to learn more.

## Genasys Protect (Formerly Zonehaven AWARE)

In the event of an emergency, evacuation warnings or evacuation orders may be issued for impacted areas. The City is a member of Genasys Protect, which provides information that can be targeted to specific areas. These notices are issued for a "zone" with an evacuation status. Genasys Protect provides evacuation resources and information to help residents stay informed, prepared, and safe.

Bookmark [protect.genasys.com](http://protect.genasys.com) on your computer, phone, and tablet so you can quickly access it in the event of an emergency where evacuations are required.



## Curious About Compost?

Compost is made of decomposed organic matter and can be applied to soil to improve moisture retention, promote plant growth, and draw down (sequester) carbon dioxide from the atmosphere to fight climate change. In Albany, everyone can get involved in creating healthy, nutrient-rich compost by placing food scraps and plant waste into the organics/compost collection cart (residents) or bin (commercial businesses). After food scraps and plant waste is placed in the correct collection container, the waste hauler picks up the plant waste and food scraps and materials and takes them to a processing facility. At the processing facility, the organic materials are ground down to smaller particles, and then placed out in the sun where the materials decompose and turn into compost. Diverting food waste and plant waste from the landfill by separating them from trash, and placing the organic materials in the organics cart or bin, is now the law in California and in Albany.

**Where can you find some of this nutrient-rich compost for your garden or house plants?**

### Visit the Albany Compost Hub at the UC Gill Tract Community Farm!

The Albany Compost Hub at Gill Tract is now open every Sunday 12-4pm! The Compost Hub offers free, self-serve compost to all visitors. Bring your own bucket or bag to take your compost home, or borrow one of the burlap sacks available at the Hub. The Hub is funded by the City of Albany and is a partnership of the City, UC Berkeley, the Gill Tract Farmer's Coalition, and StopWaste.

Want to learn more about compost, including how to sort organic materials, and how to visit the Hub?

Visit [www.albanyca.org/compost](http://www.albanyca.org/compost).



## *What Can You Do to Curb Climate Change?*

### Improve Air Quality, Curb Climate Change, and Encourage Clean Energy Development

By electrifying your home appliances and transportation, you not only improve both indoor and outdoor air quality, but you also reduce reliance on fossil fuels and encourage development of clean, renewable electricity!

To accomplish this, the City is offering rebates, incentives, and informational resources for the community to go all-electric. Learn more about electrification and clean energy and find resources to help you get started with Albany's Home Electrification Guide available at:

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

### Induction Cooktop Lending Program

Are you considering switching to an induction cooktop, or just curious how it works? Borrow an induction cooktop for free from the City of Albany! Induction cooktops are safe, powerful, and environmentally-friendly. Try it out for yourself with Albany's free induction cooktop lending program!

Learn more at [www.albanyca.org/induction](http://www.albanyca.org/induction)

### Heat Pump Rebate Program

The City of Albany is offering rebates for electric heat pump HVAC systems! You can receive \$750-1,500. Heat pumps are incredibly efficient and can run both heating and air conditioning. Plus, they use clean electricity derived from 100% wind and solar power! Even more rebates are available through the BayREN and TECH programs. Learn more at:

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

## Public Works: Storm Season Preparedness

With Winter comes wet weather. It's important to keep our storm drains clean and free of obstruction so that stormwater can drain and the City's street sweeper can do a good job preventing seasonal flooding.

Here's some information about how City staff prepare for and respond to large storms in our area.

### Preparedness:

- Seasonal storm drain cleaning.
- Stocking sand for sandbags at Ocean View Park.
- Having additional staff on standby during predicted large storms.
- Coordinating with the Police Department to pre-stage a truck with barricades and signs for quick deployment in case of power outages or other road hazards.

### Storm Response:

- Responding to calls about downed trees, tree limbs, and flooding, and quickly mitigating the worst problems.
- Working with the City Arborist and contractors, who manage larger tree issues with consideration of all factors including the health of the tree and protecting people and property.
- During the days following a storm, picking up branches and clearing leaves and debris from storm drains.

### How can residents prevent flooding?

- Clearing existing trash and leaves from storm drains in your neighborhood. Be sure and put these in trash or green waste bins as appropriate.
- Obtaining sandbags if your property is prone to flooding. Sandbags are available at the Albany Fire Station, 1000 San Pablo Avenue. Sand for self-serve sandbags is available at Ocean View Park, 900 Buchanan Street. Please travel safely.
- Visiting [www.albanyca.org/storm](http://www.albanyca.org/storm) for more information in preparation for and during a storm.

