

Albany

FALL 2024
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 | 1(510)525-7300

Fire Contacts | albanyfire@albanyca.org | 1(510)528-5770 X 5

NEIGHBORHOOD SERVICES | ALBANY CARES

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 | 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 | 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 | 1(510)528-5730

Accounts payable and receivable, business licenses.

PUBLIC WORKS DEPARTMENT

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 | 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: Bohème Out of The Box on Solano Ave. - photo by Emily Ferreira

Browse the wide array of new and enriching classes and programs.

Fall registration begins August 13 at 9 AM

Scan here to register!



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YOUTH CLASSES

Sports

Spiders Frisbee Fun

AGES 4 - 6

Ultimate Frisbee offers safe, transferable skills for any team. Our class introduces throwing, catching, cutting, and game concepts in a FUN environment. Led by Spider staff, it fosters support and friendly competition, emphasizing fun for all skill levels. Join us for dynamic frisbee FUN!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 9-Nov 4*	M	2:30-3:15 PM	8x	\$180	\$190

Instructor: Alex Garcia & Oakland Spiders

Location: Ocean View Field

Min: 8; Max 24

*No Class Sept 30

Activity #: 15360S

Spiders Ultimate Sports Class

AGES 7 - 10

Ultimate Frisbee is a fun and safe sport with transferable team skills. Weekly classes focus on play, led by pros, covering throwing, catching, and strategy. Emphasis on Spirit of the Game and Social-Emotional growth. Join the Spiders, Oakland's pro ultimate frisbee team, for a blast with friends.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 9-Nov 4*	M	3:30-4:30 PM	8x	\$224	\$234

Instructor: Alex Garcia & Oakland Spiders

Location: Ocean View Field

Min: 8; Max 24

*No Class Sept 30

Activity #: 15360S

Spiders Skills & Scrimmage

AGES 11 - 14

Join our Ultimate Skills & Scrimmages for 11-14 year olds! Master throws, catches, and game strategies in the exciting world of Ultimate Frisbee. Emphasizing sportsmanship and teamwork, players develop social-emotional skills while thriving on the field. Enhance athleticism and camaraderie with us in this dynamic program!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 9-Nov 4*	M	4:45-5:45 PM	8x	\$224	\$234

Instructor: Alex Garcia & Oakland Spiders

Location: Ocean View Field

Min: 8; Max 24

*No Class Sept 30

Activity #: 15360S

Karate for Beginners

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
Sept 5-30	M/Th	5:30-7:00 PM	8x	\$45	\$55
Oct 3-28	M/Th	5:30-7:00 PM	8x	\$45	\$55
Nov 4-25	M/Th*	5:30-7:00 PM	6x	\$45	\$55
Dec 2-19	M/Th	5:30-7:00 PM	6x	\$45	\$55

Instructor: Bijan Soleimani

Location: Community Center, Hall & Rooms 1&2

Min: 7; Max: 30

*No Class on Nov 11

Activity #: 1132KK

Karate for Intermediate/Advanced

AGES 7+

This section is for Green Belt and above of Shotokan Karate. This philosophy seeks perfection of character through hard training and discipline. We offer instruction in a supportive environment with traditional training. Sibling discount: \$5 off per child.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-27	Tu/F	5:30-7:00 PM	8x	\$45	\$55
Oct 1-29	Tu/F	5:30-7:00 PM	9x	\$45	\$55
Nov 1-26	Tu/F	5:30-7:00 PM	8x	\$45	\$55
Dec 3-20	Tu/F	5:30-7:00 PM	6x	\$45	\$55

Instructor: Bijan Soleimani

Location: Community Center, Hall & Rooms 1&2
Min: 7; Max: 30 Activity #: 1132KK

Red Ball Novice Tennis Lessons

AGES 5 - 7

We will dive into the world of tennis using red balls (reduced pressure tennis balls), perfect for young learners. Lessons will include hand-eye coordination drills, fundamental skills, teamwork, footwork, and lots of fun games. Students must bring their own tennis racket, hat, water, and wear tennis/sports shoes.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-Oct 22	Tu	4:30-5:30 PM	8x	\$240	\$250
Sept 5-Oct 24	Th	4:30-5:30 PM	8x	\$240	\$250
Oct 29-Dec 17	Tu	4:30-5:30 PM	8x	\$240	\$250
Nov 7-Dec 19*	Th	4:30-5:30 PM	6x	\$180	\$190

Instructor: Hit Elite Staff

Location: Memorial Park Tennis Court
Min: 6; Max: 12
*No Class Nov 28 Activity #: 1536HE

Preschool Tennis Lessons

AGES 4 - 5

The class offers an early dive into the world of tennis for young children. Our primary goal is to nurture the ABCs of tennis (agility, balance, and coordination) and instill proper techniques for effective ball tracking and contact. We ensure a comfortable learning environment by providing suitable nets, rackets, and balls tailored to children's sizes.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-Oct 22	Tu	3:30-4:30 PM	8x	\$240	\$250
Sept 5-Oct 24	Th	3:30-4:30 PM	8x	\$240	\$250
Oct 29-Dec 17	Tu	3:30-4:30 PM	8x	\$240	\$250
Nov 7-Dec 19*	Th	3:30-4:30 PM	6x	\$180	\$190

Instructor: Hit Elite Staff

Location: Memorial Park Tennis Court
Min: 6; Max: 12
*No Class on Nov 28 Activity #: 1536HE

Orange Ball Novice Tennis Lessons

AGES 8 - 10

We will dive into the world of tennis using orange balls (reduced pressure tennis balls), perfect for young learners. Lessons will include hand-eye coordination drills, fundamental skills, teamwork, footwork, and lots of fun games. Students must bring their own tennis racket, hat, water, and wear tennis/sports shoes.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-26	Tu/Th	5:30-6:30 PM	8x	\$240	\$250
Oct 1-24	Tu/Th	5:30-6:30 PM	8x	\$240	\$250
Oct 29-Nov 21*	Tu/Th	5:30-6:30 PM	7x	\$210	\$220
Nov 26-Dec 19*	Tu/Th	5:30-6:30 PM	7x	\$210	\$220

Instructor: Hit Elite Staff

Location: Memorial Park Tennis Court
Min: 6; Max: 12
*No Class on Oct 31 & Nov 28 Activity #: 1536HE

Green Ball Novice Tennis Lessons

AGES 10 - 12

We will dive into the world of tennis using green balls (reduced pressure tennis balls), perfect for young learners. Lessons will include hand-eye coordination drills, fundamental skills, teamwork, footwork, and lots of fun games. Students must bring their own tennis racket, hat, water, and wear tennis/sports shoes.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-30	M/W	3:30-5:00 PM	8x	\$360	\$370
Oct 2-28	M/W	3:30-5:00 PM	8x	\$360	\$370
Oct 30-Nov 27*	M/W	3:30-5:00 PM	8x	\$360	\$370
Dec 2-18	M/W	3:30-5:00 PM	6x	\$270	\$280

Instructor: Hit Elite Staff

Location: Ocean View Tennis Court

Min: 6; Max: 8

*No Class on Nov 11

Activity #: 1536HE



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 income-eligible families defray the cost of recreational classes.

Request an application at:
recinfo@albanyca.org

Green/Yellow Ball Novice Tennis Lessons

AGES 13 - 17

We will dive into the world of tennis using green and yellow balls (reduced pressure and regular tennis balls), perfect for young learners. Lessons will include hand-eye coordination drills, fundamental skills, teamwork, footwork, and lots of fun games. Students must bring their own tennis racket, hat, water, and wear tennis/sports shoes.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-30	M/W	5:00-6:30 PM	8x	\$360	\$360
Oct 2-28	M/W	5:00-6:30 PM	8x	\$360	\$360
Oct 30-Nov 27*	M/W	5:00-6:30 PM	8x	\$360	\$360
Dec 2-18	M/W	5:00-6:30 PM	6x	\$270	\$280

Instructor: Hit Elite Staff

Location: Ocean View Tennis Court

Min: 6; Max: 8

*No Class on Nov 11

Activity #: 1536HE

Thanksgiving Tennis Camp

AGES 8 - 13

Join us for a 3-day Thanksgiving camp tailored for kids aged 8-13. Courts will be grouped by age and skill level, each with a dedicated coach and appropriate balls. Participants will enhance their movement and tennis abilities through movement drills, rallies and extensive ball hitting from the basket, and enjoy fun games to wrap up each day. Students must bring their own tennis racket, hat, water, and wear tennis/sports shoes.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Nov 25-27	M-W	9:30 AM-1:00 PM	3x	\$242	\$252

Instructor: Hit Elite Staff

Location: Memorial Park Tennis Court

Min: 8; Max: 16

Activity #: 1536HE

Skyhawks: Girls Flag Football Instructional League

AGES 6 - 11

GAME ON GIRLS! Flag Football has been one of the fastest-growing sports in women's athletics. Skyhawks leads the charge to get more girls on the gridiron through our girls' flag football sessions. Each day consists of a 45-minute team practice followed by a 45-minute game. For more information, check the online registration.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 7-Oct 19	Sa	1-2:30 PM	7x	\$200	\$210

Instructor: Skyhawks Staff

Location: Ocean View Park

Min: 10; Max: 28

Activity #: 1536SH

Skyhawks: Volleyball Teamwork & Technique

AGES 6 - 8

Through interactive drills, skill reinforcement games, and simulated scrimmages, young athletes develop skills, strategy, confidence, and passion for volleyball. Our primary development objectives include passing/bumping, setting, hitting/spiking, and serving. Your child will leave with new friends, new skills, and a new love for volleyball!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-Oct 15	Tu	6:30-7:30 PM	7x	\$200	\$210
Oct 22-Dec 17*	Tu	6:30-7:30 PM	8x	\$230	\$240

Instructor: Skyhawks Staff

Location: TBD

Min: 4; Max: 10

*No Class on Nov 26

Activity #: 1536SH

Skyhawks: Basketball Teamwork & Technique

AGES 6 - 8

Through interactive drills, skill reinforcement games, and simulated scrimmages, young athletes develop the skills, strategy, confidence, and passion for basketball. Skyhawks coaches provide a positive environment where players of all abilities can participate in friendly competition with lots of encouragement and a big focus on fun!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-Oct 16	W	6:30-7:30 PM	7x	\$200	\$210
Oct 23-Dec 18*	W	6:30-7:30 PM	8x	\$230	\$240

Instructor: Skyhawks Staff

Location: TBD

Min: 4; Max: 10

*No Class on Nov 27

Activity #: 1536SH



STEM Exploration

Junior Alchemists: Chemistry for Kids

AGES 6 - 12

Unlock the universe's secrets with Junior Alchemists! From volcanic eruptions to invisible ink, dive into science. Explore experiments like lava lamps, black snakes, ping pong levitation, and colorful crystals. Learn about chemical reactions, capillary action, pressure, and more. Take home a diploma as an alchemical master after each class!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-Oct 15	Tu	3:30-4:30 PM	7x	\$140	\$150
Oct 24-Dec 12*	Th	4:40-5:40 PM	7x	\$140	\$150

Instructor: Athena Coding Staff

Location: Community Center, EOC

Min: 10; Max: 30

*No Class on Nov 28

Activity #: 1131JA

Athena's Architects Lego Design

AGES 6 - 12

Elevate your child's Lego® passion! Explore structural design, balance, and creativity through hands-on challenges. Themes vary weekly, from medieval castles to futuristic cities. STEM Lego® challenges integrate physics and robots. Storytelling enhances critical thinking. All skill levels welcome to join our community of young architects and engineers!

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-Oct 15	Tu	4:40-5:40 PM	7x	\$140	\$150
Oct 24-Dec 12*	Th	3:30-4:30 PM	7x	\$140	\$150

Instructor: Athena Coding Staff

Location: Community Center, EOC

Min: 10; Max: 30

*No Class on Nov 28 & Nov 29

Activity #: 1131AL



Kids Carpentry

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.

AGES 4.5 - 8.5

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-Oct 15	Tu	2:10-3:20 PM	7x	\$275	\$285
Oct 29-Dec 17*	Tu	2:10-3:20 PM	7x	\$275	\$285

Min: 4; Max: 7

*No Class on Nov 26

Activity #: 1138TC

AGES 6 - 11

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-Oct 15	Tu	3:20-4:30 PM	7x	\$275	\$285
	Tu	4:30-5:40 PM	7x	\$275	\$285
Oct 29-Dec 17*	Tu	3:20-4:30 PM	7x	\$275	\$285
	Tu	4:30-5:40 PM	7x	\$275	\$285

Min: 4; Max: 8

*No Class on Nov 26

Activity #: 1138TC



Kids Carpentry (continued)

AGES 6 - 11

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-Oct 16	W	2:10-3:20 PM	7x	\$275	\$285
	W	3:20-4:30 PM	7x	\$275	\$285
	W	4:30-5:40 PM	7x	\$275	\$285
Oct 30-Dec 18*	W	2:10-3:20 PM	7x	\$275	\$285
	W	3:20-4:30 PM	7x	\$275	\$285
	W	4:30-5:40 PM	7x	\$275	\$285

Min: 4; Max: 8

*No Class on Nov 27

Activity #: 1138WC

Instructor: Casey Nutt

Location: Community Center, Sharyl Gates Craft Room



Fashion Sewing: Quilt Beginner

AGES 9 - 16

Design and sew a quilt. No experience needed, intermediate welcome. Students will learn to safely operate a sewing machine and iron, and quilt sewing techniques. All 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
Sept 7-Oct 12	Sa	1 PM-2:45 PM	6x	\$280	\$290

Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 1151JH

Fashion Sewing: Make Your Halloween Costume! Intermediate/Advanced

AGES 9 - 16

Students will design and sew their own Halloween costume. All materials will be provided including high quality fabrics, threads, and personalized embroidery, Ms. Julia will source personalized costume-specific fabrics and notions. Please come to class with a few costume ideas and plenty of creativity! Prior class or camp with Ms. Julia required.

\$80 supply fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 7-Oct 12	Sa	10-11:45 AM	6x	\$280	\$290

Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 1151JH

Fashion Sewing: Robe and PJ Pants Intermediate

AGES 9 - 16

Students will build their fashion sewing skills while sewing a matching bathrobe and PJ pants. New skills will be taught including how to cut and sew with speciality fabrics like satin and flannel, how to manage large pattern pieces and how to create a functional waistband drawstring. All materials will be provided, including high quality fabrics, threads, and personalized embroidery. Prior class or camp with Ms. Juilia required.