## Pothole? Illegal dumping? Street light out? Other Public Works related issues?

We have an online reporting system!  
[www.albanyca.org/service-request](http://www.albanyca.org/service-request)  
or call **1(510) 524-9543** to report any issues. We appreciate your eyes and ears around the City.

## Construction Alerts: **construction zone** How We Communicate



Visit [www.albanyca.org/construction-alerts](http://www.albanyca.org/construction-alerts) to see information about current, upcoming, and recent past projects.

Listed information includes but is not limited to project schedules, maps, photos, and related project documents. Information is updated frequently with new details as they become available.

The City intends this page to be a first-stop resource for residents to find information on projects currently in construction, including details about road closures or other guidance for residents near project areas. This page is also intended to share the next steps planned for projects in the pipeline.



# ALBANY PARKS

The City of Albany is home to 4 beautiful parks spread throughout the City. [www.albanyca.org/picnic](http://www.albanyca.org/picnic)



For More Information:



The **Ocean View Park**, 900 Buchanan St., picnic area is among Albany's Redwood Grove trees. The children's play area is spacious and features swings and climbing structures. Ocean View Park has 6 picnic areas, BBQ grills, and 12 tables, accommodating a maximum of 72 people. Each area has a reservable time block from 10 AM–2 PM or 3 PM–7 PM.



The **Memorial Park**, 1325 Portland Ave., picnic area is next to the Memorial Park Ball Field and the children's play area. Memorial Park has 2 picnic areas, BBQ grills and 9 tables accommodating a maximum of 54 people. Each area has a reservable time block from 9:30 AM–1:30 PM or 2:30 PM–6:30 PM.



Albany's newest park is located on 720 Pierce Street, near Albany Hill. The park boasts panoramic views of the San Francisco Bay, the Golden Gate Bridge, and the Albany Bulb. There are two play areas for kids of all ages to explore. **Peggy Thomsen Pierce Street Park** has three smaller non-reservable picnic tables that are first come, first served.



The **Jewel's Terrace Park**, 1548 Terrace St., picnic area is nestled in the Terrace neighborhood and is one of the city's hidden treasures. The picnic area is near two children's play areas and an open green space. Terrace Park has 1 picnic area, a BBQ grill, and 5 tables to accommodate 30 people. It has a reservable time block from 9 AM–1 PM or 2–6 PM.



The Albany **Dog Park** is next to Memorial Park on the corner of Thousand Oaks and Carmel. The gated dog park is open daily from 11 AM–8 PM.



Our tennis courts are at Memorial, Ocean View, and Terrace Park. The courts are open to the public and reservable online for guaranteed playtime. Tennis courts are available at 8 AM daily, and reservations in advance. Memorial and Ocean View have free lights for nighttime play.



# Albany Facilities



## ALBANY COMMUNITY CENTER & SENIOR CENTER

A variety of spaces are available for use in the Albany Community Center, as well as the Albany Senior Center. Whether planning a wedding reception, family reunion, birthday party, or community meeting, there is likely an ideal space for your event. Reservations can be made up to a year in advance.

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



For more information:



## BLOCK PARTIES

Block parties are suitable for enjoying the nice weather, food, games, and beautiful conversations with your neighbors. Start planning for your block party today. Block party fees included barrier drop off and pick up, and one can even request the Albany Fire Department to do a Disaster Preparedness Training. [www.albanyca.org/blockparty](http://www.albanyca.org/blockparty)



For more information:

**MLK**



**DAY OF SERVICE**

**Get Engaged**  
**Commit to serve**  
January 15, 2024

MAKE IT A DAY ON,  
NOT A DAY OFF.

The Martin Luther King, Jr. Day of Service is the only federal holiday observed as a national day of service.

Be a part of this national member as we honor Martin Luther King Jr. and his commitment to service, community and unity.

visit [www.albanyca.org/mlkday](http://www.albanyca.org/mlkday) or scan the code for more information:





# FRIENDS OF ALBANY SENIORS PANCAKE BREAKFAST



Friends of Albany Seniors, FOAS, will be hosting their annual Pancake Breakfast.

The Albany Fire Department will be cooking delicious pancakes and more!

**Saturday, February 10**

**Time:** 9 am - 12 pm

**Location:** Albany Senior Center

**Ticket Prices:** \$10 Adults

\$8 Children (12 and younger)



For tickets, visit the Albany Senior Center or on the FOAS website: [friendsofalbanyseniors.square.site](http://friendsofalbanyseniors.square.site)



## PARENTS' NIGHT OUT!

Parents' Night Out gives parents a chance to enjoy an evening alone and kids the opportunity to play with friends, enjoy activities, watch a movie, and eat yummy pizza and popcorn! Kids are encouraged to wear cozy PJs and bring a stuffie and a blanket.