\$65 supply fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Oct 19-Nov 23	Sa	10-11:45 AM	6x	\$280	\$290

Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 1151JH

Fashion Sewing: Sew Holiday Gifts Beginner/Intermediate

AGES 9 - 16

Students will learn to sew holiday gifts for friends and family. No experience needed, intermediate welcome! More project options have been added this year, so students are invited to repeat this class. Some examples include: apron, fleece hat, napkin set, zipper pouch, necktie, key lanyard, and coasters. Class has a small student to instructor ratio where students will learn to safely operate a professional sewing machine and iron, read a sewing pattern, and illustrate their designs. All 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
Oct 19-Nov 23	Sa	1-2:45 PM	6x	\$280	\$290

Instructor: Julia Husch

Location: Community Center, Room 1

Min: 4; Max: 8

Activity #: 1151JH

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
Sept 5-Oct 3	Th	4-5:30 PM	5x	\$225	\$235
Oct 10-Nov 7	Th	4-5:30 PM	5x	\$225	\$235
Nov 14-Dec 19*	Th	4-5:30 PM	5x	\$225	\$235

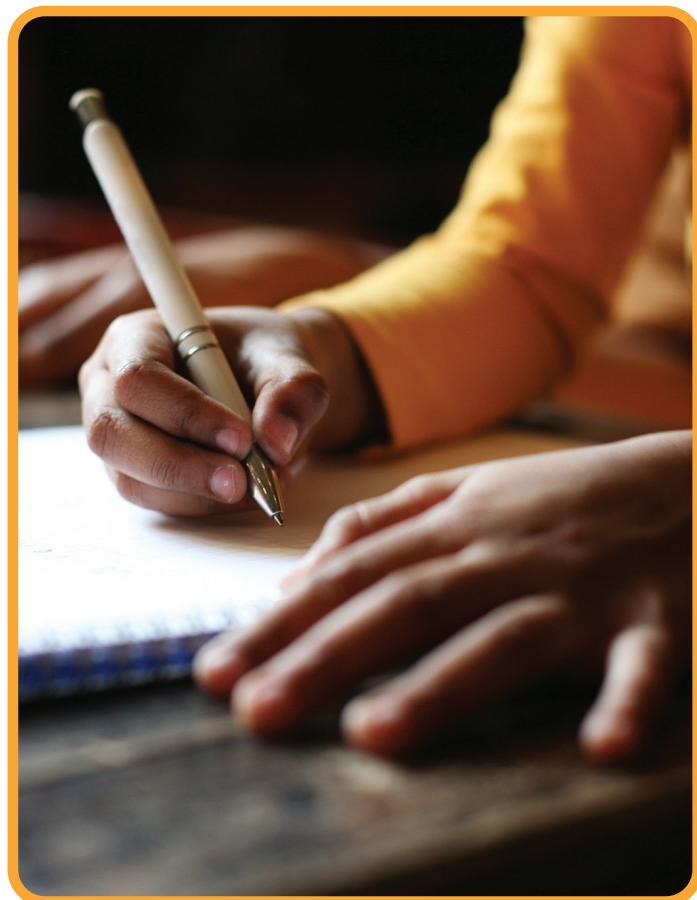
Instructor: Abby Skrivan

Location: Albany Middle School Annex, Room 23

Min: 6; Max: 20

*No Class on Nov 28

Activity #: 1631AS



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

Pre-Ballet

AGES 3 - 6

This class is designed to engage young children in exploring the joy of movement through creative and ballet dance movements.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 7-Oct 5	Sa	9-9:45 AM	5x	\$135	\$145
Oct 12-Nov 9	Sa	9-9:45 AM	5x	\$135	\$145
Nov 16-Dec 14*	Sa	9-9:45 AM	4x	\$108	\$118

Instructor: Nona Refi

Location: Community Center, Room 2

Min: 6; Max: 12

*No Class on Nov 30

Activity #: 1135NR

Ballet for Kids

AGES 7 - 10

This class is designed for children to learn the fundamentals of ballet, including placement of the body, port de bras, and techniques of jumps and pirouettes, from adagio to petit allegro to grand allegro. The class will encourage the individual student to be expressive when dancing to choreographed dance movements across the floor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 7-Oct 5	Sa	10:30-11:30 AM	5x	\$135	\$145
Oct 12-Nov 9	Sa	10:30-11:30 AM	5x	\$135	\$145
Nov 16-Dec 14*	Sa	10:30-11:30 AM	4x	\$108	\$118

Instructor: Nona Refi

Location: Community Center, Room 2

Min: 6; Max: 12

*No Class on Nov 30

Activity #: 1135NR

Afterschool Beginner Ballet

AGES 8 - 11

This class is designed for children to learn the fundamentals of ballet including placement of the body, port de bras, and techniques of jumps and pirouettes, and class will encourage the individual student to be expressive when dancing to choreographed dance movements across the floor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 5-Oct 3	Th	4-5 PM	5x	\$135	\$145
Oct 10-Nov 14*	Th	4-5 PM	5x	\$135	\$145

Instructor: Nona Refi

Location: Community Center, Room 1&2

Min: 6; Max: 12

*No Class on Oct 31

Activity #: 1135NR

Ballet for Teens

AGES 11 - 14

This class is open to teens with various levels of dance experience who wish to learn more ballet techniques, including jumps and turns. The class starts with floor barre exercises to warm up while strengthening the core, stretching the muscles, and lengthening the spine. Students will be encouraged to dance more musically and expressively to choreographed dance movements across the floor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 7-Oct 5	Sa	11:45 AM-12:45 PM	5x	\$135	\$145
Oct 12-Nov 9	Sa	11:45 AM-12:45 PM	5x	\$135	\$145
Nov 16-Dec 14*	Sa	11:45 AM-12:45 PM	4x	\$108	\$118

Instructor: Nona Refi

Location: Community Center, Room 2

Min: 6; Max: 12

*No Class on Nov 30

Activity #: 1135NR



FRIENDSHIP CLUB

2024-25

City of Albany Friendship Club programs are for children in 1st-10th grade. These specialized programs are implemented by City Staff to bring enriching experiences to youth in the community.



AFTERSCHOOL PROGRAM

Friendship Club is an afterschool oasis where children in 1st - 5th grades can play and explore in an enriching environment. Our Staff pick up the children from their schools and walk them to Friendship Club sites to begin daily activities, outdoor play, and time for relaxation and homework.

FOR MORE INFORMATION:



DATES: August 14, 2024 – June 4, 2025

Days: 5 days/week

Time: 3-6 PM, Wednesday early release for all students from 1:45-6pm

FEES: \$456/month

LOCATIONS:

NEW! Memorial Park Building, 1331 Portland Ave. for Cornell and Marin Elementary Students
Ocean View Park, 900 Buchanan St. for Ocean View Elementary Students



JUNIOR COUNSELOR PROGRAM

The Junior Counselor program offers tweens and teens from 6th-10th grade the opportunity to give back to their community, gain valuable leadership experience, and be a mentor to younger children. During their commitment, participants will assist Recreation Leaders with various projects and games while having a good time.

NEW LOCATION! 2 SITES:

Memorial Park Building, 1331 Portland Ave
Ocean View Park, 900 Buchanan St

Fees:

Resident \$324 & Non-Resident \$334
per 3-month commitment

Fall: September–November

Winter: December–February

Spring: March–May

ACTIVITY #: 1347JC

Register here:



WINTER CAMPS 2024

Come spend your school vacation at our Winter Camps! Children will fill their days immersed in art, science, engineering, games, and outdoor play.

Winter December Camp

Dates: December 26-27

Winter January Camp

Dates: January 2-3

Ages: For children in 1st – 5th grade

Location: Memorial Park Building,
1331 Portland Ave

Days: Thursday-Friday

Times: 9 AM–4 PM

Fee: \$140 Resident, \$150 Non-resident

Extended Care: 8-9 AM and/or 4-5 PM

Fee: \$10 each AM/PM

ACTIVITY #: 1337WC

Register here:



SUBSIDY PROGRAM

Financial subsidies are available for the Afterschool Program, the Junior Counselor Program, and Winter Camps. Participants must reside in Albany and meet income-eligibility requirements.

Interested families should apply before completing registration. Returning families may be able to complete an abbreviated application. Please contact kmiller@albanyca.org or call **1(510) 559-7227** for more information.

QUESTIONS?

Please contact friendshipclub@albanyca.org or 1(510) 559-7220

www.albanyca.org/friendshipclub

FAMILY FALL INTO FITNESS!

Everyone of ALL AGES is welcome to try out one of the many fitness programs for **FREE!** Get a jump start into a routine that will help you improve your health, manage weight, strengthen bones and muscles, and improve your ability to do everyday activities.

SATURDAY, SEPTEMBER 7

ROSEN METHOD

Time: 9-10 AM

Instructor: Odile Atthalin

Location: Community Center, 1249 Marin Ave

Practice balance, simple dance steps, and easy yoga stretches to a wide variety of wonderful music.

GENTLE TAI CHI

Time: 10:30-11:30 AM

Instructor: Yachiyo Otsubo

Location: Community Center, 1249 Marin Ave

This Gentle approach to Tai Chi emphasizes deep breathing and meditative elements to help circulation, loosen joints and secure balance.

BEGINNER BALLET

Time: 12-1 PM

Instructor: Nona Refi

Location: Community Center, 1249 Marin Ave

Come learn the importance of good posture while gently applying the fundamentals of ballet positions and movements.

SATURDAY, SEPTEMBER 14

GET FIT WITH KIM

Time: 10-11 AM

Instructor: Kim Riddle

Location: Memorial Park Outdoor Stage, 1325 Portland Ave

Work toward the shape you desire and ease anxiety with this fun interval training infused with pilates workouts.

FITNESS INTO THE GOLDEN AGES

Time: 11-11:45 AM

Instructor: Sarah Abelson & Jasmine Buczek

Location: Senior Center, 846 Masonic Ave

A gentle approach to help you improve your strength, mobility and balance using simple body resistance exercises, dumbbells, and other small apparatus.

(continued) SATURDAY, SEPTEMBER 14

KARATE

Time: 11:30 AM-12:30 PM

Instructor: Bijan Soleimani

Location: Community Center, 1249 Marin Ave

Practice Shotokan Karate with emphasis on integrated mind, body and spirit through hard training and discipline.

INTRO TO PICKLEBALL

Time: 1-3 PM

Instructor: B. Bell

Location: Ocean View Pickleball Courts, 900 Buchanan St

Learn the basics of pickleball through guidance from our experienced instructors and players.

SATURDAY, SEPTEMBER 21

WALK, TALK AND BE HEALTHY

Time: 11-12:30PM

Instructor: Zion Lee

Location: Albany Bulb, 1 Buchanan St

Enjoy the natural beauty at the Albany Bulb with other like minded people looking for a healthy escape into nature and a sense of community.

USER FRIENDLY PILATES

Time: 9-10 AM

Instructor: Erin Adams

Location: Community Center, 1249 Marin Ave

Enhance flexibility, endurance, posture, balance, and core strength through heightened body awareness to ensure strength gains while minimizing the risk of injury.

ADULT CLASSES

Sports and Exercise

Yoga with Viji

AGES 18+

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
Sept 4-Oct 2	W	6:30-8 PM	5x	\$60	\$70
Oct 9-Nov 6	W	6:30-8 PM	5x	\$60	\$70
Nov 13-Dec 18*	W	6:30-8 PM	5x	\$60	\$70

Instructor: Viji Sundaram

Location: Community Center, Main Hall

Min: 6; Max: 20

*No Class on Nov 27

Activity #: 1114YV

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.

Drop-ins are welcome at \$20/class.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 24-Oct 29	Tu	10-11:15 AM	6x	\$90	\$100
Sept 26-Oct 31	Th	10-11:15 AM	6x	\$90	\$100
Nov 5-Dec 17*	Tu	10-11:15 AM	6x	\$90	\$100
Nov 7-Dec 19*	Th	10-11:15 AM	6x	\$90	\$100

Instructor: Julia Alexander

Location: Community Center, Main Hall

Min: 5; Max: 20

*No Class on Nov 26 & 28

Activity #: 1116JA

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 of experience helping students optimize movement and prevent injuries. He is certified in Pilates, Personal Fitness, 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
Sept 3-Oct 22	Tu	5:30-6:30 PM	8x	\$125	\$135
Oct 29-Dec 17	Tu	5:30-6:30 PM	8x	\$125	\$135

Instructor: Ernie Adams

Location: Community Center, Main Hall

Min: 10; Max: 40

Activity #: 2114EA



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
Sept 8-Oct 20	Su	4-6 PM	7x	\$120	\$130
Oct 27-Dec 15*	Su	4-6 PM	7x	\$120	\$130

Instructor: B. Bell

Location: Albany High School Gym

Min: 8; Max: 16

*No meet day on Dec 1 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
Sept 8-Dec 15*	Su	6-8 PM	1x/week	\$6	\$7

Instructor: B. Bell

Location: Albany High School Gym

Min: 0; Max: 25

*No meet day on Dec 1 Activity #: 4616PI

Outdoor Pickleball Drop-in

AGES 18+

Play pickleball at the NEW Ocean View Pickleball 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.

DATE	DAY	TIME	ALB RES	NON RES
Year-Round	Tu	4-6 PM	\$6	\$7

Drop-in fee per class

Instructor: B. Bell

Location: Ocean View Pickleball Courts

Min: 0; Max: 25

Activity #: 4516PO

**Skill Surge: Adult Intermediate Pickleball
(Rating 3.0-3.5)**

AGES 18+

This class is designed for players with a basic understanding of the game. Students will focus on refining fundamental skills such as strategy, shot selection, and placement. Techniques covered include drives, dinks, drops, overheads, lobs, serves, top spins, slices, and more.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 9-30	M	5:30-7:30 PM	4x	\$170	\$180
Sept 4-25	W	5:30-7:30 PM	4x	\$170	\$180
Oct 1-22	Tu	9-11 AM	4x	\$170	\$180
Oct 3-24	Th	9-11 AM	4x	\$170	\$180
Oct 28-Nov 25*	M	9-11 AM	4x	\$170	\$180
Oct 30-Nov 20	W	9-11 AM	4x	\$170	\$180
Nov 21-Dec 19*	Th	5:30-7:30 PM	4x	\$170	\$180

Instructor: Hit Elite Staff

Location: Ocean View Pickleball Courts

Min: 8; Max: 16

*No Class on Nov 11 & 28 Activity #: 1536HE



Ace the Basics: Adult Beginner Pickleball

AGES 18+

Embark on your pickleball journey with our beginner lessons! Tailored for newcomers, you will learn the fundamentals in a supportive environment. Master the basics of grip, stance, and stroke technique. Engage in friendly rallies and games that refine your skills. Join us and discover the joy of pickleball!

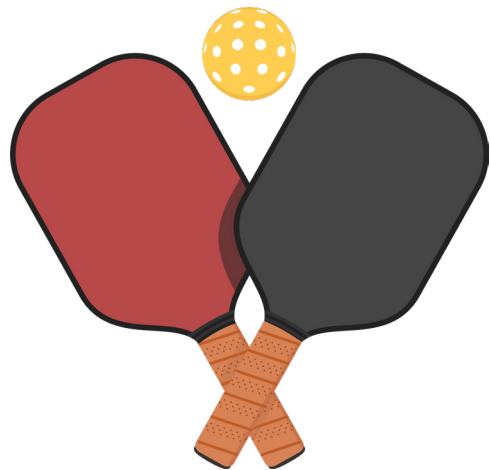
DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-24	Tu	9-11 AM	4x	\$170	\$180
Sept 5-26	Th	9-11 AM	4x	\$170	\$180
Oct 7-28	M	5:30-7:30 PM	4x	\$170	\$180
Oct 2-23	W	5:30-7:30 PM	4x	\$170	\$180
Oct 24-Nov 14	Th	5:30-7:30 PM	4x	\$170	\$180
Nov 26-Dec 17	Tu	9-11 AM	4x	\$170	\$180
Nov 27-Dec 18	W	9-11 AM	4x	\$170	\$180

Instructor: Hit Elite Staff

Location: Ocean View Pickleball Courts

Min: 8; Max: 16

Activity #: 1536HE



Get Fit with Kim

AGES 18+

Work toward the fitness you desire and ease anxiety with interval training infused with pilate workouts. Drop-ins welcome.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-30	M/W	10-11 AM	8x	\$120	\$130
Sept 3-26	Tu/Th	7-8 PM	8x	\$120	\$130

Instructor: Kim Riddle

Location: Community Center, Rooms 1&2

Min: 5; Max: 45

Activity #: 1114KR

Karate for Intermediate/Advanced

AGES 18+

This section is for Green belt and above of Shotokan Karate. This philosophy seeks perfection of character through hard training and discipline.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 3-27	Tu/F	5:30-7:00 PM	8x	\$55	\$65
Oct 1-29	Tu/F	5:30-7:00 PM	8x	\$55	\$65
Nov 1-26	Tu/F	5:30-7:00 PM	8x	\$55	\$65
Dec 3-20	Tu/F	5:30-7:00 PM	6x	\$55	\$65

Instructor: Bijan Soleimani

Location: Community Center, Hall & Rooms 1&2

Min: 7; Max: 30

Activity #: 1132AK

Karate for Beginners

AGES 18+

Shotokan Karate is traditional Japanese karate with an emphasis on 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
Sept 5-30	M/Th	5:30-7:00 PM	8x	\$55	\$65
Oct 3-28	M/Th	5:30-7:00 PM	8x	\$55	\$65
Nov 4-25	M/Th*	5:30-7:00 PM	6x	\$55	\$65
Dec 2-19	M/Th	5:30-7:00 PM	6x	\$55	\$65

Instructor: Bijan Soleimani

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

Min: 7; Max: 30

*No Class on Nov 11

Activity #: 1152AK



Special Interest

Adult Beginner Ballet

AGES 17+

This class is designed for adult beginners to learn the importance of good posture while gently and appropriately applying the fundamentals of ballet positions and movement at the barre. It starts with 25-min floor barre exercise to warm up and stretch while strengthening the core and mindfulness of breathing. Students are encouraged to dance expressively and musically as they move across the floor to choreographed dance movements.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 9-Oct 21	M	7-8:30 PM	7x	\$150	\$160
Oct 28-Dec 16*	M	7-8:30 PM	7x	\$150	\$160

Instructor: Nona Refi

Location: Community Center, Main Hall

Min: 5; Max: 20

*No Class on Nov 11

Activity #: 1115NR



Albany Big Band Jazz Ensemble

AGES 18+

Albany Jazz Band rehearses and plays classic to modern instrumental and vocal jazz. Experience with jazz and good sight-reading skills are necessary. Instruments include saxophones, trumpets, trombones, guitar, piano, bass, drums and vocals. Consistent attendance at rehearsals and performances is preferred. Tuition covers a place in a big band or a little band ensemble.

Please contact: albanyjazzband@gmail.com

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 11-Dec 18*	W	6-9:30 PM	14x	\$75	\$85

Instructor: Richard Kalman

Location: Albany High School Band Room, Room 20

Min: 12; Max: 25

*No Class on Nov 27

Activity #: 1615JB

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
Aug 28-Oct 16	W	5:30-8:30 PM	8x	\$60	\$70
Oct 23-Dec 18*	W	5:30-8:30 PM	8x	\$60	\$70

Instructor: Charley Paffenbarger

Location: Community Center, Rooms 1&2

Min: 5; Max: 12

*No Class on Nov 27

Activity #: 1113PW



Ikebana Sogetsu School

ADULT 18+

Develop creative self expression through flower arrangement. Learn the beauty of the simplicity of line and color using flowers and materials you bring to class each week.

\$35 supply fee paid to the instructor.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-Nov 6	W	1:30-4:30 PM	10x	\$300	\$310

Instructor: Soho Sakai

Location: Community Center, Hall

Min: 15; Max: 35

Activity #: 1213IB



Cooking with Chat

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

Ages 18+

Instructor: Chat Mingkwan

Location: Community Center, Kitchen

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

Korean Cuisine

Tasty and simple are Korean characteristics when it comes to food, not to mention the large amount of garlic that is 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
Nov 19	Tu	5:30-8:30 PM	1x	\$50	\$60

Healthy & Delicious Stir-Fry Workshop

Stir-frying is a fresh, quick, and easy food preparation, using the freshest ingredients, that take little time to cook and employs 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
Sept 26	Th	5:30-8:30 PM	1x	\$50	\$60



Sushi and Nigiri Workshop

Learn the basics of preparing fresh sushi. Learn to make sushi rice for use in Nigiri (finger roll) and Nori Maki (seaweed hand roll). Practice Japanese techniques of filling and wrapping by preparing a variety of sushi such as Hamachi, Inari, Maguro, Unagi, Tobiko, cucumber, spicy tuna, California, and Philadelphia rolls.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Dec 5	Th	5:30-8:30 PM	1x	\$50	\$60



Comfort Thai

Prepare a comfort Thai meal for cold months. Learn about Thai culinary philosophy, 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 and coconut soup, stir-fried pork noodles with Thai basil and aromatic yellow curry.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Oct 1	Tu	5:30-8:30 PM	1x	\$50	\$60

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

RENT

the Senior Center for your event, meeting or party

See page 39 for details.

Learn more about the Senior Center:



JUST FOR THE FUN OF IT **SOCIALS!**

*The Albany Senior Center offers opportunities for adults 50+ with similar interests 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.***

MONDAYS

No Socials on Sept 2 & Nov 11

SENIOR CENTER CHORUS

Sept 9-Dec 23
3-4:30 PM

Come be a part of this organized group of singers. They rehearse weekly and occasionally perform in the community. Available on zoom or in-person.

TUESDAYS

NEEDLECRAFT & BEADING

Sept 3-Dec 17
10 AM-12 PM

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

TUESDAYS (CONTINUED)

MORNING STRETCHES

Sept 3-Dec 17
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: Sept 3-Dec 17
Movies start at 1:30 PM

Purchase popcorn and watch a critically acclaimed film. See our movie flyer for a schedule of films.

POP UP PING PONG

Sept 3-Dec 17
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

No Socials on Dec 25

WOMEN'S BALKAN DANCING

Sept 4-Dec 18
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

Sept 4-Dec 18
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

No Socials on Nov 28

PAINTING

Sept 5-Dec 19
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

Sept 5-Dec 19
1:30-3 PM

Mahjong, dominos, and cards are available for anyone looking to have some fun.

KARAOKE FOR SENIORS

Every 3rd Thursday: Sept 5-Dec 19
1:30-3 PM

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

FRIDAYS

No Socials on Sep 27

FRENCH CONVERSATION

Sept 6-Dec 20
11:30 AM-12:30 PM

If you are interested in conversing in French this group is for you. Talk, listen, and discuss current events en francais.

FOLK DANCING

Sept 6-Dec 20
10-11:30 AM

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



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	ALB RES	NON RES
Sept 6-Dec 20*	F	4-4:45 PM	\$59	\$64

Instructor: Sarah Abelson & Jasmine Buczek

Location: Senior Center, Annex

Min: 4; Max: 15

Activity#: 122428

*No Class on Nov 29

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
Sept 4-Dec 20*	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 Sept 2, Sep 27, Nov 11 & Nov 29

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
Sept 6-Dec 20*	F	9:30-10:30 AM	\$11	\$12

Drop in fee per class

Instructor: Odile Atthalin

Locations: Senior Center, Multipurpose Room

Min: 3; Max: 15

*No Class on Sep 27

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
Sept 4-Dec 18	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





Balance Dancing

AGES 50+

Balance dancing plus weight and balance training.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-25	W	3:30-4:45 PM	4x	\$8	\$10
Oct 2-30	W	3:30-4:45 PM	5x	\$8	\$10
Nov 6-27	W	3:30-4:45 PM	4x	\$8	\$10
Dec 4-18	W	3:30-4:45 PM	3x	\$6	\$8

Instructor: Julia Lee

Location: Senior Center

Min: 4; Max: 10

Activity#: 122425

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

*No Class on Sept 2 & Nov 11

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 in a low-pressure and respectful atmosphere.

DATE	DAY	TIME	ALB RES	NON RES
Sept 9-Dec 16*	M	1-3 PM	\$96	\$101

Instructor: Bill Hyman

Locations: Senior Center, South Room

Min: 4; Max: 30

Activity #: 122103

*No Class on Nov 11

Technology One-on-One Help

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
Sept 5-Dec 19*	Th	1-4 PM	Free	Free

Instructor: Patrick McKenna

Locations: Senior Center, South Room

Min: 4; Max: 20

*No Class on Sept 26 & Nov 28



Special Interest

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. Material fee for weekly snacks collected in class (\$6-\$8).

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sep 9-30	M	3:30-5 PM	4x	\$4	\$5
Oct 7-28	M	3:30-5 PM	4x	\$4	\$5
Nov 4-25*	M	3:30-5 PM	4x	\$4	\$5
Dec 2-16	M	3:30-5 PM	4x	\$4	\$5

Instructor: Nori Hudson, BCHN

Locations: Senior Center, South Room

Min: 5; Max: 20

*No Class on Nov 11

Activity #: 111128

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
Sep 9-Dec 16*	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 Nov 11

Watercolor Workshop

AGE 50+

This intensive watercolor workshop will feature individualized instruction by an experienced watercolorist tailored to your personal choice of watercolor projects. Achieve more detailed control of the creative medium while tackling an increasingly wider range of challenges such as clouds, water, flowers, natural environments and figurative subjects. Additional \$30 material fee for those needing basic watercolors.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sept 4-Oct 16	W	9:45-11:45 AM	7x	\$88	\$93
Oct 23-Dec 11*	W	9:45-11:45 AM	7x	\$88	\$93

Instructor: Susan McAllister

Locations: Senior Center, South Room

Min: 1; Max: 18

*No Class on Nov 27

Mindfulness and Alexander Technique

AGES 50+

This 8-week class will include mindfulness guidance and practice from the Vipassana, Zen and Tibetan Mindfulness traditions as well as the Alexander Technique, a movement awareness practice wonderful for good postural movement and for the prevention of injury. There will be plenty of time for questions and discussion.

DATE	DAY	TIME	MEETS	ALB RES	NON RES
Sep 4-Oct 23	W	9-10 AM	8x	\$54	\$59
Oct 30-Dec 18	W	9-10 AM	8x	\$54	\$59

Instructor: Mitch Durell

Locations: Senior Center, Annex

Min: 3; Max: 15

Activity #: 111188

SENIOR CENTER RESOURCES

PARATRANSIT SERVICES

East Bay Paratransit (EBP):

EBP provides 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 years and older door-to-door transportation from home to nearby grocery stores. Funded by Measure BB.

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:

1st and 3rd Wednesday of the month. The Health Insurance Counseling & Advocacy Program (HICAP) provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health-care options. Individual 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 12-4 PM.

INFORMATION, 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 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.

NUTRITION SERVICES

The Albany Tri-City Café:

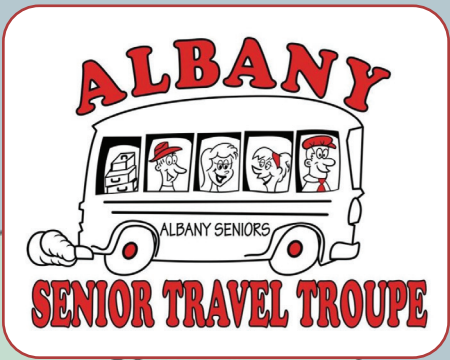
Well-balanced lunches served at 12 PM Monday-Friday. Reserve a seat by calling the Senior Center. Suggested donation: \$4 for 60+.

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.



Sonoma

Napa

All adults ages 50+ are welcome to travel with us as we explore the beautiful and exciting areas and attractions around Northern California. Hop aboard our bus and leave the 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.

Asian Art Museum
 Enjoy the world's finest collection of Asian Art in the heart of San Francisco.
Oct 11, Fri, 10 AM-3:30 PM
 ALBANY RESIDENT \$45
 NON-RESIDENT \$50

Red Hawk Casino
 Enjoy a world class gaming experience in Placerville. Have fun with games, cards, entertainment, and food.
Nov 7, Thurs, 8:30 AM-4 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.
Oct 26, Sat, 10:30 AM-4 PM
 ALBANY RESIDENT \$39
 NON-RESIDENT \$44

**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.



Great Dickens Christmas Fair & Victorian Holiday Party - San Francisco
 The Great Dickens Christmas Fair is a one-of-a-kind immersive adventure into Victorian London, an elaborate holiday party with hundreds of costumed players performing and interacting with patrons in over 140,000 square feet of theatrically lit music halls, pubs, dance floors, and festive shops.
Dec 6, Fri, 9:30 AM-4 PM
 ALBANY RESIDENT \$55
 NON-RESIDENT \$60

HIKING TRIPS

Walk, Talk & Be Healthy

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. Registration can be done in-person or online. Spots are designated by a lottery system.

Sign up ahead of time to see what trips you are selected to go on. All hiking trips are from 9am-2:30pm.

Price and time are subject to change

Albany Residents \$19

Non-Residents \$22



Healthy Living Festival

The Healthy Living Festival is an event for older adults, 55 and above, living in Alameda County. This annual event promotes health and wellness for aging adults, and includes free food, music, fun and more. Join the Albany Senior Center in taking collective action to improve the quality of life for seniors throughout Alameda County. Together, we can make a positive change!

Sep 26, Thu, 8 AM-2 PM

Fee: \$10.00

Healthy Living
FESTIVAL



CONSERVATION
SOCIETY OF
CALIFORNIA
TAKING ACTION FOR WILDLIFE

OAKLAND ZOO

LUNCH TROUPE

Join this popular part of the Senior Travel Troupe program 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.**

ALAMEDA

Sept 12, Thursday

This sunny island offers a diverse range of cuisine, including Hong Kong-style dim sum, Japanese classics, and some of the best German food in the Bay.

CULINARY ACADEMY AT CONTRA COSTA COLLEGE

Oct 23, Wednesday

Unique dining experiences provided by culinary academy students with professional chefs and faculty.

SAN FRANCISCO FISHERMAN'S WHARF

Nov 18, Monday

Fishman's Wharf is a food and seafood lover's heaven and mix of international cuisine. Fisherman's Wharf is also home to some of the world's best chocolate and sweets!

DOWNTOWN LIVERMORE

Dec 11, Wednesday

More than just a wine destination, Livermore appeals to a broad audience with a rich cultural scene, public art, a Caffeine Trail, a Beer Trail, an Ice Cream Trail, boutiques and of course, Livermore restaurants.



TRAVEL TROUPE - EXTENDED VACATIONS

Extended vacations with the Albany Senior Travel Troupe are a great opportunity for adult ages 50+ to travel with friends and family to enticing travel destinations around the world with confidence. Sign up for your dream destination 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 the Senior Center at 1(510) 524-9122 for more information and to book your trip.

Sunny Portugal

10 Days – March, 2025

Trip includes:

Roundtrip airfare, roundtrip transfers, 9 nights' accommodation, 14 meals (8 breakfasts, 3 lunches, 3 dinners), professional tour director, motorcoach transportation, sightseeing per itinerary, admission per itinerary, hotel transfers, baggage handling at hotels.

Cost:

\$3,699 per person, double occupancy / \$600 single supplement

Deposit - \$698 per person



Cultural Treasures of Japan

14 Days – April, 2025

Trip includes:

Roundtrip airfare, roundtrip transfers, 13 nights' accommodation, 18 meals (12 breakfasts, 6 dinners), professional tour director, motorcoach transportation, sightseeing per itinerary, admission per itinerary, hotel transfers, baggage handling at hotels.

Cost:

\$7,699 per person, double occupancy / \$1500 single supplement

Deposit - \$698 per person



Sneak Peak for Summer and Fall 2025!

June: Mackina Island
August: Best of Eastern Canada
October: French Magnifique

Want to learn more about our Extended Vacations for 2025?

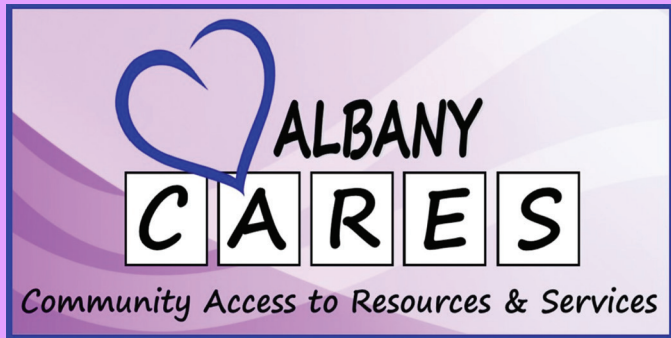
Come see our exciting lineup in a presentation brought to you by Collette.

Presentation Date: August 9

Time: 2pm

Location: Community Center Hall, 1249 Marin Ave

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 information about affordable housing, legal assistance, utility payment assistance, medical and mental health programs, and much more.

For assistance with all Albany CARES programs, call 1(510) 524-9283 or email 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.

The application for 2024 is available at: www.albanyca.org/exemptions
Applications are due December 31, 2024.



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



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. One-time financial assistance is available for income-eligible tenants.

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

You can find more information at www.albanyca.org/financialassistance

Neighbors for Safety Awareness

The City 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 or call **1(510)524-9283**.

Text to 911 in an Emergency

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.

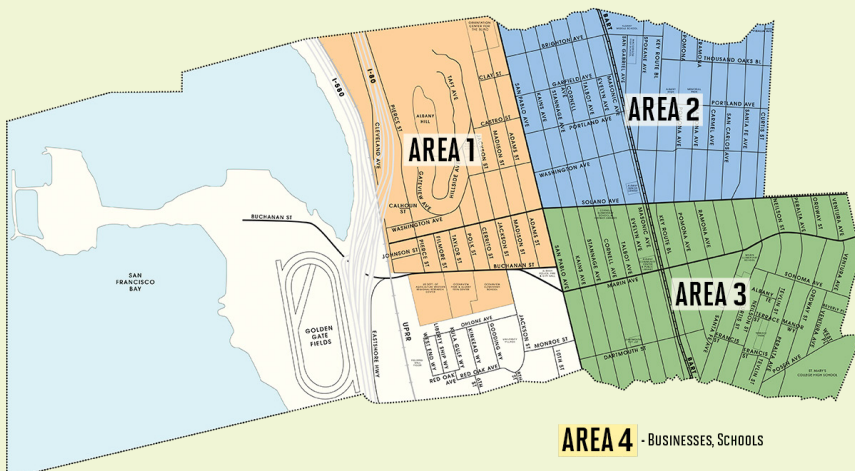
- A dispatcher will reply to you by text. Be sure to silence your ringtone if staying quiet is important for your safety
- Give an accurate address or location as quickly as possible
- Identify the type of help you need - police, fire or ambulance
- Be brief, but don't use abbreviations or slang

- 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
Residential

AC area 2:

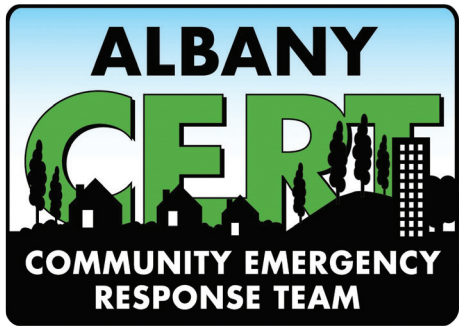
Area2.coordinator@albanyca.org
Residential

AC area 3:

Area3.coordinator@albanyca.org
Residential

AC area 4:

Area4.coordinator@albanyca.org
Businesses, Schools



CERT Training Classes

Albany CERT (Community Emergency Response Team) is an all-volunteer organization consisting of trained people dedicated to the safety of residents in a disaster. Albany CERT is a 501(c)(3) non-profit, 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 an earthquake, wildfire, or other disaster, 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 for the training dates in

the order you prefer and are available for:

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

For more information visit: www.albanycert.org

ReadyAlbany.org

Learn how to prepare for disasters and stay connected with the City in the event of emergencies by visiting ReadyAlbany.org

CPR & First Aid Courses

The Albany Fire Department partners with the American Safety & Health Institute to offer CPR & First Aid courses 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, Sept 21, 2024 | 8:30 AM-3 PM | CPR & First-Aid
CPR in AM, First Aid in PM

www.albanyca.org/CPR-FirstAid

Genasys Project: Albany's Evacuation Warning Map

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 on your computer, phone, and tablet so you can quickly access it in the event of an emergency where evacuations are required.



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!

The City is offers 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

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

Heat Pump Rebate Program

The City of Albany is offering rebates for electric heat pump HVAC systems! You can receive \$500 - \$6000 depending on your income! 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 funding is available through the TECH program and federal tax credits. Learn more at www.albanyca.org/heatpumps

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). The plant waste and food scraps are then picked up and taken to a processing facility. At the processing facility, the organic materials are grinded 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 which is 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?

Visit www.albanyca.org/compost



Apply for a Free Street Tree Planting

Property owners can apply to have a street tree planted by the City in the public right-of-way adjacent to their property at no cost. Planting and concrete removal fees are waived, per Resolution No. 2021-102, to support the City's climate action goals.

For more information and to apply, visit:
www.albanyca.org/street-tree-planting



Caring For Our Urban Forest

In warm and dry seasons, it's important to make sure our trees get enough water and care. Generally, the best way to ensure trees survive and thrive is to water deeply as watering helps maintain healthy root structure. About 5-10 gallons, once a week for newer trees or more in very hot weather. Established trees need less frequent watering.

A great way to reduce moisture loss is to add 3-4" of wood chip mulch, kept 4-6" away from tree trunks. It's important to not pile mulch up against the trunk. This will help the soil retain water while allowing roots to breathe.

For new trees, foliage is needed to create energy from the sun and help them grow. Try to prune new trees as little as possible.

Healthy trees help with California's risk for drought conditions and help with slowing climate change.

Please visit www.albanyca.org/street-tree-planting for more information and to review the City's Urban Forestry watering guide.

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

We have an online reporting system!
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 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 Voters: Are You Ready to Rank?

On November 5th, 2024 Albany voters will use ranked choice voting (RCV) to elect members of the City Council and the Board of Education. RCV will ONLY be used for these elections. With RCV, voters can rank candidates in order of preference. You can rank as many or as few candidates as you like.

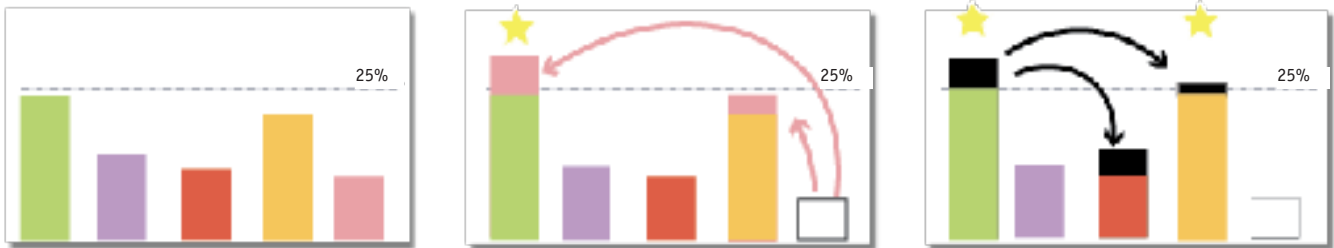
Demonstration Ballot: What do we want for lunch?



Candidates	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Dumplings	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Tacos	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sandwich	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

To win one of the 3 City Council seats, a candidate must earn more than 1/4 of the votes.
To win one of the 2 Board of Education seats, a candidate must earn more than 1/3 of the votes.

Sample City Council Election



RCV elections are counted in rounds. In each round, we check to see if any candidates have enough votes to win one of the seats.

- If so, they are elected, and we go to the next round.
- If not, we eliminate the candidate in last place.
- If a voter marked the eliminated candidate as their 1st choice, their vote will instantly go to their next choice.
- If a voter's top-ranked candidate is elected and receives more votes than they need to win, that voter has a portion of their vote count for their next choice.
- This continues until all of the seats are filled.

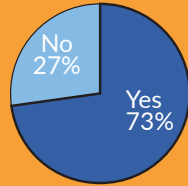
For information: Please contact Albany City Clerk, TEL: 1 (510) 528-5710, Email: cityclerk@albanyca.org

Why is Albany using Ranked Choice Voting?

In the 2020 General Municipal Election, voters overwhelmingly passed Measure BB which adopted ranked choice voting (RCV) to elect members of the City Council and the Board of Education.

Measure BB (2020)

"Yes" votes from Albany voters supported authorizing the use of RCV for electing members of the City Council and the Board of Education.



Key Things To Remember

Do not vote for a candidate more than once. Only one vote per candidate will be counted.

Candidates	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Dumplings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Tacos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sandwich	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do not vote for more than one candidate in a column. A ballot cannot be counted if it lists more than one candidate in a column.

Candidates	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Dumplings	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burger	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tacos	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sandwich	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Alameda County Website
www.acvote.org/voting/rcv

Learn more!



City of Albany Website
www.albanyca.org/rcv

Frequently Asked Questions

Do I have to rank all candidates?

No. You can rank as many or as few candidates as you like.

If I really want my 1st choice candidate to win, should I rank that candidate as my 1st, 2nd, and 3rd choice, and so on?

No. Your vote will only count once for your 1st choice. If you rank the same candidate 1st, 2nd, 3rd, and so on, it is the same as ranking a 1st choice and leaving your other choices blank.

Does ranking a 2nd or 3rd choice hurt my favorite candidate?

No. Ranking other candidates does not affect your 1st choice. Your 2nd, 3rd, and 4th choices will only be considered if your first-choice candidate is no longer in the race.

Can I give multiple candidates the same ranking?

No. If you give multiple candidates the same ranking, this is called an "overvote." Your vote in that rank and later ranks will not be counted.

Which elections will use ranked choice voting?

RCV at-large will only be used for City Council and Board of Education. It will not affect the approval or rejection of ballot measures or the election of County, State, Federal or special district officials.

Where else is RCV used?

RCV is currently used statewide in Maine and Alaska, as well as more than 40 U.S. counties and cities including San Francisco, Oakland, San Leandro, and Berkeley. However, unlike the other Bay Area cities, Albany will be using the election method of RCV at-large, rather than RCV by district.

RANKED CHOICE VOTING INFO SESSIONS

Information sessions to learn more about Ranked Choice Voting (RCV) in Albany, open to all, will be scheduled this summer and fall of 2024. To find out more, visit www.albanyca.org/rcv.



ALBANY PARKS

Reserve Today:



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.



Our Tennis Courts are located at Memorial, Terrace, and Ocean View Park. NEW are the Pickleball Courts located at Ocean View. The courts are available on a first-come, first-served basis or by making reservations in advance.

Albany Facilities

We are now accepting
FACILITY RENTAL APPLICATIONS
www.albanyca.org/rentals:



THE MEMORIAL PARK BUILDING IS NOW OPEN TO RENT!

An absolute gem in our popular community park, the Memorial Park Building is now available to rent for your next private event! This facility is ideal for children's parties, but we can accommodate the party of your choosing with all the needed amenities, including spacious floorplans, and adjoining patio area. There is even a playground close by for kids and tots. We are here to accommodate all your needs and will do everything possible to make your event successful!



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.



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



SENIOR CENTER OPEN HOUSE

Date: Friday, September 27

Time: 10am-3pm

Free!

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

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



WINTER WONDERLAND

Date: Sunday, December 8

Time: 1 - 4 PM

Location: Albany Community Center

This is a **free** event for everyone. The Albany Jazz Band will be performing live music from 2 - 4 PM, yummy treats and fabulous festivities.



Stay connected and learn more by signing up for our eNews.

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, September 27 & November 15

Time: 6:30 - 9:30 pm

Location: Community Center, 1249 Marin Ave

Ages: 5 - 12 years

Fee: \$45 Resident, \$55 Non-Resident

Activity #: 4139PN



2024 ALBANY LOCAL WEEK

September 22-28

Albany Local Week is an opportunity to celebrate the amazing businesses, parks, attractions, and uniqueness of our city for one entire week.

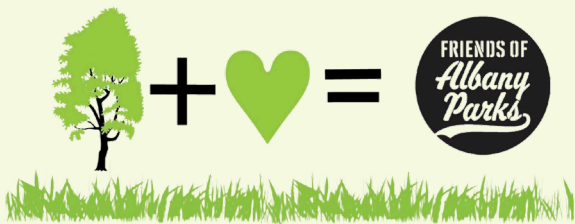
For more information visit,
www.albanyca.org/AlbanyLocalWeek



Want to get involved in **Albany Parks?**

Saturday, September 28
9 AM - 12 PM

Memorial Park
1325 Portland Ave
Edible Landscape Project



ALBANY FIRE DEPARTMENT PANCAKE BREAKFAST & OPEN HOUSE



Saturday, October 12

Time: 8 AM - 12 PM

Location: Albany Fire Station,
1000 San Pablo Ave

Ticket Prices: \$8 Adults

\$5 Children (12 and younger)



- Meet Sparky the Fire Dog
- Raffle
- See the Fire Engines
- Live Fire Demo
- Natural Gas Safety Demo

Proceeds benefit the Alisa Ann Ruch Burn
Foundation



GIVE BLOOD. GIVE LIFE.

Urgent need for blood donations

Tuesday, September 3

Tuesday, December 3

9:30 AM - 3:30 PM

Albany Community Center
1249 Marin Ave

For more details and to schedule your
appointment, Visit: www.redcrossblood.org
enter sponsor code: **ALBANYCA**

Call for Artists: Foyer Art Gallery

The Albany Arts Committee sponsors
4 art shows per year and the exhibits
run for approximately 3 months.
The Gallery has played host to
wonderful & talented artists from
Albany and neighboring cities.

To be considered for a 2025 show,
complete and submit the Foyer Art
Gallery Exhibit Application with the
requested documents and images of
your work.

Submission Due Date: September 1

For more information or to
submit your application visit,
www.albanyca.org/gallery



How to Register

There are two ways to register for classes:

1 ONLINE 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





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

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Wednesdays
6:00 - 7:30 PM



Mangobus
August 21st



Hey Jude
August 28th



The Cosmo Alleycats
September 4th



Late for the Train
September 11th



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