Parents drop off your kids knowing they'll be in the best care with Friendship Club staff.

**Friday March 8 & May 10**

**Time:** 6:30 - 9:30 pm

**Location:** Community Center 1249 Marin Avenue

**Ages:** 5 - 12 years

**Fee:** \$60 Resident

\$70 Non-Resident



**Activity #:** 4139PN



# MOVIE IN THE PARK

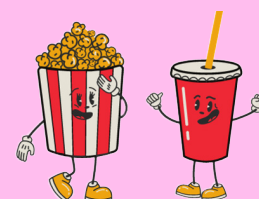


**Friday, May 17**

**Time:** Sunset 8:30 - 10PM

**Fee:** Free

**Location:** Memorial Park,  
1325 Portland Ave



## CELEBRATE OLDER AMERICANS MONTH AT THE ALBANY SENIOR CENTER

### Mother's Day Dinner

Friday, May 10, 2024

Time: 12:00pm

Fee: \$5

(Suggested Donation for those 60yr. & Older)



### Brushes & Brews

Thursday, May 16, 2024

Time: 1:30pm - 4:30pm

Fee: \$40



### Family Feud Gameshow

Friday, May 31, 2024

Time: 2:00pm

Fee: FREE



## OCEAN VIEW COMMUNITY ORGANIC GARDEN

Enjoy the spirit of the community while growing delicious food and flowers. Designated plots are assigned upon request through Recreation and Community Services Department.

Join us during our "Open Garden" on the 2nd & 3rd Sundays of March through October from 11 AM - 1 PM

Location: Ocean View Park at 900 Buchanan St  
Plot Fee: \$75 per year

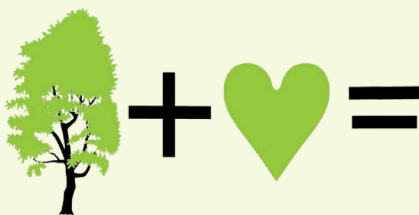
## WANT TO GET INVOLVED IN ALBANY PARKS?

### CLEAN UP DAYS ARE BACK!

Save the Date: **MARCH 23, 2024**

### OHLONE GREENWAY AT ALBANY LOOP

Masonic Ave and Portland Ave



## GIVE BLOOD. GIVE LIFE.

Urgent need for blood donations

THURSDAY, MARCH 7 2024

9:30 AM - 3:30 PM

**ALBANY COMMUNITY CENTER**  
**1249 MARIN AVE**

FOR MORE DETAILS AND TO SCHEDULE  
YOUR APPOINTMENT, VISIT:

[WWW.REDCROSSBLOOD.ORG](http://WWW.REDCROSSBLOOD.ORG)

ENTER SPONSOR CODE: **ALBANYCA**



# How to Register

There are two ways to register for classes:

1

## ONLINE

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



Scan to register for classes online!

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

## CLASS REFUND POLICY

### 5 business days or more:

- Payee will be refunded less a \$20 withdrawal fee.

### 2-4 business days or fewer:

- Payee will be refunded less a \$40 late withdrawal fee.

### 1 business day or fewer:

- No refunds will be granted within one business day of the first class meeting or after the class has started.

## CAMP REFUND POLICY

### 5 business days or more:

- Payee will be refunded less a \$20 withdrawal fee.

### 4 business days or fewer:

- No refunds will be granted within four business days of the first camp meeting or after the camp has started.

## REFUND REQUESTS:

Refund Requests must be made in writing by mail/drop-off to:

### CITY OF ALBANY

Recreation and Community Services  
1249 Marin Avenue  
Albany, CA 94706

or by email to [recinfo@albanyca.org](mailto:recinfo@albanyca.org)







City of Albany Recreation and Community Services

# ACTIVITY REGISTRATION FORM

## *Family Account Setup* (If you haven't created an account with us before)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Birthdate:     /     /      
mm dd yyyy

Address: \_\_\_\_\_ Preferred Gender: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

## *Emergency Contact Information*

Full Name: \_\_\_\_\_ Contact's Cell Phone: \_\_\_\_\_

Relationship to Participant(s): \_\_\_\_\_

## *Activity Registration Information*

Participant Name:	DoB:	Gender:	Activity Name:	Dates:	Time:	Fees:

Total Fees \$

### **LIABILITY RELEASE:**

I AGREE to assume the risk of accident or injury sustained from whatever cause in connection with this activity, and release the City of Albany, it's 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.

X \_\_\_\_\_  
(Signature of Parent/Guardian/Self) (Date)

### **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 the use of these photos or videos.

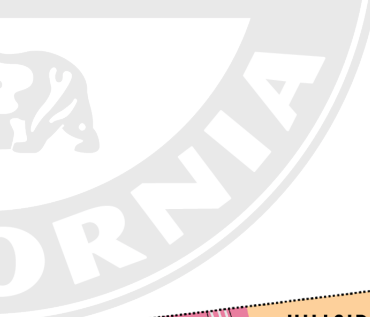
X \_\_\_\_\_  
(Signature of Parent/Guardian/Self) (Date)

### **REFUND POLICY**

I have read, understand, and agree to the refund policy for the City of Albany Recreation and Community Services Department. X \_\_\_\_\_  
(Initial)

## *Drop off or Mail in to:*

RECREATION AND COMMUNITY SERVICES DEPARTMENT  
 1249 MARIN AVENUE, ALBANY CA 94706



## AROUND YOUR BLOCK

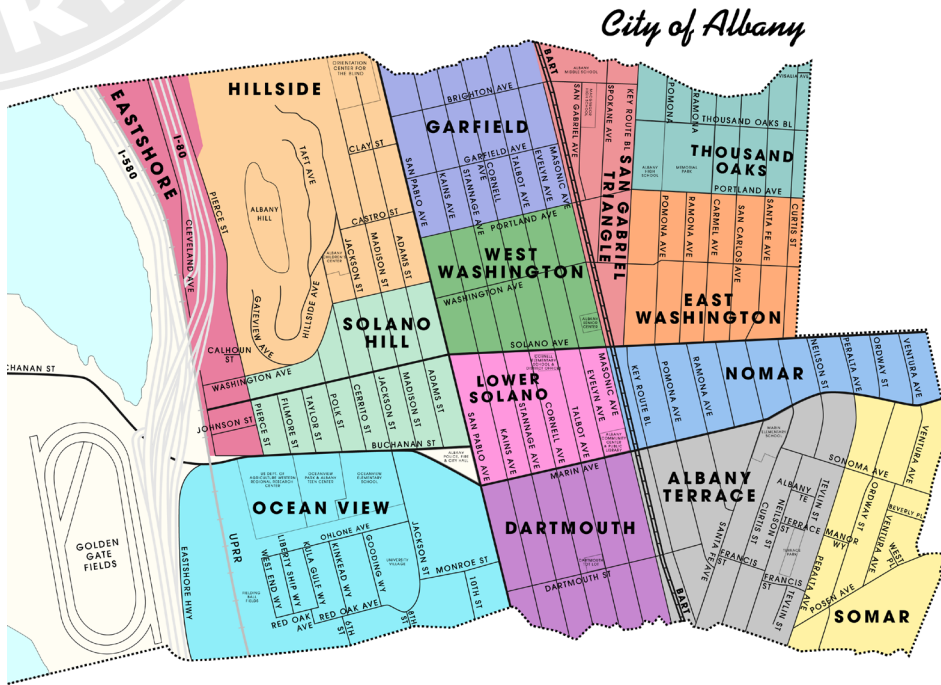
Feel like you didn't know about a public meeting, street repair on your block or the dog park going in across the street? Sign-up for the City of Albany's E-Notification system and get information and updates going on Around Your Block.

Signing up is easy:

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

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

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



## eNews

Registration:

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

*Subscribe to our weekly eNews for timely information on City happenings.*

## E-NOTIFY

Sign up:

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

*Receive emails on topics that interest you!*

## Get Social!

Connect:

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

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

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)







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

PRSR STD  
 U.S. POSTAGE PAID  
 BERKELEY, CA  
 PERMIT #8467  
 ECRWSS

CARRIER PRESORT  
 POSTAL CUSTOMER  
 ALBANY, CA 94706

# ALBANY COMMUNITY EXPO



LEARN ABOUT COMMUNITY, CITY, AND BUSINESS PROGRAMS AND SERVICES



## APRIL 27, 2024

10 AM - 2 PM

ALBANY COMMUNITY CENTER 1249 MARIN AVE



VISIT [ALBANYCA.ORG/ALBANY-COMMUNITY-EXPO](http://ALBANYCA.ORG/ALBANY-COMMUNITY-EXPO)  
 OR SCAN THE CODE FOR MORE INFORMATION:

