

ACTIVITY GUIDE

FALL 2019



ALAMEDA RECREATION AND PARK DEPARTMENT

(510) 747-PLAY • www.alamedaca.gov/recreation

Camps • Classes • Events • Parks • Services • Sports • Travel • more

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ARPD Office:
510-747-PLAY
Mon - Fri 8:30AM - 5:30PM

EVENTS CALENDAR

September 6 – 8	106th Annual Alameda City Tennis Tournament at Fairfield Tennis Complex (Washington Park)
September 6	Starlight Movie in the Park at 6:30PM at Leydecker Field
September 8	Opera in the Park at Lincoln Park
September 14	National Coastal Clean-up at Shoreline Beach
September 28	4th Annual Bike for the Parks at 8AM at Washington Park
October 15	Alameda Community Band Concert at Mastick Senior Center at 7:30PM
October 25-27	16th Annual Teen Haunted House at South Shore Center
November 2-3	40th Annual Holiday Boutique at O'Club from 10AM - 4PM
November 25-26	Days in the Park – Non-School Days at Harrison Center
December 7	City of Alameda Mayor's Holiday Tree Lighting
December 13	Alameda Sings! at Veteran's Memorial Building at 7:30 pm
December 14	Breakfast with Santa at O'Club
December 15	Alameda Sings! at Cardinal Point Lobby at 4:00 pm
December 17	Alameda Community Band Concert at Mastick Senior Center at 7:30 pm
December 20	Wee Play Holiday Party at Veteran's Memorial Building
December 21 -22	Santa Home Visits in Alameda
December 23-27	Winter Wonderland Camp at Harrison Center
Dec 30 - Jan 3	Winter Wonderland Camp at Harrison Center
January 10	ELKS/ARPD Hoop Shoot Finals at Alameda Point Gymnasium
February 7	19th Annual Dance Party at O'Club

ARPD Program Staff

Christina Bailey

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510-747-7554
cbailey@alamedaca.gov

Ed Kallas

Senior Programs, Travel
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ekallas@alamedaca.gov

Dennis McDaniels

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Aquatics/Fields
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dmcdaniels@alamedaca.gov

Shawn Smith

Teens, Classes, Programs for
People with Developmental
Disabilities
510-747-7555
sdsmith@alamedaca.gov

Online Reservation

Availability Calendar for Bocceball, Picnic Tables & Recreation Centers:

[www.alamedaca.gov/
Departments/Recreation-Parks](http://www.alamedaca.gov/Departments/Recreation-Parks)
Click on "Register Online"

Contact for rentals & registration:
email arpd@alamedaca.gov

ARPD Contacts

Web & Online Registration

www.alamedaca.gov/recreation

Email

arpd@alamedaca.gov

Facebook

playARPD on Facebook

Phone

510-747-PLAY (7529)

Fax

510-523-4071

Hours

Monday – Friday: 8:30am – 5:30pm

Park and Facility Issues

After Hours : 510-775-5459

Field Condition Hotline

After 2pm: 510-747-7540

Mastick Senior Center

510-747-7500

Parks & Facilities

See page 42 - 44



COMMUNITY - CITY DIRECTORY

City Council

Marilyn Ezzy Ashcraft	Mayor
John Knox White	Vice Mayor
Tony Daysog	Councilmember
Jim Oddie	Councilmember
Malia Vella	Councilmember

Recreation and Parks Commission

Adrienne Alexander	Member
Aimee Barnes	Member
Ron Limoges	Member
Tara Navarro	Member
Eric Robbins	Member

ARPD Staff

Eric J. Levitt	City Manager
Amy Wooldridge	ARPD Director
John McDonald	Park Manager
Jackie Krause	Recreation Manager
Patrick Russi	Recreation Manager
Bill Hudson	Park Maintenance Supervisor
Matt Nowlen	Park Maintenance Foreperson
Christina Bailey	Recreation Supervisor I
Edward Kallas	Recreation Supervisor I
Dennis McDaniels	Recreation Supervisor I
Shawn Smith	Recreation Supervisor I
Nora Pon	Senior Clerk
Katherine Sirota	Office Assistant
Louie Martinez Y McFarland	Accounting

Mastick Senior Center Advisory Board

Meets 3RD Wednesday at 9:30AM
Mastick Senior Center
1155 Santa Clara Ave., Room D

Golf Commission

Meets 2ND Tuesday at 6:30PM every other month (Jan, Mar, May, July, Sept, Nov) at City Hall, 3rd Floor, Room 360, 2263 Santa Clara Ave., Alameda

Recreation and Parks Commission

Meets Every 2nd Thursday at 7:00PM
City Hall Council Chambers
Everyone welcome.
Televised live on Ch. 15

CITY DEPARTMENT PHONE LIST

Emergency – Life or Property at Risk	911
Animal Services	510-337-8565
Animal Control – After Hours	510-337-8340
City Information	510-747-7400
City Attorney	510-747-4750
City Clerk & City Council	510-747-4800
Mayor's Office	510-747-4701
City Manager's Office	510-747-4700
Alameda Municipal Power (AMP)	510-748-3901
Base Reuse – Alameda Point	510-747-7440
Economic Development & Community Development	510-747-6890
Finance	510-747-4881
Fire – Non-Emergency only	510-337-2100
Corica Park	510-747-7800
Housing Authority	510-747-4300
Human Resources	510-747-4900
Job Opportunity	www.governmentjobs.com/careers/alamedaca
Information Technology – IT	510-747-7412
Library	510-747-7777
Media Contact	510-747-4714
Planning, Building and Transportation	510-747-6800
Police – Non-Emergency only	510-337-8340
Police – Anonymous Tip Line	510-835-2267
Public Works	510-747-7930
Public Works – Maintenance Services (Streets, Sidewalks, Non-Park Issues)	510-747-7900

HOTLINES

511 Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it – 24 hours a day, 7 days a week – from anywhere in the nine-county Bay Area. Call 511 or visit 511.org.

Info & Assistance Hotline

Need help? Get answers by simply dialing 211. 211 is a free, non-emergency, confidential, three-digit phone number and service (www.211alamedacounty.org) that provides easy access to housing information and critical health and human services. 211 operates 24 hours a day, 7 days a week with multi-lingual capabilities.



6 REASONS CHILDREN NEED TO PLAY OUTSIDE

Here's something really simple you can do to improve your child's chance of future health and success: make sure he spends plenty of time playing outside.

There are many ways in which this generation's childhood is different from that of the last generation, but one of the most abrupt contrasts is the degree to which it is being spent indoors. There are lots of reasons, including the marked increase in time spent interacting with electronic devices, the emphasis on scheduled activities and achievements, concerns about sun exposure – and, for many families, the lack of safe outdoor places to play. It's not just children; adults are spending less time outdoors as well.

Here are six crucial ways playing outside helps children:

1. **Sunshine.** Yes, sun exposure – especially sunburns – can increase the risk of skin cancer. But it turns out that our bodies need sun. We need sun exposure to make vitamin D, a vitamin that plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also plays a role our immune system in other ways, as well as in healthy sleep – and in our mood. Our bodies work best when they get some sunshine every day.
2. **Exercise.** Children should be active for an hour every day, and getting outside to play is one way to be sure that happens. They can certainly exercise indoors, but sending them outdoors – especially with something like a ball or a bike – encourages active play, which is really the best exercise for children.
3. **Executive function.** These are the skills that help us plan, prioritize, troubleshoot, negotiate, and multitask; they are crucial for our success. Creativity falls in here, too, and using our imagination to problem-solve and entertain ourselves. These are skills that must be learned and practiced – and to do this, children need



unstructured time. They need time alone and with other children, and to be allowed (perhaps forced) to make up their own games, figure things out, and amuse themselves. Being outside gives them opportunities to practice these important life skills.

4. **Taking risks.** Children need to take some risks. As parents, this makes us anxious; we want our children to be safe. But if we keep them in bubbles and never let them take any risks, they won't know what they can do – and they may not have the confidence and bravery to face life's inevitable risks. Yes, you can break an arm from climbing a tree – and yes, you can be humiliated when you try to make a friend and get rejected. But that doesn't mean you shouldn't try; the lessons we learn from failure are just as important as those we learn from success.
5. **Socialization.** Children need to learn how to work together. They need to learn to make friends, how to share and cooperate, how to treat other people. If they only interact in very structured settings, such as school or sports teams, they won't – they can't – learn everything they need to know.
6. **Appreciation of nature.** So much of our world is changing, and not for the better. If a child grows up never walking in the woods, digging in soil, seeing animals in their habitat, climbing a mountain, playing in a stream, or staring at the endless horizon of an ocean, they may never really understand what there is to be lost. The future of our planet depends on our children; they need to learn to appreciate it.
7. **So try it.** Do what our parents did: send your children outside. Even better, go with them. And do everything you can to be sure that every child can do the same.



by Claire McCarthy, MD
Faculty Editor,
Harvard Health Publishing

www.health.harvard.edu/blog/6-reasons-children-need-to-play-outside-2018052213880

Harvard Health Publishing – Harvard Medical School

COMMUNITY - RESOURCES & EVENTS

COMMUNITY RESOURCES

AC Transit	www.actransit.org
Alameda Adult School	www.alameda-adult-school.org
Alameda Boys and Girls Club	www.alamedabgc.org
Alameda Chamber of Commerce	www.alamedachamber.com
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Services	www.alamedafs.org
Alameda Family Services - Head Start	www.alamedafs.org/hs-ehs.html
Alameda Food Bank	www.alamedafoodbank.org
Alameda Friends of the Parks Foundation	www.alamedaparks.org
Alameda Health System (Alameda Hospital)	www.alamedahealthsystem.org
Alameda Historical Museum	www.alamedamuseum.org
Alameda Meals on Wheels	www.alamedamealsonwheels.org (510-865-6131)
Alameda One Stop Career Center - COA	www.alameda.peralta.edu/one-stop-career-center
Alameda Professional Child Care Assoc	www.alamedapcca.org
Alameda Unified School District	www.alameda.k12.ca.us
Alameda Youth Collaborative	www.alamedayouth.com
American Red Cross	www.redcross.org
BANANAS	www.bananasbunch.org
Building Futures	www.bfwc.org
California State Park Info and Reservations	www.parks.ca.gov
Center for Independent Living	www.thecil.org (510-841-4776/510-356-2662)
College of Alameda	www.alameda.peralta.edu
Crab Cove Visitors Center	www.ebparks.org/parks/vc/crab_cove
East Bay Paratransit	www.eastbayparatransit.org
East Bay Regional Park District	www.ebparks.org
Girls Inc. of the Island City	www.girlsincislandcity.org
Rhythmix Cultural Center	www.rhythmix.org
USS Hornet Foundation Museum	www.uss-hornet.org

COMMUNITY SPORTS RESOURCES

Aeromanics - Aeronuts	www.aeromaniacs.com
Alameda Attack Lacrosse Club	www.alamedalacrosse.com
Alameda Babe Ruth Baseball	www.alamedababeruth.com
Alameda Dragon Flyers Boat Team	www.alamedadragonflyers.com
Alameda Gators Swim Team	www.alameda-alga.com
Alameda Girls Softball Association	www.alamedagsa.com
Alameda Little League	www.eteamz.com/alamedalittleleague
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Association	www.alameda-swimming.com
Alameda Vipers Basketball Club	www.alamedavipers.com
Alameda Wolverines Football	www.afawolverines.com
Alameda Youth Basketball	www.alamedayouthbasketball.club
Artemis Rowing	www.artemisrowingclub.org
California Rowing Club	www.californiarowingclub.com
Corica Park	www.coricapark.com
Special Olympics (Alameda)	www.sonc.org/sports/county/alameda

EVENTS

A Lord Of A Ring In A Suitcase

by the Samuel Peaches Peripatetic Players

Sun, Aug 18, 11AM @ Lincoln Park, 1450 High St

Sat, Aug 24, 2PM @ Franklin Park, 1432 San Antonio Ave

One does not simply walk into Mordor... without a change of costume! Join Samuel Peaches and his adventuresome band of travelling thespians as they courageously attempt to enact J.R.R. Tolkien's Fellowship Of The Ring in under an hour! Help the Peripatetic Players run from ringwraiths, scintillatingly swordfight, and secretly scarf second breakfasts in this ridiculous romp around Middle Earth at a park near you. This year, the Players fit their entire production into several suitcases - even the smallest bag can change the course of this play! Bring a blanket, and the whole family, and enjoy the adventure as it unfolds all around you. Shows are free and appropriate for audiences of all ages! Donations gratefully accepted.



Starlight Movies in the Park

Ralph Breaks the Internet

Friday, Sep 6, 6:30 - 10:30PM, Leydecker Field

Free Starlight Movies in the Park will again take place this summer for families to enjoy. The event starts at 6:30 p.m. with pre-show festivities of games and crafts for kids. The featured movie begins at approximately 8:00 p.m. Snacks and food are available and proceeds support the Teen Program. Bring your own chairs and blankets and enjoy a film under the stars.

California Coastal Cleanup Day

September 14, 9:00AM - 12:00PM

Meet at Park St. & Shoreline Dr.

Take part in this international volunteer event! Coastal Cleanup Day is a great way for families, students, service groups, and neighbors to join together, take care of our fragile marine environment, show community support for our shared natural resources, learn about the impacts of marine debris and how we can prevent them... and to have fun!

Join us at Park Street and Shoreline Drive from 9AM - Noon, bring your own bucket and gloves, wear sunscreen and closed-toe shoes, and help us clean up the shoreline all along Crown Beach. For more information about this event, please call the Public Works Department at (510) 747-7930, or visit the California Coastal Commission web site at www.coastal.ca.gov. For more information see next page.

4th Annual Alameda Bike for the Parks

Saturday, September 28, 2019

9:00AM: 25 mile ride & 8 mile fun ride begins

11:00AM - 2:00PM: After party at Washington Park includes Hot Dog Lunch, Jumpers, Crafts and musical DJ entertainment. Cost: \$45 for adults/\$20 for kids 12 & under. Register and more Information available at www.bike4parks.alamedaparks.org or on Facebook 2019 Alameda Bike for the Parks.

Alameda Community Band Concert

Tuesday, October 15 & December 17, 7:30PM, Mastick Social Hall

Enjoy a musical performance by the Alameda Community Band, comprised of volunteer musicians, playing marches, Broadway musical selections, classical specialties, movie favorites and much more.

40th Annual Holiday Boutique

Saturday & Sunday, Nov 2 & 3, 10:00AM - 4:00PM DeWitt O'Club, 641 W. Redline Ave.

All items are homemade and hand crafted by more than 50 Crafters. Free admission. The proceeds benefit scholarship programs sponsored by the Alameda Recreation and Parks Department.

City of Alameda Mayor's Holiday Tree Lighting Ceremony

Saturday, December 7, 4:30PM, City Hall

Come and enjoy performances from community groups followed by the tree lighting ceremony and The Mistletones' Rockin' Holiday Show.

Alameda Sings!

Alameda Community Chorus

Winter Concerts

Friday, Dec 13, 7:30PM Veteran's Memorial Building

Sunday, December 15, 4:00PM Cardinal Point

Enjoy Holiday Favorites, all are welcome!

Breakfast with Santa

Saturday, December 14, 10:00AM - 12:00PM

Albert H. DeWitt O'Club, 641 West Redline Ave.

Cost: \$19 (13+ years), \$10 (2-12 years), FREE (under 2) Class #8266

You better watch out, you better not cry, you better not pout, I'm telling you why - Santa's here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. All attendees must pre-register regardless of age. All children must be accompanied by an adult and pre-registration is required. Space limited to 125 people. Register by November 29. No refunds or credits will be issued.

Santa's Visit Alameda Homes

Saturday, December 21, Class #8267

Sunday, December 22, Class #8269

4:30PM - 8:40PM, \$41 for one 10-minute visit

Ho! Ho! Ho! Santa, Rudolph and the gang will be back in Alameda. Santa will make a special ten-minute visit to your child at home. Arrangements can be made for Santa to bring a gift. Please note that Santa may not be able to speak to every child, if he visits a large party. Reservations will be available in person starting November 4, 2019 at the ARPD Office; email and faxed registrations will be accepted starting on November 7, 2019. Phone and online registration not available for this program.

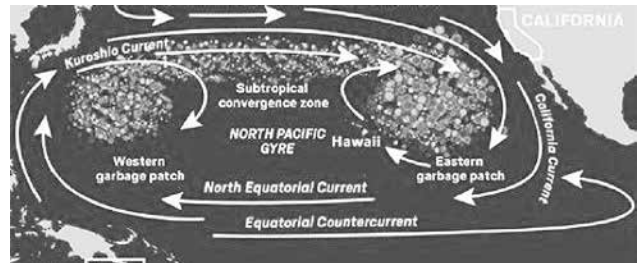


COASTAL CLEANUP DAY

Coastal Cleanup Day is the world's largest annual volunteer event to protect our planet. In 2018, this international event of just over 70,000 volunteers picked up 800,000 pounds of trash at 1000 different sites around the world.



In Alameda, in only one morning over 400 volunteers carefully collected 1.5 tons of trash from our shorelines and marinas, where much of the waste was very small, single-use plastic pollution like cigarette butts, straws, and food wrappers. This sort of pollution is regularly generated on our streets and washes out to the San Francisco Bay where it then adds to the Great Pacific Garbage Patch, a roiling soup of tiny plastic trash that threatens the survival of marine ecosystems around the world.



Great Pacific Garbage Patch, 2018

Get counted: this year's Alameda Coastal Cleanup Day is scheduled for Saturday, September 21, 2019; and will go from 8:30 a.m. to 12:00 p.m. The main site for walk-up registration will be at Crown Beach at Shore Line Drive at Park Street, but there will also be satellite cleanup sites announced in early September at Alameda's Marinas and other beachfront locations.

Do your part on event day to reduce single-use plastic pollution by bringing your own reusable bucket, gloves, and refillable water bottle. Please wear closed-toe shoes, sunscreen, and children under 18 must be accompanied by an adult. This event is co-produced by the City of Alameda, Alameda County Industries, and the East Bay Regional Park District.

ALAMEDA WALKS

2019 Schedule

All walks begin at 9AM and last approximately one hour. Where walks are longer, it will be noted and new walks are indicated. Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home.

August 10

Jean Sweeney to Marina Village Walk

Meet at Jean Sweeney Open Space Park, 1925 Sherman Street. This walk will highlight the Jean Sweeney Open Space Park and then cross over to explore the Marina Park Village and shore line and fountains.

September 7

Shoreline to Doolittle Ponds Walk (EBPRD Led Tour)

Meet at base of Park Street and Shoreline Dr. along shoreline. This walk will explore the South Shore, observe wildlife and beautiful views as we discuss the rich history of Alameda's shoreline and Doolittle pond at MLK Jr. Regional Shoreline. This walk will be led by East Bay Regional District Naturalist, Michael Charnofsky. Note: walk lasts approx. 1 hour and 30 minutes.

September 14

Alameda Point North – Revisited

Meet at City Hall West, 950 West Mall Square-facing the main gate entrance of Alameda Point. This walk will explore the varied history of this part of the island and the different periods on Alameda Point from before Navy until after Navy presence. Dennis Evanosky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

October 5

Classic Buildings and Park Street Area

Meet at City Hall 2263, Santa Clara Ave. in front of Flag Pole. This walk will explore the downtown classical buildings of Alameda. Buildings include City Hall, Library, Police Memorial, Trinity Lutheran Church, Alameda High School, and several more.

October 12

Munchkinville Walk – New

Meet at Edison School, on corner of Lincoln and Versailles Avenues. This walk will examine the history of the area, discuss the houses of Tregloan Court and environs of Edison School. Dennis Evanosky and Eric Kos will lead this walk. Note: walk will last 1 hour and 15 minutes.



HOOP SHOOT

FREE

46th ANNUAL ELKS HOOP SHOOT COMPETITION

October 14, 2019- December 13, 2019

Free!

A national event, this contest is sponsored locally by the Alameda Elks Lodge 1015 and conducted by the Alameda Recreation and Park Department. Over three million youth from throughout the country enter the competition yearly.



This free competition is held at Bayport, Franklin, Leydecker, Lincoln, Longfellow, Tillman, Washington Parks and Alameda Point Gym during program hours. The event is open to boys and girls 8 - 13 years-old and who attend a school or reside in the city of Alameda.

The contest consists of shooting free throws. Each contestant has 25 shots at the hoop. A child may compete as many times as he or she wishes. Classifications are as follows:

Class A: 12 - 13 years

This division is open to youth who do not reach their 14th birthday before April 1, 2020.

Class B: 10 - 11 years

This division is open to youth who do not reach their 12th birthday before April 1, 2020.

Class C: 8 - 9 years

This division is open to youth who do not reach their 10th birthday before April 1, 2020. Seven year olds who reach their eighth birthday before April 1, 2017, are also eligible in this category.

The top three finalists in each division are eligible to represent their park or club at the **city-wide finals, to be held on January 10, 2020** at Alameda Point Gymnasium. The winners in each division will go on to represent the City of Alameda and the Alameda Elks at the District Shoot-Off in late January.

MARK YOUR CALENDARS!!

19th Annual Dance Party

Co-sponsored by Girls Inc. of the Island City and Alameda Recreation & Park Department

A special party for girls who are enrolled in kindergarten through fifth grades, during the 2019-20 school year, and their fathers or other significant role model. There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun! Each daughter will receive a special memento at the end of the evening.

Friday, February 7, 2020, 6:00PM - 8:30PM

Albert H. DeWitt O'Club, 641 West Redline Ave

Registration begins on December 2 and ends January 17 or until event sells out, so sign-up early!

PLAYGROUP & PRESCHOOL - INFANTS & TOTS

INFANT PLAYGROUP

Alameda Wee Play

Ages 6 Month - 3 Years

Come and experience Alameda's play center for infants and toddlers ages 6 months to 3 years! Activities include developmental and exploratory play, music time, and coloring/crafts. Activities are minimally structured which allows children to enjoy and explore on their own terms. Children must be accompanied and supervised, by a parent or caregiver, at all times.



M W F	10:00AM - 1:00PM
\$6 Drop-in per day per child	\$60 Drop-in Card for 12 visits
Alameda Veteran's Memorial Building, 2203 Central Avenue	
Closed on September 2, November 11, 27 & 29	
Volunteer to set-up or clean-up, limited number per day, and receive free entrance for that day!	

SMALL FRY CLASSES (3 - 3 yrs, 11 mos.)

All classes are from 9:00AM - 12:00PM

Day	Location	Winter #
Monday, Wednesday & Friday	Godfrey, Bay Farm Is.	8021
Tuesday & Thursday	Godfrey, Bay Farm Is.	8022
Monday, Wednesday & Friday	Littlejohn Park	8023
Tuesday & Thursday	Littlejohn Park	8024
Tuesday & Thursday	McKinley Park	8025
Tuesday & Thursday	Washington Park	8026

TINY TOT CLASSES (4 - 5 years)

All classes are from 9:00AM - 12:00PM (unless noted)

Day	Location	Winter #
Monday, Wednesday & Friday	Leydecker, Bay Farm Is.	8027
Tuesday & Thursday	Leydecker, Bay Farm Is.	8028
Monday, Wednesday & Friday	McKinley Park	8029
Monday, Wednesday & Friday PM Session: 12:00 - 3:00pm	McKinley Park	8032
Monday, Wednesday & Friday	Washington Park	8030
Monday, Wednesday & Friday PM Session: 12:00 - 3:00pm	Woodstock Park	8031

TOTS PRESCHOOL

Tiny Tots & Small Fry Classes - Fall 2019 & Winter 2020

Ages 3 - 5

The Alameda Recreation and Parks Preschool offers a play-based, recreational program for children ages 3 to 5 years old (pre-kindergarten). Activities will include a variety of arts and crafts, storytelling, games, cooking, music, motor fitness, outside play, and a intro to tennis for some Tiny Tot classes during the fall and spring sessions.

REQUIRED:

- Children must be the correct age on the first day of class, and
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability. Children must also be able to separate from their parents.
- PROOF OF AGE IS REQUIRED AT REGISTRATION - NO EXCEPTIONS

FALL 2019 SESSION (14 weeks)	September 3 - December 13 No classes Nov 11 & Nov 25	
Days	Full Payment	Two Payments*
Monday, Wednesday & Friday	\$1008	\$519 each
Tuesday & Thursday	\$672	\$351 each
Mon - Friday (5 days)	\$1680	\$870 each
*1st due on enrolling, 2nd due 9/16/19		

Registration for Winter 2020

- NEW student registration for remaining spots will be Thursday, December 5, 2019 at 8:30am at the ARPD office, 2226 Santa Clara Ave., Alameda.
- Students in FALL 2019 classes have registration priority for the class they are currently attending.

WINTER 2019/2020 SESSION (11 weeks)	January 6 - March 27 No classes Jan 20, Feb 17-21	
Days	Full Payment	Two Payments*
Monday, Wednesday & Friday	\$792	\$411 each
Tuesday & Thursday	\$528	\$279 each
Mon - Friday (5 days)	\$1320	\$690 each
*1st due on enrolling, 2nd due 1/15/20 Dates & prices are subject to change		



TOTS PROGRAMS

For 3 - 5 years (Pre-Kindergarten)

In order to be enrolled, your child must:

- Be ready to separate from parent (and parent from child)
- Be willing to participate in the program without parent being present
- Be out of diapers/pull ups
- Able to tend to their personal needs
- Meet the age requirement by the first day of class

ARTS & CRAFTS

Young Rembrandts: Little Artist

Ages 3 - 5

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce our students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious-looking drawing of an ice cream sundae will delight those with a sweet tooth, and learning to draw a friendly lion has never been more fun. These are just a few of the many great lessons our students will learn. There's no better time than NOW to enroll your child into Young Rembrandts Little Artist.

Class #8176	Sep 24 - Oct 29	Tu	3:15PM - 4:00PM
\$100	Kavita Parekh	Veteran's Bldg. Rm. 120	



DANCE

Dance With Me Ballet

Ages 3 - 4

You and your child will dance together in this fun class which introduces your child to the basic positions and steps of ballet! ABA has a dress code for your young dancer - please visit <https://alamedaballet.com/classes/#dress> for more information.

Class #8224	Sep 21 - Nov 23	Sa	9:45AM - 10:30AM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	

Pre-Ballet

Ages 4 - 5

Learn the basic positions, rhythms and movements of ballet in a fun and creative environment! ABA has a dress code for your young dancer - please visit <https://alamedaballet.com/classes/#dress> for more information.

AGES 4			
Class #8225	Sep 17 - Nov 19	Tu	3:45PM - 4:30PM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
Class #8226	Sep 21 - Nov 23	Sa	10:45AM - 11:30AM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
AGES 5			
Class #8227	Sep 12 - Nov 21	Th	3:45PM - 4:30PM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
Class #8228	Sep 21 - Nov 23	Sa	11:45AM - 12:30PM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	



FITNESS

Kids Gymnastics

Ages 1 - 2

Ruby's Tumbling is a family owned business for more than 30 years. A fun classroom setting for future gymnasts designed to teach them the early stages of balance, coordination, flexibility and strength. Watch them build confidence with every step!

AGES 1 - 2			
Class #8254	Sep 5 - Oct 10	Th	9:15AM - 10:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
Class #8255	Nov 7 - Dec 19	Th	9:15AM - 10:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
AGES 2 - 3			
Class #8256	Sep 5 - Oct 10	Th	10:15AM - 11:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
Class #8257	Nov 7 - Dec 19	Th	10:15AM - 11:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
AGES 3 - 5			
Class #8258	Sep 5 - Oct 10	Th	11:15AM - 12:00PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
Class #8259	Nov 7 - Dec 19	Th	11:15AM - 12:00PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
Class #8260	Sep 5 - Oct 10	Th	5:45PM - 6:30PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
Class #8261	Nov 7 - Dec 19	Th	5:45PM - 6:30PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	



SPORTS

Kidz Love Soccer

Ages 2 - 5

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" All children will receive a Kidz Love Soccer jersey! Please bring shin guards and a water bottle (shin guards are not required for Mommy/Daddy & Me Soccer). PRE-REGISTRATION IS REQUIRED. KLS Class Status Hotline: (888-372-5803). For cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

AGES 2 - 3.5 • MOMMY/DADDY & ME SOCCER SAT			
Class #8277	Sep 21 - Nov 9	Sa	9:00AM - 9:30AM
\$124	Kidz Love Soccer	Upper Washington Park	
AGES 2 - 3.5 • MOMMY/DADDY & ME SOCCER WED			
Class #8278	Sep 11 - Oct 16	W	5:40PM - 6:10PM
\$99	Kidz Love Soccer	Upper Washington Park	
AGES 3.5 - 4 • TOT SOCCER SAT			
Class #8279	Sep 21 - Nov 9	Sa	9:40AM - 10:15AM
\$124	Kidz Love Soccer	Upper Washington Park	
AGES 3.5 - 4 • TOT SOCCER WED			
Class #8280	Sep 11 - Oct 16	W	3:40PM - 4:15PM
\$99	Kidz Love Soccer	Upper Washington Park	
AGES 4 - 5 • PRE SOCCER WED			
Class #8281	Sep 11 - Oct 16	W	4:10PM - 4:45PM
\$99	Kidz Love Soccer	Upper Washington Park	
AGES 4 - 5 • PRE SOCCER SAT			
Class #8282	Sep 21 - Nov 9	Sa	10:10AM - 10:45AM
\$124	Kidz Love Soccer	Upper Washington Park	



AFTERSCHOOL CARE

Parks and Playground Program

Grades K - 5

2019-2020 School Year

The perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although leaders encourage participation, children are not required to participate in scheduled programs. Activities may include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Monthly activity calendar for each site are available upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service - Parents may leave their child alone at the park at their own risk.

Monday - Friday	3:00PM - 5:00PM
FREE	Drop-in Afterschool Activities
Locations	Bayport, Franklin, Lincoln, Longfellow, Tillman and Washington Parks
All Sites Closed on School Holidays Labor Day, Monday, September 2, 2019 Veteran's Day, Monday, November 11, 2019 Thanksgiving Break, Monday - Friday, November 25 - 29, 2019	



RAP - Recreation Afterschool Program

Grades K - 5

August 19, 2019 - June 8, 2020

A supervised afterschool program for elementary-aged children with activities including games/sports, cooking, arts and crafts, and a daily snack. RAP leaders meet the students at AUSD schools at dismissal and walk them to the park, where they can stay until 5:30 p.m. Students must dress appropriately for cold and rainy weather. Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school holidays, legal holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

GRADES 1 - 5 IS OFFERED AT THE FOLLOWING SITES*:

Bayport Park	NEA & Ruby Bridges Schools
Franklin Park	Franklin & Love Schools
Leydecker Park	Earhart School
Lincoln Park	Edison & Otis Schools (FULL, waitlist only)
Tillman Park	Bayfarm School

GRADES K - 5 IS ONLY OFFERED AT THE FOLLOWING SITES*: (No TK students)

Longfellow Park	Paden School
Washington Park	Maya Lin School

*A minimum of 10 students must be registered at a school in order to be a RAP Pick-Up Site.

FALL SESSION AUGUST 19 - NOVEMBER 22, 2019

1st payment due when enrolling; 2nd payment due by 10/4/19

	Grades 1 - 5	Kindergarten**
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5 days/week

Full Payment	\$812	\$1,258
Two Payments	\$436 each	\$659 each

3 days/week

Full Payment	\$532	\$788
Two Payments	\$296 each	\$424 each

2 days/week

Full Payment	\$392	\$533
Two Payments	\$226 each	\$297 each

WINTER SESSION DECEMBER 2, 2019 - MARCH 27, 2020

1st payment due by 11/22/19, 2nd payment due by 1/31/20

**Kindergarten fees are higher based on the number of 11:40AM dismissal days.

A limited number of reduced fees are available for students. To qualify, please complete a fee assistance request form from ARPD.

ARPD Office: 510-747-PLAY
Monday - Friday 8:30am - 5:30pm

CAMPS

Days in the Park

Grades K - 5

Come spend your non-school days with ARPD! We'll be making special arts & crafts, playing great games, and many more surprises. On Monday, we will take a field trip, possibly out of town (location TBD). Bring your own lunch; morning and afternoon snack will be provided. Field trip details will be firmed up after Activity Guide printing.

Class #8271	Nov 25 - Nov 26	M Tu	7:30AM - 5:30PM
\$168	ARPD Staff	Harrison Center at Lincoln Park	

Winter Wonderland Camp

Grades K - 5

Make this holiday season special by registering your child (or children) for one or both sessions of ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking which follow a theme are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch; snacks will be provided. Camp will be held at Harrison Center (Lincoln Park, 1450 High Street, Alameda). Camp is closed on December 25th & January 1st. Extended Care is available for an additional cost of \$53 Residents/\$88 Non-Residents. There will be no PM Extended Care on December 24, 25, 31 & Jan 1; all campers need to be picked up by 3pm on Tuesday. All children need to be picked up on time. There is a \$1 per minute per child fee payable that day for late pick-ups.

WINTER WONDERLAND CAMP SESSION 1

Class # 8295	Dec 23 - Dec 27	M Tu Th F	9:00AM - 3:00PM
\$144 Residents \$160 Non-res	ARPD Staff	Harrison Center at Lincoln Park	

WINTER WONDERLAND CAMP SESSION 2

Class #8296	Dec 30 - Jan 3	M Tu Th F	9:00AM - 3:00PM
\$144 Residents \$160 Non-res	ARPD Staff	Harrison Center at Lincoln Park	

WINTER WONDERLAND CAMP EXT CARE SESSION 1

Class #8297	Dec 23 - Dec 27	M Tu Th F	7:30AM - 5:30PM
\$53 Resident \$88 Non-res	ARPD Staff	Harrison Center at Lincoln Park	

WINTER WONDERLAND CAMP EXT CARE SESSION 2

Class #8298	Dec 30 - Jan 3	M Tu Th F	7:30AM - 5:30PM
\$53 Resident \$88 Non-res	ARPD Staff	Harrison Center at Lincoln Park	

Have You Considered Advertising in the ARPD Activity Guide? 40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents. **For more information, contact (510) 747-7529.**



YOUTH - CLASSES



ARTS & CRAFTS

Young Rembrandts: Art and Cartooning

Ages 6 - 11

Back to school is in full swing at Young Rembrandts, as we present drawing and cartoon lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their marker rendering skills as we introduce our colorists to warm and cool colors. Ordinary, school items are brought to life as we illustrate and personify inanimate objects. Another challenging lesson will help our students visualize sounds, and what's a cartooning class without learning how to draw expressions?

Class #8177	Sep 24 - Nov 5	Tu	4:15PM - 5:15PM
\$116	Kavita Parekh	Veteran's Bldg. Rm. 120	

COOKING

Cooking Round the World!

Ages 6 - 13

We are Cooking Round The World and we give children the opportunity to learn about countries around the world by cooking... AND eating! The intention is to present cultural appreciation and tolerance about different cultures and traditions around the world using food as the conduit to get there. A typical class includes cooking, eating, perhaps an international folktale, fun language acquisition and a brief Map education, sometimes even a trivia game show. 100% hands on classes. We are NUT FREE! Please contract us to discuss allergies. \$48 materials fee due to instructor on first class.

Class #8179	Sep 11 - Oct 30	W	4:00PM - 5:30PM
\$198	Cooking Round The World	Woodstock Park Center	
Class #8180	Nov 6 - Dec 18	W	4:00PM - 5:30PM
\$174	Cooking Round The World	Woodstock Park Center	

DANCE

Ballet I

Ages 6

To achieve a dancer's grace and posture, students focus on stretching and strengthening, first and second positions, barre & center. ABA has a dress code for your young dancer - please visit www.alamedaballet.com/classes/#dress for more information.

AGES 6			
Class #8230	Sep 21 - Nov 23	Sa	12:45PM - 1:45PM
\$248	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
Class #8229	Sep 9 - Nov 18	M	3:45PM - 4:45PM
\$248	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
AGES 7			
Class #8231	Sep 18 - Nov 20	W	3:45PM - 4:45PM
\$248	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
Class #8232	Sep 21 - Nov 23	Sa	12:45PM - 1:45PM
\$248	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	

Salsa Dance Class - Basic & Intermediate

Ages 12+ • See page 20



ENRICHMENT

Chess Wizards Class

Ages 6 - 12

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone in kindergarten through fifth grade. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards is the place for you!

Class #8175	Sep 9 - Nov 18	M	4:00PM - 5:00PM
\$155	Chess Wizards	Veteran's Bldg. Rm. 120	

Play-Well TEK: Minecraft Engineering using LEGO

Ages 5 - 10

Bring Minecraft to life using LEGO! Build engineer-designed projects like motorized Creepers, portals to the Nether, and Minecarts! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor.

Class #8201	Nov 25 - Nov 27	M Tu W	9:00AM-12:00PM
\$93	Play-Well TEKnologies	Veteran's Bldg. Rm. 120	



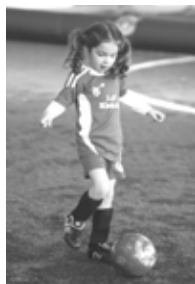
YEAR ROUND SPORTS FOR ALL AGES!

JOIN NOW! CLASSES ARE PRORATED.



LIL' SLUGGERS

A child development program created to introduce children to the game of baseball. Ages 2 to 6 years.



LIL' KICKERS

A child development program for beginner soccer players. Ages 18 months to 9 years.



SCHOOL YEAR DAY CAMPS

Camp Bladium offers Fall, Winter & Spring Break Camps for children throughout the school year.



Rock Climbing • Inflatables • Basketball
Dodgeball • Kickball • Arts and Crafts
NERF® • Laser Tag • Lego®
Inflatable Waterslides (in warm weather).
Ages 5-14 years.



SKILLS INSTITUTE

Soccer development for intermediate players. Ages 5 to 12 years.



BLADIUM INTERNATIONAL SOCCER ACADEMY

World class soccer classes & camps for advanced players. Ages 6 to 17 years.



YOUTH SOCCER LEAGUES

Unbeatable selection of indoor and outdoor leagues for youth at all levels.

P 510.814.4999 • **E** AlamedaSales@Bladium.com
800 West Tower Ave., Alameda, CA 94501
BLADIUMALAMEDA.COM



BLADIUM
SPORTS & FITNESS CLUB

FITNESS

Kids Gymnastics

Ages 6 - 9

Ruby's Tumbling is a family owned business for more than 30 years. A fun classroom setting for future gymnasts designed to teach them the early stages of balance, coordination, flexibility and strength. Watch them build confidence with every step!

Class #8262	Sep 5 - Oct 10	Th	4:30PM - 5:30PM
\$165	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	
Class #8263	Nov 7 - Dec 19	Th	4:30PM - 5:30PM
\$165	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement Ave	

MARTIAL ARTS

Aikido for Children

Ages 5 - 15

The program involves various exercises catered to children in order to promote their mental awareness, physical capabilities and coordination skills - which ultimately builds healthy values, character and self-esteem. Building character can reduce the chance that a young person will react out of fear in a threatening situation. Kids will have a great time, and have a chance to play games that involve the exercises they are taught. There is a \$20 fee for practice uniform, payable to Instructor on first day.

Class #8207	Sep 3 - Oct 22	Tu	4:15PM - 5:15PM
	Sep 4 - Oct 23	W	4:45PM - 5:45PM
	Sep 7 - Oct 26	Sa	9:00AM - 10:00AM
\$107	Alameda Aikikai	2025 Clement Ave., Alameda	
Participants may choose any 8 classes to attend from class dates offered.			



Omega Martial Arts

Ages 5

A mixed martial arts class for fitness, self-defense, and personal development. Students will learn striking and grappling. Parents/guardians are welcome to enroll with their children. Children are also welcome to enroll without a parent. No class on 11/11, 11/25 & 11/27

Class #8172	Sep 9 - Dec 18	M W	4:30PM - 5:30PM
\$306	Carlo Valero	Veteran's Bldg. Rm. 250	

Wado Kai Karate

Ages 8+

Wado Kai is a traditional Japanese karate style that emphasizes natural movements, precision, timing, and is suitable for all ages. Improve your flexibility and stamina, develop inner strength and calmness of character while learning how to react to any situation intuitively.

Class #8173	Sep 3 - Oct 22	Tu Th	6:00PM - 7:30PM
\$101	Mikhail Faiguenblat	Veteran's Bldg. Rm. 250	
Class #8174	Oct 24 - Dec 19	Tu Th	6:00PM - 7:30PM
\$101	Mikhail Faiguenblat	Veteran's Bldg. Rm. 250	

SPORTS

Kidz Love Soccer

Ages 5 - 10

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" All children will receive a Kidz Love Soccer jersey! Please bring shin guards and a water bottle (shin guards are not required for Mommy/Daddy & Me Soccer). PRE-REGISTRATION IS REQUIRED. KLS Class Status Hotline: (888-372-5803). For cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

AGES 5 - 6 • SOCCER 1: TECHNIQUES & TEAMWORK - WED			
Class #8283	Sep 11 - Oct 16	W	4:45PM - 5:30PM
\$99	Kidz Love Soccer	Upper Washington Park	
AGES 5 - 6 • SOCCER 1: TECHNIQUES & TEAMWORK - SAT			
Class #8284	Sep 21 - Nov 9	Sa	10:45AM - 11:30AM
\$124	Kidz Love Soccer	Upper Washington Park	
AGES 7 - 10 • SOCCER 2: SKILLZ & SCRIMMAGES - SAT			
Class #8285	Sep 21 - Nov 9	Sa	11:30AM - 12:15PM
\$124	Kidz Love Soccer	Upper Washington Park	

AFTERSCHOOL PROGRAMS & CLASSES - TEENS

AFTERSCHOOL PROGRAMS

Underground Teen Center

Grades 6 - 12

The Underground Teen Center (UTC) provides a safe place for tweens and teens to have fun, socialize with friends, and participate in active, fun and enriching activities with adult supervision. The UTC has a big screen TV, pool table, video games, ping pong/shuffleboard, board games, music, and a snack bar. There is no charge to visit The Underground, however some activities may require a small materials fee. Participants need to register at the Center and must sign-in and sign-out on a daily basis.

Aug 19 - Jun 9	M Tu W Th F	3:00PM - 5:30PM
ARPD Staff	Underground Teen Center at Veteran’s Building	
Closed on school Holidays. Open during AUSD Winter Break: Mon, Dec 23 - Fri, Dec 27 (closed on Dec 25) and Mon, Dec 30 - Fri, Jan 3 (closed on Jan 1) from 12:00PM - 4:00PM		

Club Underground - Transportation

CLUB Underground is after school transportation from AUSD Middle schools in ARPD vehicles to The Underground Teen Center program. Transportation is not available on public school Holidays, AUSD staff development days, or unscheduled early release days. Participants must be registered in the Underground Teen Center program before they are permitted to use CLUB Underground Transportation.

Monday, Tuesday, Thursday & Friday	2:30PM - 3:25PM varies by school dismissal times
Wednesday	Pick-up varies by school dismissal times
Ride fee per one-way trip payable at time of pick up	\$2
Purchase a non-refundable Ride Pass (good for 10 rides) from ARPD Office	\$20
Academy of Alameda	Class #8237
Alameda Community Learning Center	Class #8238
Bay Farm School	Class #8239
Junior Jets	Class #8240
Lincoln Middle School	Class #8241
NEA	Class #8242
Wood Middle School	Class #8243



ENRICHMENT

Caregiving 101

Ages 15+ • See page 20

Safety Drivers Ed

Ages 15+

Online Driver's Ed - Ages 15 & UP. DMV allows teens to receive their Learner's Permit at age 15 and a license at age 16. This class is the FIRST required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion. Registration is ongoing. Sign up anytime and take the online course at your own pace. Upon registration, please email Shawn Smith, Recreation Supervisor I, at sdsmith@alamedaca.gov to notify him of your registration.

Class #8160	Sep 3 - Dec 31
\$41	Safety Drivers Ed Online Course - Take At Your Own Pace

DANCE

Salsa Dance Class - Basic & Intermediate

Ages 12+ • See page 20

Wado Kai Karate

Ages 8+ • See page 16

PROGRAMS FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

Friends Connect

Grades 6 - 12

Friends Connect is an activity based social club for high functioning tweens and teens in grades 6 - 12 with moderate developmental disabilities and moderate social challenges. The group provides participants with the opportunity to socialize, build friendships, explore the larger community and most importantly have fun. Friends Connect meets at the Underground Teen Center (2203 Central Ave.) to engage in activities such as arts and crafts, recreational and social games, cooking and more. Participants also go on exciting local field trips for activities like bowling, miniature golf, going out to eat or to the movies, and to the arcade. Applications for Friends Connect are available in the ARPD office and online at www.alamedaca.gov/recreation. All applicants must fulfill program requirements to be considered for enrollment. There is a required teacher recommendation form and teen questionnaire that must accompany participant applications. New applicants and their parent/guardian will meet with ARPD staff prior to enrollment. Returning applicants must complete an ARPD registration form only (please write Friends Connect in the Activity Title box). This program is for Alameda residents only. Completing an application does not guarantee enrollment. Friends Connect has a limited number of spaces. Priority for enrollment is given to returning participants who have met attendance requirements in the previous session. Once the program is full, applicants will be added to a waiting list. For more information, please call (510) 747-7529.



Class #8124	Su	3:00PM - 5:00PM
FREE	ARPD Staff	Underground Teen Center at Veteran's Building
Sep. 15	Underground Teen Center	
Sep. 29	Field Trip TBD	
Oct. 13	Underground Teen Center	
Oct. 27	Field Trip: ARPD Teen Haunted House at South Shore Center	
Nov. 3	Underground Teen Center	
Nov. 17	Field Trip TBD	
Dec. 1	Underground Teen Center	
Dec. 15	Family Holiday Party at Underground Teen Center	

VOLUNTEER

Alameda Youth Committee (AYC)

Grades 6 - 12

Alameda Youth Committee (AYC) is currently recruiting members for the 2019 - 2020 School Year. We are seeking responsible and motivated teens who would like to get hands-on experience with volunteerism, leadership, and event planning. Plan activities for teens such as the Teen Haunted House, Talent Show, AYC Food Booths, social events, community projects, fundraising and beyond! Use your creativity and initiative to make a difference in Alameda. Members are required to attend meetings regularly. AYC hours count towards school community service requirements. Hours include some weekends for community events. September and October are mostly dedicated to the Teen Haunted House. Applications are available at the ARPD office, the Underground Teen Center and on our website at www.alamedaca.gov/recreation. Online registration not available. For more information, please call Shawn Smith, Recreation Supervisor I at (510) 747-7555 or e-mail him at sdsmith@alamedaca.gov.

Class #8108	Sep 4 - May 20	W	4:00PM - 5:00PM
FREE	ARPD Staff	Veteran's Bldg. Rm. 120	



Teen Haunted House - 16th Annual Grades 6 - 12

VOLUNTEERS NEEDED!

Teen groups/clubs, and individuals are needed to assist in planning, creating, and working this year's 16th Annual Teen Haunted House. Teens will have the opportunity to have fun, meet new friends, and earn community service hours while creating an awesome Haunted House for the Alameda community. A minimum commitment of 10 hours is required to ensure the success of this event. All proceeds benefit the ARPD Teen Programs. For more information, please contact Shawn Smith at 510-747-7555, or visit www.alamedaca.gov/recreation.

Class #8236		ARP D Staff
PLANNING MEETINGS		
Wednesdays	Sep 18, 25, Oct 2	4:00PM - 5:00 PM
Veteran's Memorial Building, Room 120		
SCENE-DESIGN AND SET-UP MEETINGS		
Monday - Friday	October 7 - 11	3:45PM - 6:00PM
Monday - Friday	October 14 - 18	3:45PM - 6:00PM
Saturday	October 19	12:00PM - 4:00PM
Monday - Thursday	October 21 - 24	3:45PM - 6:00 PM
South Shore Center		
HAUNTED HOUSE DATES		
Friday	October 25	5:00PM - 9:00PM
Saturday	October 26	3:00PM - 8:00PM
Sunday	October 27	3:00PM - 7:00PM
South Shore Center		

Teens Teaching Technology Grades 6 - 12

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center (1155 Santa Clara Ave, Alameda) and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Program hours count towards required community service. Transportation to Mastick is available from The Underground Teen Center, but must be coordinated in advance. Please contact Shawn Smith, Recreation Supervisor I, at (510) 747-7555, or e-mail him at sdsmith@alamedaca.gov at least 24 hours before your scheduled Teens Teaching Technology date in order to arrange transportation from the Teen Center. Teen must be a registered member of The Underground Teen Center for transportation.



Class #8112	Sep 19	Th	4:00PM - 5:00PM
Free*	ARP D Staff	Mastick - Room C	
Class #8114	Oct 17	Th	4:00PM - 5:00PM
Free*	ARP D Staff	Mastick - Room C	
Class #8117	Nov 14	Th	4:00PM - 5:00PM
Free*	ARP D Staff	Mastick - Room C	
*Registration required			



**106th Alameda
TENNIS TOURNAMENT**

OPEN TO ALL ADULTS & JUNIORS (14-18 YRS)

ADULT ENTRY FEE:
\$35 SINGLES
\$60 DOUBLES

JUNIOR ENTRY FEE:
\$25 SINGLES
\$40 DOUBLES

ENTRIES CLOSE:
AUGUST 23, 2019

SEPTEMBER 2019 FRIDAY 6TH • SATURDAY 7TH • SUNDAY 8TH
 FAIRFIELD & KRUSI TENNIS COURTS

Visit: <https://alamedaca.gov/recreation/city-tennis-tournament>

ADULTS - CLASSES

ARTS & ENTERTAINMENT

Voice-Overs: Now Is Your Time!

Learn how you can begin using your voice for audiobooks, commercials, and more in this introductory voice-over class! Taught by Lisa Foster, national talent with 30+ years of experience.

Class #8203	Nov 4	M	6:30PM - 8:30PM
\$42	Such A Voice	Veteran's Bldg. Rm. 120	



DANCE

Salsa Dance Class - Basic

Ages 12+

This class covers the basic moves of Salsa Dancing including cross body, lead, lady and guy turns and some basic patterns for social dancing. Join us to have fun! No class on 11/27.

Class #8166	Sep 4 - Oct 2	W	7:00PM - 8:00PM
\$103	Ivette Nazario	Veteran's Bldg. Rm. 390	
Class #8167	Oct 9 - Nov 6	W	7:00PM - 8:00PM
\$103	Ivette Nazario	Veteran's Bldg. Rm. 390	
Class #8195	Nov 13 - Dec 18	W	7:00PM - 8:00PM
\$103	Ivette Nazario	Veteran's Bldg. Rm. 390	

Salsa Dance Class - Intermediate

Ages 12+

This will be a fun and challenging Salsa dance class where a new salsa dance pattern will be taught each week. Participants must dominate all the Basic Salsa moves. Come to have fun!

Class #8168	Sep 4 - Oct 2	W	8:00PM - 9:00PM
\$103	Ivette Nazario	Veteran's Bldg. Rm. 390	
Class #8196	Oct 9 - Nov 6	W	8:00PM - 9:00PM
\$103	Ivette Nazario	Veteran's Bldg. Rm. 390	
Class #8197	Nov 13 - Dec 18	W	8:00PM - 9:00PM
\$103	Ivette Nazario	Veteran's Bldg. Rm. 390	

ENRICHMENT

Caregiving 101

Ages 15+

A workshop series designed to support, educate and empower family (non-paid) caregivers. A supply fee of \$29 is required.

Class #8202	Sep 19 - Nov 7	Th	6:00PM - 8:00PM
Free	Sandra Pilon	Veteran's Bldg. Rm. 390	

Taiko Drums - Beginner

Ages 10+

This is a fun class at the beginner level. The class covers simple rhythms and basic form. It provides light exercise for students of all ages. There is a \$5 materials fee for drum sticks payable to the Instructor at the first class. There is no class on Nov. 26.

Class #8321	Sep 3 - Dec 17	Tu	6:30PM - 7:30PM
\$155	Jeff Davidson	Terrace Room at Albert H. DeWitt Officers' Club	

Taiko Drums - Intermediate

Ages 10+

This class teaches more complex Taiko skills, rhythms and form. We discuss "staging", form, and dance movement. This class involves moderate exercise. There is a \$5 materials fee payable to the Instructor at the first class. There is no class on Nov. 26.

Class #8322	Sep 3 - Dec 17	Tu	7:30PM - 8:30PM
\$155	Jeff Davidson	Terrace Room at Albert H. DeWitt Officers' Club	

FITNESS

Gentle Yoga Stretch

Start your day with a gentle yoga workout and experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers the body and mind. Suitable for all levels. Wear loose clothing and have an empty stomach.

Class #8211	Sep 30 - Oct 23	M W	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	
Class #8210	Sep 4 - Sep 25	M W	9:00AM - 10:00AM
\$51	Toya Alexander	Harrison Center at Lincoln Park	
Class #8212	Oct 28 - Nov 20	M W	9:00AM - 10:00AM
\$51	Toya Alexander	Harrison Center at Lincoln Park	
Class #8213	Nov 25 - Dec 18	M W	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	

Low Impact Cardio

Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower paced-class.

Class #8214	Sep 3 - Sep 26	Tu Th	9:00AM - 10:00AM
\$58/Seniors \$56	Toya Alexander	Harrison Center at Lincoln Park	
Class #8215	Oct 1 - Oct 24	Tu Th	9:00AM - 10:00AM
\$58/Seniors \$56	Toya Alexander	Harrison Center at Lincoln Park	
Class #8216	Oct 20 - Nov 21	Tu Th	9:00AM - 10:00AM
\$58/Seniors \$56	Toya Alexander	Harrison Center at Lincoln Park	
Class #8217	Nov 26 - Dec 19	Tu Th	9:00AM - 10:00AM
\$51/Seniors \$49	Toya Alexander	Harrison Center at Lincoln Park	

Women's Hollistic Health Series

Ages 35+

Health Series for women ages 35+. Different topics each week - relieving persistent pain, hormonal balance, sleep help and pelvic floor health. Instructor blends teaching as a women's health physical therapist and yoga therapist. Experiential and discussion.

Class #8205	Sep 4 - Sep 25	W	5:30PM - 7:00PM
\$145	Tianna Meriague-Reiter	Veteran's Bldg. Rm. 120	

Yoga Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.

Class #8218	Sep 3 - Oct 1	Tu	6:30PM - 7:30PM
\$50	Toya Alexander	Harrison Center at Lincoln Park	
Class #8221	Sep 3 - Oct 1	Tu	7:40PM - 8:40PM
\$50	Toya Alexander	Harrison Center at Lincoln Park	
Class #8219	Oct 8 - Nov 5	Tu	6:30PM - 7:30PM
\$50	Toya Alexander	Harrison Center at Lincoln Park	
Class #8222	Oct 8 - Nov 5	Tu	7:40PM - 8:40PM
\$50	Toya Alexander	Harrison Center at Lincoln Park	
Class #8220	Nov 12 - Dec 17	Tu	6:30PM - 7:30PM
\$59	Toya Alexander	Harrison Center at Lincoln Park	
Class #8223	Nov 12 - Dec 17	Tu	7:40PM - 8:40PM
\$59	Toya Alexander	Harrison Center at Lincoln Park	



MARTIAL ARTS

Aikido with Tom Reed

Traditional Aikido Techniques with focus on body movement.

Class #8161	Sep 4 - Sep 30	M W	7:30PM - 8:30PM
\$58	Tom Reed	Veteran's Bldg. Rm. 250	
Class #8162	Oct 2 - Oct 30	M W	7:30PM - 8:30PM
\$65	Tom Reed	Veteran's Bldg. Rm. 250	
Class #8163	Nov 4 - Nov 20	M W	7:30PM - 8:30PM
\$37	Tom Reed	Veteran's Bldg. Rm. 250	
No class on 11/11			
Class #8164	Dec 2 - Dec 18	M W	7:30PM - 8:30PM
\$44	Tom Reed	Veteran's Bldg. Rm. 250	

Aikido for Adults

Ages 17+

Aikido is a Japanese martial art, a self-defense system, which primarily emphasizes the use of re-directing the attacker's energy, as opposed to meeting force with force, and not based on physical strength, but technique. In addition to physical fitness and mental training, development of "ki" (spirit), and personal character are emphasized. There is a \$25 fee for practice uniform, payable to Instructor on first day.



Class #8206	Sep 3 - Oct 22	Tu	6:00PM - 7:15PM
	Sep 5 - Oct 24	Th	6:00PM - 7:00PM
	Sep 7 - Oct 26	Sa	10:15AM - 11:15AM
\$65	Alameda Aikikai	2025 Clement Ave., Alameda	
Participants may choose any 8 classes to attend from class dates offered.			

Muso Jikiden Eishin Ryu Iaido

Ages 16+

Learn a classical, over 400 years old, martial art of drawing and using the samurai sword. The purpose of Iaido is to develop awareness, calm mind, and mental and physical harmony through the practice of traditional sword techniques.

Class #8170	Sep 3 - Oct 22	Tu Th	7:45PM - 9:15PM
\$101	Mikhail Faiguenblat	Veteran's Bldg. Rm. 250	
Class #8171	Oct 24 - Dec 19	Tu Th	7:45PM - 9:15PM
\$101	Mikhail Faiguenblat	Veteran's Bldg. Rm. 250	

Wado Kai Karate

Ages 8+ • See page 16

ADULTS - CLASSES & SPORTS

MIND & BODY

Alexander Technique: Better Way To Sit, Stand & Move

Do you feel unwanted pain throughout the day? Learn how to eliminate bad postural and movement habits with the Alexander Technique, a practical self-care method which improves your poise, balance, and overall functioning.

Class #8165	Oct 9 - Oct 10	W Th	7:00PM - 8:30PM
\$62	Lenka Fejt	Veteran's Bldg. Rm. 120	

MUSIC

Alameda Sings! Alameda Community Chorus

September 9 is our Open House... Get to know us! Meet in the Alameda High School Band Room. \$30 music preparation fee due first session.

Class #8095	Sep 9 - Dec 9	M	6:45PM - 9:15PM
\$155	Kathryn Neale Manalo	Alameda High	
No class on 10/14, 11/11 & 11/25.			
Winter Concerts are on Dec 13 (Veteran's Memorial Building) and Dec 15 (Cardinal Point).			

Alameda Community Band

Concerts: Tuesday, October 15 at Mastick Senior Center.

Class #8144	Aug 20 - Dec 17	Tu	7:30PM - 9:30PM
\$78	Michael Wirgler	Encinal High Band Room	
No class on 11/26			

ADVERTISE

Have You Considered Advertising in the ARPD Activity Guide?

40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents.

This community-oriented publication focusing on recreation and cultural activities, as well as, information pertaining to city-based programs is a first-rate marketing opportunity to reach Alameda residents, businesses and beyond!

Advertising space is limited and at the discretion of the ARPD. For more information, contact (510) 747-7529.

SPORTS

Adult Golf

Learn golf fundamentals including: golf swing, using irons and woods, chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited.

Class #8208	Sep 6 - Oct 11	F	9:30AM - 10:30AM
\$53	Randy Herzberg	Godfrey Field	
Class #8209	Sep 6 - Oct 11	F	10:30AM - 11:30AM
\$53	Randy Herzberg	Godfrey Field	

Adult Flag Football League**

The Adult flag Football League consists of a ten game season. Team applications and roster forms are available to download from our website and at the ARPD office. All team applications are due by August 31st.

Class #8275	Sep 14 - Nov 16	Sa	9:00AM - 1:00PM
\$721	ARPD Staff	Location unspecified	

Alameda Point Open Gym**

Alameda Recreation and Park Department Adult Open Gym is year-round every Sunday night. If you're competitive, want to get some exercise or just getting back into your sport, check this out. We have volleyball and basketball for all to enjoy.

Class #8276	Su*	6:00PM - 9:00PM
\$8 drop in fee	ARPD Staff	Alameda Point Gym, 1101 West Redline Ave.
*Excluding holidays and holiday weekends		

Adult Volleyball**

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon!

Mondays	6:00PM - 10:00PM	Alameda Point Gym, 1101 West Redline Ave
For league start dates / fees and information on specific events, please visit http://vbmatch.com/		

Tennis

See page 27

Pickleball

See page 38

****For all Adult Sports Leagues:** Participants must be a minimum of 18 years old and out of high school. All team applicants are available at the ARPD website or at our office.

Alameda Recreation
and
Park Department

ONLINE CLASSES



FALL CLASSES

These **high-quality courses** are **taught by industry experts** and designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development**. Our online classroom is informative, convenient, and highly interactive.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Introduction to Microsoft Excel 2016

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Grammar Refresher

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

Accounting Fundamentals Series

If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

SQL Series

SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses.

Introduction to Microsoft Excel 2013

Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Microsoft Excel 2016 Series

Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

*24/7 Access • All classes start new every month • Certificate of completion
6-week format • Average 24 work hours • Discussion boards • Mobile accessible*



Enroll, learn more, or view all our online courses at:
www.ed2go.com/arpd

BIKE SAFETY CLASSES

Bicycle Safety Education Classes for Everyone - Free!

Learn how to safely ride your bicycle, be more comfortable bicycling with your whole family, or learn how to ride a bicycle no matter what your age. Bike East Bay provides bicycle safety education classes in Alameda and throughout the East Bay. Classes are free and offered year round. Find a list of upcoming classes and register here: www.BikeEastBay.org/education. Or call 510-845-7433, ext 2 for info.



URBAN CYCLING 101 CLASSROOM WORKSHOPS

Indoor classes with info on the rules of the road, equipping your bike, and having fun on every ride.

URBAN CYCLING 101 ROAD CLASSES

On-the-bike practice sessions covering bike handling, hazard avoidance, and biking confidently on any street.

1-HOUR WORKSHOPS

In-depth classroom sessions on topics like riding after dark, bike theft prevention, or bike-friendly driver classes.

ADULT/TEEN LEARN TO RIDE

Learn the basics of balancing, pedaling, and steering in a secure, non-judgmental environment.

FAMILY CYCLING

On-the-bike workshops for kids to learn to ride roads and pathways with their parents.

GOLF



Alameda's South Golf Course Wins Top Awards Best New Renovation Course

Audubon International's Water & Sustainability Innovation Golf Magazine and Audubon International recognized the new South Course at Corica Park with industry awards for renovation, design and sustainability. The South course has been noted for its unique design and positive environmental practices which has resulted in a lot of play from locals and others.

New South Course Features

- Professional Tour style course conditioning for great lies
- Climate sustainable grass with natural water wild life habitats
- Wide expansive fairways to help your drives find the short grass
- Fun risk and reward options for imaginative shot making
- Distinct Australian design feel (without traveling down under)
- 5 sets of tees to provide many different playing angles

Mif Albright Selected One of America's Top 13 Best Par-3 Courses!

Friends, families and fun are a big part of golf at Corica Park. The par 3 course, awarded by Golf magazine, is a perfect option for beginners or those learning to improve their short game. Or, maybe a little practice on one of the largest ranges featuring new power tees practice system is what you need to get started or to lowering those scores.

Footgolf is Available on The Mif Albright Par-3 Course

Footgolf is a combination of the popular sports of soccer and golf. The game is played with a regulation #5 soccer ball at a golf course facility with shortened holes and 21" diameter cups. The rules largely correspond to the rules of golf.

Surf the Earth on a GolfBoard

Take the best from a skateboard, surfboard and a golf cart and what do you get? The Golfboard! Strap your bag to the front, put your drink in the cup holder, thumb the throttle and your off! Shift your weight side to side to literally carve the course up. This is golf like you've never experienced before!

FUN STARTS NOW

by visiting CoricaPark.com or call (510) 747-7800

FOOD WARE REVOLUTION



STRAWS AVAILABLE ONLY BY REQUEST

City of Alameda Public Works
AlamedaRecycles.org

Alameda Public Works Department
Habitat for Humanity

KAYAKING

All minors need to be accompanied by a parent or guardian. No experience necessary; however some courses provide more instruction than others. Upon registering, please email instructor@stackedadventures@gmail.com for information specific to your class.

Birder's Tour Kayaking

Ages 12+

This course is a birder's delight. Tour the area in search of a wide variety of shoreline birds. Expect to see local marine life, scenic views and more! Bring your camera! Great tour for folks of all abilities.

Class #8190	Oct 6	Su	9:00AM - 12:00PM
\$67	Joe Stack	Encinal Boat Ramp	
Class #8191	Nov 3	Su	9:00AM - 12:00PM
\$67	Joe Stack	Encinal Boat Ramp	

Family Kayaking

Ages 4+

Join us for a special kayak tour of Bay Farm Island - perfect for the "little ones". Kayak in calm shallow waters with a stop at the playground, using very stable kayaks. Fun for the whole family! Fee covers 1 participant. Separate registration is required for all family members.

Class #8194	Sep 8	Su	3:00PM - 4:30PM
\$37	Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	
Class #8198	Oct 13	Su	3:00PM - 4:30PM
\$37	Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	

Introduction to Kayaking

Ages 12+

Course will cover equipment, paddle techniques, trip planning, on land transporting, maintenance and safety. Develop boat control as you paddle around the area and practice your new skills.

Class #8183	Sep 7	Sa	8:00AM - 12:00PM
\$88	Joe Stack	Encinal Boat Ramp	
Class #8184	Oct 5	Sa	8:00AM - 12:00PM
\$88	Joe Stack	Encinal Boat Ramp	



Interested in Kayaking for the 50+ crowd? See page 37

Kayak & Dine Tour

Ages 12+

Spend your afternoon touring the local waterways with a break for a meal at a local waterfront restaurant. Enjoy the sea breeze, sunshine and local cuisines; making for a perfect afternoon/ evening. Great for all abilities.

Class #8186	Sep 22	Su	10:30AM - 2:00PM
\$73	Joe Stack	Encinal Boat Ramp	
Class #8187	Oct 19	Sa	5:30PM - 9:00PM
\$73	Joe Stack	Encinal Boat Ramp	

Kayaking - Oakland Estuary Tour

Ages 12+

Cruise the channel towards Jack London Square, passing by Coast Guard Island, local marinas, and much more! Expect to see a variety of marine life, and scenic views. Perfect for all abilities.

Class #8188	Oct 27	Su	9:30AM - 12:00PM
\$67	Joe Stack	Grand Street Boat Ramp	
Class #8189	Nov 10	Su	9:30AM - 12:00PM
\$67	Joe Stack	Grand Street Boat Ramp	

Kayaking - Sunset & Full Moon Tour

Ages 12+

Start under a setting sun and paddle towards Jack London Square with fantastic views along the way. Return under the twilight of the moon, making for a beautiful and fun evening. Kayakers will use very safe double sea kayaks. No experience is required. Perfect for all abilities!

Class #8181	Sep 28	Sa	7:00PM - 10:00PM
\$73	Joe Stack	Grand Street Boat Ramp	
Class #8182	Oct 26	Sa	6:00PM - 9:00PM
\$73	Joe Stack	Grand Street Boat Ramp	

Kayaking - Veteran's Day Tour

Ages 12+

Join us for a special tour celebrating our Veteran's! Paddle past the USS Hornet and other Navy vessels and learn about the history of our local Navy/ Air Force base, and the sacrifices our Veteran's made. Good for all abilities.

Class #8185	Nov 9	Sa	9:30AM - 12:00PM
\$67	Joe Stack	Encinal Boat Ramp	

**ARPD Office: 510-747-PLAY
Monday - Friday 8:30am - 5:30pm**

ALL AGES - KAYAKING & MIND/BODY

Sea Plane Lagoon Kayaking Tour

Ages 12+

Join us for our most popular kayak tour. You will paddle inside the Sea Plane Lagoon learning about the local marine life and upcoming Alameda Point. development projects, the USS Hornet and US Navy's MARAD fleet, enjoy scenic views of SF, and more! Great for all abilities.

Class #8192	Sep 21	Sa	9:30AM - 11:30AM
\$57	Joe Stack	Encinal Boat Ramp	
Class #8193	Oct 12	Sa	9:30AM - 11:30AM
\$57	Joe Stack	Encinal Boat Ramp	

Self Rescue Kayaking Workshop

Ages 12+

We will focus on edging your boat, brace strokes, incorporating your lower body into your paddle techniques, and assist and self-rescue techniques using closed cockpit sea touring kayaks. This class will bring your kayak confidence to a new level!

Class #8199	Sep 28	Sa	9:00AM - 11:30AM
\$67	Joe Stack	Encinal Boat Ramp	
Class #8200	Oct 26	Sa	9:00AM - 11:30AM
\$67	Joe Stack	Encinal Boat Ramp	

MIND & BODY

Intro of Meditation of Awakening Wisdom

Ages 10+

The introduction of The Meditation of Awakening Wisdom allows you to experience the short version of this wonderful meditation method. Bring your family, and take this opportunity to improve memory, confidence, inner peace, reduce stress, boost energy, strengthen body and mind, and delay the brains aging process.

Class #8247	Sep 7	Sa	10:00AM - 11:00AM
\$11	Katherine Chen, Bodhi Meditation	Veteran's Bldg. Rm. 390	

Intro of Meditation of Greater Illumination

Ages 10+

The introduction of The Meditation of Greater Illumination helps to quickly gain energy, bolster the immune system, gain serenity body and mind, calm disorganized thoughts, strengthen analytical abilities, inspire intuition, discover one's true self, and gain wisdom. Beneficial for people of all ages!

Class #8248	Oct 5	Sa	10:00AM - 11:00AM
\$11	Katherine Chen, Bodhi Meditation	Veteran's Bldg. Rm. 390	

Intro of Meditation of Purity

Ages 10+

Under guidance, the meditator may naturally become one with the state of serenity and tranquility, rapidly organize disorganized thoughts and settle distractions. It helps to eliminate fatigue, strengthen fitness, overcome sorrows, increase fortitude, lead deep into an illuminated meditative state, unleash potential and tap into infinite wisdom.

Class #8264	Nov 2	Sa	10:00AM - 11:00AM
\$11	Katherine Chen, Bodhi Meditation	Veteran's Bldg. Rm. 390	

Intro of Meditation of Purity

Ages 10+

Build your core and inner energy, revitalize your health, uplift your spirit and improve your life. This practice involves mindfully walking and adopting the hand gestures. Though simple, Energy Bagua balances one's body, mind and spirit while connecting to the infinite universal energy from nature. Achieve good health, relaxed mind and a positive outlook.

Class #8265	Dec 7	Sa	10:00AM - 11:00AM
\$11	Katherine Chen, Bodhi Meditation	Veteran's Bldg. Rm. 390	

The Meditation of Awakening Wisdom

Ages 10+

"The Meditation of Awakening Wisdom" guided meditation method helps to improve memory, increase productivity, strength, body, mind health, and delay the brain's aging process.

Class #8245	Sep 4 - Oct 23	W	10:00AM - 11:00AM
\$50	Katherine Chen, Bodhi Meditation	Veteran's Bldg. Rm. 390	
Class #8244	Sep 9 - Oct 28	M	10:00AM - 11:00AM
\$50	Katherine Chen, Bodhi Meditation	Veteran's Bldg. Rm. 390	

The Experience of Various Bodhi Meditation Methods

Ages 10+

Bodhi Meditation's methods help to stimulate physical renewal and promote general health. Acclaimed as a natural stress relief system, it revitalizes the mind and frees the spirit, facilitating improvements in both mental clarity and physical well-being. The techniques are accessible and practical, yielding results quickly. People of all ages benefit!

Class #8246	Sep 7 - Oct 26	Sa	10:00AM - 11:00AM
\$50	Katherine Chen, Bodhi Meditation	Veteran's Bldg. Rm. 390	

TENNIS

Monday Morning Tennis Class

Ages 18+

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics. RAIN OUTS MADE UP AT END OF SESSION.

Class #8319	Sep 9 - Oct 14	M	9:00AM - 10:00AM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	
Class #8320	Oct 21 - Dec 2	M	9:00AM - 10:00AM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	

Tennis - Adult Beginner

Ages 18+

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game. RAIN OUTS MADE UP AT END OF SESSION.

Class #8289	Sep 3 - Sep 19	Tu Th	6:30PM - 7:30PM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	
Class #8290	Sep 24 - Oct 10	Tu Th	6:30PM - 7:30PM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	
Class #8291	Oct 15 - Oct 31	Tu Th	6:30PM - 7:30PM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	

Tennis - Adult Advanced Beginner

Ages 18+

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game. RAIN OUTS MADE UP AT END OF SESSION.

Class #8286	Sep 3 - Sep 19	Tu Th	7:30PM - 8:30PM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	
Class #8287	Sep 24 - Oct 10	Tu Th	7:30PM - 8:30PM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	
Class #8288	Oct 15 - Oct 31	Tu Th	7:30PM - 8:30PM
\$103	Andrew Hom	Fairfield Tennis Court #5 at Washington Park	

106th Annual Alameda City Tennis Tournament

Friday, Sept. 6 through Sunday, Sept. 8

Fairfield Tennis Courts at Lower Washington Park

\$35 singles; \$60 doubles

The tradition continues as the Alameda Recreation and Park Department presents the oldest continuous sporting event in the city. The tournament is open to all adults. Men's and women's divisions as well as doubles and mixed doubles in the following classes: 3.5, 4.0, and 4.5. Entries are available at Fairfield, Krusi, and Leydecker tennis courts, online and in the ARPD office, and at the Harbor Bay Club starting July 8. Entries close August 26th.

10 & Under Tennis Class

Ages 5 - 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Registration in this class entitles participant to 6 classes during the fall drop in session.



AGES 5 - 6			
Class #8272	Sep 14 - Dec 7	Sa	11:00AM - 12:00PM
\$103	Andrew Hom	Tennis Court #1 at Krusi Park	
AGES 7 - 8			
Class #8273	Sep 14 - Dec 7	Sa	9:00AM - 10:00AM
\$103	Andrew Hom	Tennis Court #1 at Krusi Park	
AGES 9 - 10			
Class #8274	Sep 14 - Dec 7	Sa	10:00AM - 11:00AM
\$103	Andrew Hom	Tennis Court #2 at Krusi Park	

Tennis - Private & Semi-Private Lessons

Ages 6+

Alameda Recreation and Park Department Tennis Instructors are available for private and semi-private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our Instructors are experienced tennis teachers, many of whom are certified professionals. Contact arpd@alamedaca.gov for scheduling. Pricing is based on each 1 hr. class.

PRIVATE LESSONS		
Class #8292	Sep 1 - Dec 15	12:00AM - 12:00AM
\$46	Andrew Hom	Tennis Courts
SEMI-PRIVATE LESSONS		
Class #8293	Sep 1 - Dec 15	12:00AM - 12:00AM
\$30	Andrew Hom	Tennis Courts

SENIORS/ADULTS 50+ - SENIOR CENTER



Making Connections • Staying Active • Living Well

Programs and Services for People age 50 and Better

Location	1155 Santa Clara Ave, Alameda
Phone	(510) 747-7500
Website	www.mastickcenter.com
Weekday Program Hours	8:30AM - 4:00PM
Weekday Office Hours	9:00AM - 3:00PM
Saturday Fundraising Bingo	9:30AM - 2:30PM Play begins at 11:00AM
Mastick Thrift Shop (Tue/Sat)	10:00AM - 2:00PM
Staff	
Jackie Krause Recreation Manager	jkrause@alamedca.gov (510) 747-7510
Ed Kallas Recreation Supervisor I	ekallas@alamedca.gov (510) 747-7511
Mastick Office	(510) 747-7506
Suggestion Box	masticksuggestion@alamedca.gov

NEW MEMBER ORIENTATION

The FREE New Member Orientation offers a guided tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch!

Join us on Thursdays,
Sep. 12, Oct. 10, Nov. 14, Dec. 12 & Jan. 9
at 10:30 AM in the Media Room.

Registration required, please call (510)747-7506.

CLASSES & PROGRAMS

Refer to the **Activities at a Glance** flier available in the Mastick Lobby and online at www.mastickcenter.com.

All programs are offered at Mastick Senior Center unless otherwise specified.

ARPD Enrollment Minimum. Register early as classes require a minimum enrollment of five participants!

12TH ANNUAL ICE CREAM SOCIAL

Wednesday, September 18

12:30 - 1:30PM, \$3

Registration required!

Build your own sundae
with ice cream and toppings
provided by Tucker's Ice Cream.

This annual event is sponsored by the
MSCAB.



MSCAB PROGRAMS

Mastick Senior Center Advisory Board Programs (MSCAB)

- **MSCAB Monthly Meetings**
The MSCAB meets on the third Wednesday of the month at 9:30AM in Room D. All are welcome!
- **Mastick Bingo Program**
Mastick Social Hall
Saturdays: 9:30AM - 2:30PM (First Game: 11:00AM)
Eligibility: Age 18+
Proceeds support Mastick Senior Center programs.
- **Mastick Thrift Shop**
Tuesdays & Saturdays: 10:00AM - 2:00PM
Open to the public.
Proceeds support Mastick Senior Center programs.
Donations accepted, call 510-747-7506 for details.
- **Mastick Senior Center Advisory Board (MSCAB) Scholarship Program for Low Income Members**
The MSCAB provides assistance four times per year to members meeting low-income limits set by HUD to offset the cost of Mastick programs and trips. Scholarships fund 50% of the program cost not to exceed \$50. To apply, visit the Mastick Office. Application must be submitted at time of registration.

BIRTHDAY CELEBRATIONS

Celebrate Your Birthday with Us!



Join us on Thursdays:

Sept. 26, Oct. 24, Nov. 21,
Dec. 12, Jan. 23

at 12:30PM in Dining Room 2.

Enjoy cake, punch, and a few giggles! Guests welcome, too!

CLASSES & PROGRAMS - ADULTS 50+ / SENIORS

ARTS & CRAFTS

Bead Jewelry - Open Studio

Class #7809	Sep 5 - Dec 19	Th	1:30PM - 3:30PM
Free	Lee Daguman	Mastick - Room D	
Materials/Supplies provided by participant			

Ceramics

BEGINNING			
Class #7812	Oct 3 - Dec 19	Th	9:30AM - 12:00PM
\$120	Bonnie Boller	Mastick - Skill Center	
\$33 supply fee due to instructor on first day of class			
INTERMEDIATE			
Class #7813	Oct 3 - Dec 19	Th	12:30PM - 3:00PM
\$120	Bonnie Boller	Mastick - Skill Center	
\$33 supply fee due to instructor on first day of class			
LAB – For enrolled students only			
Class #7814	Oct 3 - Dec 31	Tu	10:00AM - 3:00PM
Free	Ongoing	Mastick - Skill Center	

Creative Writing

This class emphasizes the craft of writing and the magic of making art with words. Weekly writing exercises and assignments, lectures, discussions, and examples of poetry and literature included. Drop in and pay instructor.

Class #7817	Sep 3 - Dec 17	Tu	10:00AM - 1:00PM
\$80/month*	Carrie Pickett	Mastick - Media Room	
*\$80/month, Sliding Scale. No class on 11/26			

Drawing and Painting

Class #7821	Sep 16 - Nov 25	M	12:30PM - 3:30PM
\$78	Mi'Chelle Fredrick	Mastick - Skill Center	
No class on 11/18 & 11/18			
Class #7822	Sep 20 - Nov 22	F	9:30AM - 12:30PM
\$78	Mi'Chelle Fredrick	Mastick - Skill Center	
LAB – For enrolled students only			
Class #7823	Sep 20 - Nov 22	F	1:00PM - 4:30PM
Free	Ongoing	Mastick - Skill Center	

Fabric Arts Lab

Class #7828	Sep 6 - Dec 27	F	9:00AM - 3:30PM
Free	Ongoing	Mastick - Room B	

HOLIDAY SING ALONG

**On Thursday, December 5 at 10:00AM
in the Media Room,**
ignite the cheer of the season by singing
holiday classics with musicians
Kathy Moehring, Jim Franz & Band + Santa!
ABC Preschool and Mastick ASL students will join.
Refreshments served. Free!

Knitting Circle

Class #7842	Sep 6 - Dec 27	F	9:00AM - 12:00PM
Free	Ongoing	Mastick - Room B	
No class on 11/29			
Class #7840	Sep 3 - Dec 31	Tu	1:00PM - 3:00PM
Free	Ongoing	Mastick - Media Room	
No class on 12/24			

Needlecraft

Class #7855	Sep 3 - Dec 31	Tu	9:00AM - 12:00PM
Free	Ongoing	Mastick - Room B	
Materials/supplies provided by participant. No class on 12/24			

Quilting

Class #8052	Oct 7 - Dec 9	M	9:30AM - 11:30AM
\$43	Kathleen Fennelly	Mastick - Room B	
No class on 11/11 & 11/25			
Class #8053	Oct 7 - Dec 9	M	1:00PM - 3:00PM
\$43	Kathleen Fennelly	Mastick - Room B	
No class on 11/11 & 11/25			
Class #8054	Oct 10 - Dec 12	Th	9:30AM - 11:30AM
\$43	Kathleen Fennelly	Mastick - Room B	
No class on 10/17 & 11/28			
Class #8055	Oct 10 - Dec 12	Th	1:00PM - 3:00PM
\$43	Kathleen Fennelly	Mastick - Room B	
No class on 10/17 & 11/28			

MULTIMEDIA ART EXHIBIT

**Join us in the Mastick Lobby on Thursday,
August 8, at 10:30AM for an artists' reception.**
Mastick Artists will be exhibiting artwork created in
Mastick Senior Center classes (e.g., beading jewelry,
ceramics, creative writing, drawing and painting, quilting,
stained glass, and more). **Refreshments served.**

SENIORS/ADULTS 50+ - CLASSES & PROGRAMS

Sewing & Alteration

Class #8128	Sep 4 - Dec 18	W	10:00AM - 2:00PM
\$5 per class	Mary Mitsuda	Mastick - Room B	
Materials/supplies provided by participant			

Stained Glass & Mosaics

BEGINNING & INTERMEDIATE			
Class #7865	Oct 7 - Dec 9	M	9:00AM - 12:00PM
\$48	Colene Leong	Mastick - Skill Center	
First project fee \$30 paid to instructor on first day of class			
No class on 11/11			
INTERMEDIATE			
Class #7864	Oct 9 - Dec 4	W	12:00PM - 3:00PM
\$48	Colene Leong	Mastick - Skill Center	
First project fee \$30 paid to instructor on first day of class			
LAB			
Class #8129	Oct 7 - Dec 9	W	9:00AM - 12:00PM
Free	Ongoing	Mastick - Skill Center	
For students who have completed at least one project in class			

DANCE

Ballroom Dance

Class #7808	Sep 4 - Dec 18	W	1:00PM - 2:00PM
\$5 per class	Sandra Kiyomura	Mastick - Room A	
No class on 11/27			

Egyptian Folkloric Dance

Class #7824	Sep 6 - Dec 27	F	9:00AM - 10:30AM
Free Ongoing	Roberta Trowbridge	Mastick - Room A	

Hawaiian Dance

HULA 1			
Class #7834	Sep 6 - Dec 30	M F	11:30AM - 12:30PM
\$5 per class	Alberta Jay	Mastick - Room A	
HULA 2			
Class #7835	Sep 6 - Dec 30	M F	12:30PM - 1:30PM
\$5 per class	Alberta Jay	Mastick - Room A	
HULA 3			
Class #7836	Sep 6 - Dec 30	M F	1:30PM - 3:00PM
\$5 per class	Alberta Jay	Mastick - Room A	
No class 11/11 & 11/29			

Line Dance

BEGINNERS			
Class #7849	Sep 9 - Dec 30	M	12:30PM - 2:00PM
\$3 per class	Gloria Okada	Mastick - Social Hall	
No class on 11/11 & 11/25			
BEGINNING			
Class #7845	Sep 4 - Dec 18	W	12:10PM - 1:10PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Class #7846	Sep 5 - Dec 26	Th	12:00PM - 1:00PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
INSTRUCTION FOR ADVANCED			
Class #7847	Sep 4 - Dec 18	W	1:10PM - 1:40PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Class #7848	Sep 5 - Dec 26	Th	1:00PM - 1:30PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
ADVANCED			
Class #7843	Sep 4 - Dec 18	W	1:40PM - 2:40PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Class #7844	Sep 5 - Dec 26	Th	1:30PM - 2:30PM
\$4 per class	Norma Nocera	Mastick - Social Hall	

Oriental Dance

Class #7856	Sep 9 - Dec 30	M	9:00AM - 11:00AM
Free Ongoing	Heather Wilson	Mastick - Room A	

Square Dance

Class #7863	Sep 3 - Dec 31	Tu	1:00PM - 3:00PM
\$2 per class		Mastick - Room A	



CLASSES & PROGRAMS - ADULTS 50+ / SENIORS

FITNESS

BaM (Balance and Mobility)

Improve balance and stability, mobility, and posture through core strengthening and increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery. Half of this class is conducted in a chair and half standing.

Class #8043	Sep 3 - Dec 17	Tu	1:15PM - 2:05PM
\$89	Dan Mark	Mastick - Social Hall	

Fitness with Julie

Exercise to music while getting a total body workout that includes warm - up, stretching, chair exercise, low - impact cardio, weight training, floor/matt exercise and cool down. Class is easily modified for all fitness levels.

Class #7829	Sep 9 - Dec 20	M F	9:00AM - 10:30AM
\$93	Julie Manown	Mastick - Social Hall	
Class #7830	Sep 9 - Dec 16	M	9:00AM - 10:30AM
\$63	Julie Manown	Mastick - Social Hall	
No Class on 11/11			
Class #7831	Sep 13 - Dec 20	F	9:00AM - 10:30AM
\$63	Julie Manown	Mastick - Social Hall	

Pilates

Class #7857	Sep 4 - Dec 18	W	10:45AM - 11:45AM
\$5 per class	Pamela Grande	Mastick - Room A	

P.R.I.M.E. Fitness

PRIME (Preventing and Recovering from Injuries/Falls through Movement and Exercise) Move through multiple planes of motion and exercise with resistance (strength training) to assist in preventing and recovering from falls and injuries.

Class #8044	Sep 5 - Dec 19	Th	1:15PM - 2:05PM
\$89	Dan Mark	Mastick - Room A	

Strength Training and Cardio

Move to music and gain the benefits of resistance (strength-building) training designed to develop bone density, muscle mass, cardiovascular. Warm up and cool down included. Class easily modified for all fitness levels.

Class #7869	Sep 4 - Dec 18	W	9:00AM - 10:00AM
\$63	Tatiana Stollman	Mastick - Room A	
No class on 11/27			



FITNESS ON BAY FARM ISLAND @ WATERS EDGE LODGE

Functional Fitness

Gain strength needed to perform everyday tasks and flexibility to bend and reach. This class is free for Silver&Fit members (provide your member ID at the first class). Sign up at the Mastick office.

Class #8090	Sep 4 - Dec 18	M W	3:30PM - 4:30PM
\$5 per class	AES Fitness & Therapy	Water's Edge Lodge	

Thriving With Parkinson's

A comprehensive approach to combat Parkinson's symptoms based on principles from Physical, Occupational, and Speech Therapy and concepts from LSVT. Address postural changes, mood, cognition, swallowing, speech, and tremors. Silver & Fit eligible. Sign up at the Mastick office.

Class #8087	Sep 4 - Dec 27	W F	11:00AM - 12:00PM
\$5 per class	AES Fitness & Therapy	Water's Edge Lodge	
No class on 11/29 & 12/25			

Yoga Flow

Gentle yoga flowing from one pose to the next with breath. Increases energy, flexibility, balance and confidence. There will be a chair nearby for support, a seasoned instructor and all equipment is provided. This class is free for Silver&Fit members. Provide your member ID at the first class. Sign up at the Mastick office.

Class #8091	Sep 6 - Dec 27	F	3:30PM - 4:30PM
\$5 per class	AES Fitness & Therapy	Water's Edge Lodge	
No class on 11/29			

SENIORS/ADULTS 50+ - CLASSES & PROGRAMS

Get Balanced

Created by a team of physical therapists, this class is proven to prevent falls. Participants are tested before and after to track and celebrate changes. Learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. Practice "After A Fall Recovery Sequence" and progress from mostly seated to mostly standing.

Class #8137	Sep 18 - Dec 13	W F	2:30PM - 3:30PM
\$123	AES Fitness & Therapy	Water's Edge Lodge	
No class on 11/27 & 11/29.			

Train Your Brain

Using exercises from common cognition tests such as the SLUMS, Mini-Mental, and BCAT this class is designed to challenge memory and prevent or reverse Mild Cognitive Impairment. Strategies will be given for those who are already experiencing changes in memory and discussions will be had about what is a normal part of aging and what is cause for concern.

Class #8085	Oct 7 - Nov 25	M	4:00PM - 5:00PM
\$43	AES Fitness & Therapy	Water's Edge Lodge	
No class on 11/11			

HOT TOPICS

Hot Topics feature relevant topics of interest. A sampling of upcoming programs are outlined below. To learn more, refer to our monthly newsletter which is available online at www.mastickcenter.com and in the Mastick Lobby. Registration is required for all programs listed. To enroll, call (510) 747-7506 or visit the Mastick Office. Programs are FREE unless otherwise noted.

August 2019

Nutrition: You Are What You Eat

Wednesday, August 21, 1:00PM, Media Room

Explore the nutritional challenges common in older age and learn how your diet affects more than just your body. Sponsored by Elders Village and AEC Living.

Alexander Technique: Freedom to Sit, Stand & Move

Tuesday, Wednesday & Thursday, August 27, 28 & 29 1:00PM - 2:30PM, Room E, Cost: \$45, Class #7245

The Alexander Technique offers both fundamental concepts and instructions on how to be more aware of your body; and move with greater ease and more freedom. Lenka Fejt, certified Alexander Technique Teacher, B.S. Exercise and Movement Sciences, teaches this informative workshop.

Tenants and Landlords

Learn About Your Rights!

- Rent Increases
- Relocation Assistance
- Capital Improvements
- Terminations of Tenancy/Evictions
- Changes in Ownership

CONTACT THE
RENT STABILIZATION
PROGRAM FOR INFORMATION



510-747-4346

rrac@alamedahsg.org

www.alamedarentprogram.org

CLASSES & PROGRAMS - ADULTS 50+ / SENIORS



Professional Football from All Angles

Friday, August 30, Room D

12:30PM - 1:30PM (101)

2:00PM - 3:30PM (Advanced)

Mastick Staff, Ed Kallas, conducts an interactive and fun review of the history, rules and strategies of the pro game. Learn how the game evolved from a lethal bout of brute strength to a sophisticated chess match that requires sharp minds and athletic prowess.

September 2019

Census 2020: Alameda Counts!

Wednesday, September 4, 10:00AM, Room D

The next census begins on April 1, 2020 and critical funding decisions are made based on the results. Learn why it is so important for every Alamedan to respond. The process will be explained, your questions will be answered, and your ideas for getting out the count will be heard.

The Art of Experiencing Photography

Tuesday, September 10, 1:00PM, Room D

Jeff Dunn, Lecturer, will discuss what makes great photography. Photos are made not just to be made, but SEEN. How we do this can greatly affect our insight into the meaning and enjoyment of not only others' photography, but our own. Mr. Dunn is president of the Alameda Photographic Society, served as a judge for the Northern California Council of Camera Clubs for many years, and has exhibited his photography at the Frank Bette Center and other local venues. His photography has won accolades at numerous international competitions endorsed by the Photographic Society of America. Cost: \$5 per person

Life after Caregiving

Wednesdays, beginning September 11

1:00PM - 3:00PM, Dining Room 2

This workshop is designed for surviving grief and loss after someone you have been caring for passes away. Join Sandra Pilon, Facilitator, on the second Wednesday of the month. Sponsored by Bay Area C.A.R.E.S

Travel Tips

Friday, September 13, 1:00PM - 3:00PM, Room E

Friday, September 20, 9:00AM - 4:00PM

Join CIL staff to learn about and safely ride Alameda County public transportation options (AC Transit, BART, Ferry). This class is required to participate in the trip to Sausalito on September 20. Space limited, register early.

Harmonious Cacophony: Mosaics Transform a Town

Monday, September 16, 1:30PM - 3:00PM,

Dining Room 2

Dick Davis, author, photographer, presents art as it preserves history, rituals, beliefs, and the fabric of daily life. It can record landscapes, flora, fauna, and/or can be utilitarian. Mr. Davis invites us to discover how people transformed their town with murals, recapturing the things they treasure with symbols and other representations, all in vibrant colors. The three murals of Zacatlán are spread out on the perimeter wall of the municipality and are exemplary examples of urban art. They draw on both Nahuatl culture and beliefs as well as Biblical accounts of the creation of the universe. This exuberant project involved artists, volunteers, and municipal leaders. Allow OLLI and Mr. Davis to show you how the cacophony of breaking tiles in a Mexican community created a harmonious cultural masterwork. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Basic Housing Rights

Legal Assistance for Seniors (LAS)

Tuesday, September 17, 1:00PM, Room D

LAS representatives will provide an overview of Basic Housing Rights including: tenant and landlord laws; tenant and landlord responsibilities; and rent increases, evictions, and security deposits.

Navigate the Medicare Maze

Wednesday, September 18, 1:00PM, Media Room

Dealing with Medicare can be confusing, but you're not alone! Learn the essentials about the Medicare system and its policies. Sponsored by Elders Village and AEC Living.

The Power of Habits and How to Create Positive Ones

Wednesdays, September 18 - October 2

10:00AM - 11:00AM, Room E

So much of our daily lives are shaped by our habits. Learn how they develop and how to take charge of them. You can develop more positive habits and replace negative ones. It's not about willpower, it's about understanding how habits are formed, taking charge of that process and designing your environment to make success easier. Join Jacques Martin, Ph.D., Facilitator, to develop practical plans and make small changes that can have big results.

12th Annual Ice Cream Social

Wednesday, Sept. 18, 12:30PM, Courtyard

Cost: \$3 per sundae - Registration Required

Build your own ice cream sundae with ice cream and toppings provided by Tucker's Ice Cream! This annual event is sponsored by the MSCAB.

Estate Planning

Tuesday, September 23, 1:00PM, Dining Room 2

Join Jane Watson, Edward Jones Financial Advisor, and Sabrina Tseng, Attorney, to learn the basics and more about planning your estate.

SENIORS/ADULTS 50+ - CLASSES & PROGRAMS



How Changes in Medicare Affect Seniors **Tuesday, September 24, 1:00PM, Room D**

Join Dr. Gupta of Calyx Advantage to learn how Medicare's business model is changing and what that means for seniors, healthcare, and insurance options. Sponsored by Calyx Advantage.

An Introduction Alexander Technique **Tuesday, September 24, 1:30PM - 3:00PM, Room E** **Cost: \$18, Class #8140**

Ever wonder why movement can feel uncomfortable, tense, or uneasy? Come and find out how you can move better and easier with the help of the Alexander Technique. With a little knowledge of anatomy and hands on experience, we will explore the relationship between the head, neck and rest of the body; and tune up your balance.

Habitat for Humanity
Wednesday, September 25, 1:00PM, Media Room
Renew AC is designed to help Alameda County low-income households afford home improvement and repair. The program is operated by Habitat for Humanity East Bay/Silicon Valley and provides deferred loans up to \$150,000 that are intended to help homeowners remain safely in their homes. There are no monthly payments due during the time a household owns and lives in their home. Instead, the program requires repayment at the maturity of the loan or when the home is sold, transferred or no longer owner-occupied, subject to some exceptions. To learn more or apply, go to <https://www.renewac.org>, or contact Habitat for Humanity East Bay/Silicon Valley at (510) 803-3388.

Dream Workshop **Thursdays, September 26 - October 31** **1:00PM - 2:30PM, Room E**

Dreaming is a rich universal event with many roads of interpretation. Share your dreams in a group with Dr. Bob Doerr as your guide. He has led dream groups for 30 years. Have some fun and fascination.

October 2019

Savvy Caregiver Training **Wednesdays, October 2, 9 & 16,** **12:30PM - 2:30PM, Room E**

This three-week course from the Alzheimer's Association goes beyond the basics to provide clinical-level training for family caregivers. Participants will graduate with enhanced knowledge and caregiving outlook, skills to assess the abilities of a loved one with dementia, confidence to set and alter caregiving goals, and strategies to manage activities of daily living. NOTE: Pre-registration, phone screening, and attendance of all sessions are REQUIRED. This course is funded by a grant from the Alameda County Area Agency on Aging. To register, call (925) 284-7942 or www.tinyurl.com/SavvysNorCaNV.

Hockey 101: From Blue Lines to Zambonis
Thursday, October 3, 9:00AM - 10:30AM, Room D
Join Ed Kallas (26-year official, youth coach, beer-league player and life-long fan of ice hockey) to learn why fans of this game are some of the most passionate anywhere. Examine the equipment, watch videos and learn the fundamentals including rules and game strategy.

Can We Avoid a War with China?
Monday, October 7, 1:00PM - 2:00PM, Dining Room 2
Join Roger Dong, Lecturer, to explore this timely and important issue. Roger has written and spoken to a variety of groups regarding important issues surrounding U.S.-Sino relations.

10 Warning Signs of Alzheimer's
Tuesday, October 8, 1:00PM, Room D
Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, and Alzheimer's Association resources. Presented by the Alzheimer's Association.

Medicare Changes 2020 - Open Enrollment
Tuesday, October 15, 1:00PM, Room D
Are you feeling overwhelmed by all the health care options? If so, join representatives from the Health Insurance Counseling Advocacy Program (HICAP) for a presentation that will include: changes to the Medicare Prescription Drug (Part D) and Medicare Advantage (Part C) Plans; an overview of eligibility, costs, benefits, and changes in Medicare Parts A and B; options for supplementing Medicare and getting help and medical costs. Open enrollment is October 15 - December 7, 2019.

Streaming Music:
How to Play Your Favorites via the Internet
Tuesday, October 15, 1:30 - 3:00PM, Room C
Did you know that you can listen to almost any song ever created via the internet? It's known as streaming music and there are a wide variety of sources. Learn where to find them and how to listen on your preferred device. Bring your mobile device to the class.

CLASSES & PROGRAMS - ADULTS 50+ / SENIORS

Alameda Community Band Concert

Tuesday, October 15, 7:30PM, Social Hall

Enjoy a musical performance by the Alameda Community Band, comprised of volunteer musicians, playing Marches, Broadway musical selections, classical specialties, movie favorites and much more.

Find Your Purpose after Retirement

Wednesday, October 16, 1:00PM, Media Room

It's quite normal to have difficulty coping with retirement; explore strategies for finding new purpose in your Third Age. Sponsored by Elders Village and AEC Living.

Is Sugar a Problem for You?

Wednesday, October 23, 1:00PM, Media Room

Welcome to all who believe they are addicted to sweets. HOW-Overeaters Anonymous offers suggestions and solutions. November 2019

Healthy Living for your Brain and Body

Tuesday, November 5, 1:00PM, Room D

For centuries, we've known that the health of the brain and the body are connected. Science is now able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement.

Alexander Technique, A Better Way to Sit, Stand and Move

Tuesday & Wednesday, November 5 & 6

1:30PM - 3:00PM, Room E, Cost: \$33, Class #7804

Are you moving to the best of your ability? Join Lenka Fejt, certified Alexander Technique Teacher, and learn how to apply principles of the Alexander Technique to your daily movements.

DMV Senior Ombudsman Program

Wednesday, November 6, 1:00PM, Room D

Join Rosemary Robles, DMV Senior Ombudsman Program, to learn about concerns facing senior drivers. Topics may include: license renewal options; compensating for age related changes; safe driving tips; transportation alternatives; and the Real ID Driver License. Presentation includes Q & A.

Home Health Care 101

Tuesday, November 12, 1:00PM, Dining Room 2

Join Denise Marshall, AEC Living; Colleen Collins, Best Living Care; Andrew Slakey, Visiting Angels; and Alice Lai-Bitker, Alice Home Care, for an overview of home healthcare options including: Home Care vs. Home Health; Private vs. Agency; and Cost & Payment options.

Protect Retirement Savings during Market Downturn

Wednesday, November 13, 1:00PM, Dining Room 2

Join Yixue Mei, Edward Jones Financial Advisor, for a presentation focusing on protecting savings and long-term financial goals during economic downturn and risk.

Advance Directive for Dementia: For and Against

Monday, November 18, 1:30PM, Dining Room 2

Advance directives allow competent adults to authorize an "agent" to accept or refuse life-extending treatment if, due to illness or injury, they cannot do so themselves. Such directives also allow for choice of doctors and other details of medical treatment. A new and troubling question is whether an advance directive may legally require that nutrition and hydration be withdrawn in the event of severe Alzheimer's disease or other forms of dementia. Should an individual's current competent self be able to request that nutrition and hydration be cut off for their future demented self? Professor Benjamin, Ph.D., professor emeritus of philosophy, will explore the question in detail, including the medical, legal, and moral issues it raises. Here are 21st century complexities worthy of our attention. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Reversing Global Warming: Introduction to Drawdown

Monday, Nov 20, 1:00PM - 3:00PM, Dining Room 2

This workshop, hosted by Community Action for a Sustainable Alameda (CASA), invites the community to see the possibility of reversing global warming and understand that we all have an important role to play in the process. Through videos and group activities, presenters will introduce a comprehensive plan to reverse global warming from Project Drawdown, a scientific study that identifies 100 solutions which, implemented together, can begin to roll back global warming by 2050.

Participants will:

- Learn about solutions that could actually begin to reverse global warming
- Connect with people in our community to find hope and inspiration while discovering new possibilities for addressing global warming
- Learn how we can change the conversation about global warming from "Game Over" to "Game On!"

East Bay Paratransit

Wednesday, November 20, 1:00PM, Room D

Join East Bay Paratransit (EBP) staff to learn more about the transportation services available to people unable to ride public transportation due to a permanent or temporary disabling health condition.

December 2019

Holiday Sing Along

Thursday, December 5, 10:00AM, Media Room

Ignite the cheer of the season by singing holiday classics with musicians Kathy Moehring, Jim Franz & Band + Santa! ABC Preschool and Mastick ASL students will join in, too! Refreshments served.

Alameda Community Band

Tuesday, December 17, 7:30PM, Social Hall

Enjoy a musical performance by the Alameda Community Band, comprised of volunteer musicians, playing holiday favorites and more!

SENIORS/ADULTS 50+ - CLASSES & PROGRAMS

LANGUAGES

American Sign Language

BEGINNING

Class #7806	Sep 9 - Oct 28	M	12:15PM - 1:15PM
\$35	Sheila Holmes	Mastick - Media Room	
Class #7293	Nov 4 - Jan 6	M	12:15PM - 1:15PM
\$35	Sheila Holmes	Mastick - Media Room	

No class on 11/11 & 11/25

CONTINUING

Class #7807	Sep 9 - Oct 28	M	1:15PM - 2:15PM
\$35	Sheila Holmes	Mastick - Media Room	
Class #7294	Nov 4 - Jan 6	M	1:15PM - 2:15PM
\$35	Sheila Holmes	Mastick - Media Room	

No class on 11/11 & 11/25

English as a Second Language

Designed for non-native English speakers or those recently arrived to the United States; Emphasis will be placed on listening, speaking, pronunciation and writing English.

Class #8051	Sep 17 - Nov 5	Tu	10:00AM - 12:00PM
\$23	Dolly Fong	Mastick - Room D	

French

ELEMENTARY FRENCH GRAMMAR

Class #7825	Sep 6 - Dec 27	F	10:00AM - 11:00AM
Free	Ongoing	Mastick - Room E	

Some knowledge of French helpful

FRENCH LITERATURE AND TRANSLATION

Class #7832	Sep 6 - Dec 27	F	9:00AM - 10:00AM
Free	Ongoing	Mastick - Room E	

No class on 11/29

German Conversation

Class #7833	Sep 6 - Dec 27	F	10:00AM - 12:00PM
Free	Ongoing	Mastick - Dining Room 2	

No class on 11/29

Italian Conversation

Class #7839	Sep 6 - Dec 27	F	10:00AM - 12:00PM
Free	Ongoing	Mastick - Room D	

No class on 11/29



Spanish for Beginners

Learn the basic tools of Spanish vocabulary, grammar and pronunciation. This class features an interactive and relaxed atmosphere for people who are new or returning to the language. Explore the richness of the Spanish speaking world through listening, speaking, reading and writing.

Class #7862	Sep 9 - Oct 28	M	9:00AM - 10:00AM
\$35	Juanita Palkovic	Mastick - Room D	

Spanish Conversation (Intermediate)

An open forum in Spanish to discuss topics such as Latin American Culture, current events and students' interests. Interactive role play, reading and music will be used to enhance discussions. Access to online material is helpful.

Class #8253	Sep 9 - Oct 28	M	10:15AM - 11:45PM
\$43	Mastick - Room D		

SPECIAL SERVICES

Services to Support Everyday Living...

Blood Pressure Screening, Case Management, Dental and Podiatry Consultation, Legal Service, Health Insurance Counseling, Support Groups, Notary Service, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 AM - 11:30 AM in Room D on the second and fourth Thursdays of the month. This group, facilitated by the Alzheimer's Association, is for individuals caring for a loved one with Alzheimer's disease or dementia. No registration required.

CLASSES & PROGRAMS - ADULTS 50+ / SENIORS

Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program. For more information, call 510-383-5185. No registration required.

Food Program - Lunch Served DAILY

Spectrum Community Services, Inc. provides the freshly prepared nutritious meal served Monday - Friday. Enjoy the tasty meal while meeting new people, socializing, and engaging in a variety of activities.

Ongoing	Monday - Friday
Lunch Served at 12:00	Dining Room Opens 11:15AM
Mastick - Dining Room 1	Eligibility Requirement Age 60+
Donation \$3.75	Reservation Required (510) 747-7503

Food Program - Mercy Brown Bag

Mercy Brown Bag, supported by Elder Care Alliance's Mercy Retirement & Care Center, distribute bags of fresh produce, healthy grains, canned goods, lean proteins and more.

Thursdays (1st & 3rd)	9:00AM
Eligibility Requirements 60+/Income limits	

Life After Caregiving

This workshop is designed for family caregivers who have lost the person they were caring for and will address the emotional toll of losing your loved one or client, how the caregiving role has defined you, and moving forward post caregiving and finding yourself again. The workshop will meet for six months on the second Wednesday of the month, beginning **September 11, 1:00PM - 3:00PM, Dining Room 2**. Limited to 12 people. Registration required, please call (510) 747-7506.

Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call (510) 747-7506.

Senior Connections - Case Management Services

Senior Connections is a collaboration between Mastick Senior Center and Alameda Family Services to provide case management assistance for Alameda seniors needing help with health insurance, housing needs, in-home support services, food resources and so much MORE! The Case Manager is available on Tuesdays, Thursdays and Fridays by appointment. To schedule an appointment, please call (510) 747-7506. This program is funded in part by the Mastick Senior Center Advisory Board (MSCAB).

SPORTS

Bocce Ball

Class #7811	Sep 5 - Dec 19	Th	1:00PM - 2:30PM
Free	Ongoing	Mastick - Bocce Ball Court	
Drop in games with volunteer coaching. No meeting on 12/26			

Kayaking - Sea Plane Lagoon

Join us for our most popular kayak tour. Paddle inside the Sea Plane Lagoon and learn about local marine life, upcoming Alameda Point development projects, The USS Hornet + US Navy's MARAD fleet. Enjoy scenic views of SF and more! Good for all abilities, no experience necessary.

Class #8156	Sep 6	F	9:30AM - 12:00PM
\$53.00	Joe Stack	Launch from Encinal Boat Ramp	

Kayaking - Oakland Estuary Tour

Cruise the Channel towards Jack London Square passing by Coast Guard Island, local marinas, and much more! Expect to see a variety of marine life and scenic views! Perfect for all abilities, no experience necessary.

Class #8157	Oct 4	F	9:30AM - 12:30PM
\$53	Joe Stack	Launch from Grand Street Marina	



SENIORS/ADULTS 50+ - CLASSES & PROGRAMS



Pickleball Clinic for 50 and Better

Taught by Marcia Neishi, a skilled tournament player and a International Pickleball Teaching Professional Association certified instructor.

3RD SHOT DROP

Class #8131 Sep 28 Sa 9:00AM - 11:00AM

\$28 Marcia Neishi Lincoln Park - Pickleball Court #1

Designed for Intermediate to advanced players, the focus will be on court positioning, shot selection and strategy. The critical 'third shot' will be discussed and practiced along with other drills designed to help you take your game to the next level!

ADVANCED

Class #8132 Oct 26 Sa 9:00AM - 11:00AM

\$28 Marcia Neishi Lincoln Park - Pickleball Court #1

Designed for advanced players, the focus will be on court positioning, shot selection and strategy. The critical 'third shot' will be discussed and practiced along with other drills designed to help you take your game to the next level!

BEYOND THE BASICS

Class #8133 Sep 28 Sa 11:00AM - 1:00PM

\$28 Marcia Neishi Lincoln Park - Pickleball Court #1

Class #8135 Oct 26 Sa 11:00AM - 1:00PM

\$28 Marcia Neishi Lincoln Park - Pickleball Court #1

For those who want to improve, this clinic will help you take your game to the next level. Learn proper techniques of dinking, volleying, drop shots and more.

DROP IN FOR THE 50+ CROWD

Class #7455 Sep 4 - Dec 28 W, Sa 9:30AM - 12:30PM

Free Ongoing Lincoln Park - Pickleball Court

Looking for a fun way to meet new friends and improve your fitness level? If so, play the game that combines Ping Pong and Tennis... Pickleball! This game features small paddles, whiffle balls, low hanging nets and a court quarter the size of tennis. Loaner paddles available. For details, contact Ed Kallas, Recreation Supervisor I, at (510) 747-7511 or ekallas@alamedaca.gov. For more information visit www.youtube.com, ("how to play Pickleball") or www.alamedapickleball.org. Please note, to open the gate lock closest to the Bocce Ball Courts, enter the code "RIDER".

TECHNOLOGY

Computer Instruction

Computer instruction begins at 1:00 p.m. in Room C (refer to class flier for details). Registration required at least three days prior to class. Visit www.alamedaca.gov/recreation or the Mastick Office.

Prerequisite: Basic Computer Skills and/or knowledge of Windows OS for all except Introduction to Computers. Bring a USB External (Flash) Drive.



Graphic Design for Beginners

Class # 8145	Sep 3 - 17	Tu	1 PM	\$33
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Internet Photo Editing

Class #8146	Sep 24 - Oct 1	Tu	1 PM	\$23
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Organize Your Photos

Class #8147	Oct 8	Tu	1 PM	\$13
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Introduction to Microsoft Excel

Class #8148	Nov 12 - 19	Tu	1 PM	\$23
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Beginning iPhone & iPad

Class #8151	TBD	Tu	1 PM	Free
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Tech Concepts/Questions/Answers/Open Forum

Class #8152	TBD	Tu	1 PM	Free
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Podcasts

Class #8153	TBD	Tu	1 PM	Free
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Tech Help with Jiten Patankar - FREE

Small group assistance (up to 4) with smart phones, iPads/ tablets, and laptops. Bring your portable device(s)! To register, call (510) 747-7506.

Mondays (by appointment only)	11:00AM - 12:00PM	Mastick - Office
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Teens Teaching Tech - FREE

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens assist Mastick members with their electronic devices such as iPhones, Android smartphones, tablets (iPads & Android), and laptops. To register, call (510) 747-7506.



Th	Sep 19, Oct 17 & Nov 14	4:00PM - 5:00PM	Mastick - Room C
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CLASSES & PROGRAMS - ADULTS 50+ / SENIORS

TRANSPORTATION

AARP Smart Driver Course

This driving course is designed for individuals age 50+. Register and pay in the Mastick Office at least one day prior to class. Cost: \$15 AARP members or \$20 for non-members (payable by check ONLY). Space limited.

The Standard Course is offered in two, four-hour sessions over a two-day period from 9:00AM - 1:00PM as follows: **Friday, February 5 & 12, 2020.**

The Refresher Course is offered in one, four and a half-hour session from 9:00AM - 1:30PM and is available to individuals that have taken the standard course within the last three years. The refresher course is offered on the following dates: **Wednesday, October 9, 2019 and January 8, 2020.**

Transportation 101

Victoria Williams, Paratransit Coordinator, will provide an overview of the various transportation options (East Bay Paratransit, Premium Taxi Program, FREE shuttle service, and MORE) available to Alameda residents. Bring your questions! Join us at 1:00PM in Room D on August 20, October 22 (1:30PM Clipper Card Registration), or December 17. Registration required, please call (510) 747-7506.

Transportation Assistance

On Tuesdays, Wednesdays and Thursdays, from 9:00AM to 3:00PM, Victoria Williams, Paratransit Coordinator, is available in the Mastick Office to assist you with your Paratransit and transportation needs. She can be reached at vwilliams@alamedaca.gov or (510) 747-7513.

TRAVEL: DAY TRIPS

A fun adventure awaits YOU! Just sit back and relax while we transport you on a climate-controlled tour bus to an exciting Bay Area location. Do you have a question? Want to suggest a destination? If so, contact Ed Kallas, Recreation Supervisor I, at (510) 747-7511 or ekallas@alamedaca.gov.

Travel fliers outlining trip particulars are available in the Mastick Lobby.


Filoli Gardens & Jack's for Lunch \$83, Class #7932

Wednesday, September 25, 8:30AM - 4:00PM

Enjoy a docent-led tour of the home and learn about the two families that resided there. Then, meander the 16 acre English Renaissance garden at you leisure. Activity Level: Challenging Chargers.

Free!

Open To All



Three different shuttle routes take passengers to locations throughout Alameda, including:




ROUTES:

- Tuesdays: West End / Farmers' Market
- Wednesdays: East End / Bay Farm Island
- Thursdays: Central Alameda / Bridgeside

ALL ROUTES INCLUDE:

- Alameda Hospital
- Alameda Theatre
- Alameda Main Library
- Mastick Senior Center
- South Shore Center

View all route stops and shuttle times at www.AlamedaLoopShuttle.com.
Call (510) 747-7513, or email AlamedaLoopShuttle@alamedaca.gov
Funded by Measures B/BB.



SENIORS/ADULTS 50+ - CLASSES & PROGRAMS

Apple Hill Farmland

\$46, Class #7885

Tuesday, October 8, 8:00AM - 5:30PM

Begin your day with an apple fritter at High Hill Ranch. Then, a tour guide will board our bus to visit three other farms. Enjoy a BBQ lunch with time for shopping. Activity Level: Moderate Movers.

SF Orchestra - Open Rehearsal

\$74, Class #8252

Thursday, January 16, 2020, 8:30AM - 3:00PM

Enjoy a candid view of the San Francisco Orchestra as they rehearse Beethoven's Piano Concert No. 2 at Davies Symphony Hall with lunch at Kincaid's afterward. Activity Level: Easy Street.

TRAVEL: EXTENDED TOURS

To register for one of the trips listed below, contact Ed Kallas, Recreation Supervisor I, at (510) 747-7511 or ekallas@alamedaca.gov.

Great Trains and Grand Canyons

February 23-28, 2020

\$3,295/single, \$2,545/double

Deposit Due: 11/16/19, Final Payment due by 12/16/19

Highlights: Two rail journeys, Grand Canyon National Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome, Chuckwagon Supper & Show, Old Town Scottsdale!

Italian Vistas

March 16-28, 2020

\$5,279/single, \$4,479/double

Deposit due: 9/17/19

Highlights: Rome, Colosseum, Ruins of Pompeii, Sorrento Coast, Isle of Capri, Florence, Statue of David, Leaning Tower of Pisa, Tuscan Winery, Venice, Choice on Tour, Murano Island, Verona, Stresa, Lugano, Switzerland.

The Historic South

April 26 - May 2, 2020

\$3,995/single, \$3,095/double

Payment due: 5/17/19

Highlights: Charleston, Savannah, St. Augustine, Fort Sumter Boat tour, Beaufort Horse Drawn Carriage Tour, The Pirate's House Restaurant and much more!

The Azores

July 17 - 26, 2020

\$4,699/single, \$3,999/double

Deposit due: 12/18/19

Highlights: Off Road Sete Cidades Experience, Lagoa do Canario Viewpoint, Furnas Valley, Terra Nostra Botanical Garden, Natural Thermal Pools, Serra do Cume, Angra do Heroismo, Choices on Tour, Capelinhos Volcano Interpretation Center, Volcanic Stone House Stay, Pico Wine Museum, Wine Collaborative.

WELLNESS

Chair Yoga

Class #8050	Oct 23 - Dec 18	W	10:35AM - 11:50AM
\$59	Tianna Meriag-Reiter	Mastick - Social Hall	
No class on 11/27			

Qigong

Qigong for health including visualization, mindfulness and focus on breath. Learn warm up exercises, beginning posture and a collection of exercises to improve and maintain your health and balance your mind body and spirit.

Class #8126	Sep 24 - Oct 29	Tu	9:00AM - 10:00AM
\$52	Robert Dorsett	Mastick - Room A	
Class #8127	Nov 5 - Dec 17	Tu	9:00AM - 10:00AM
\$60	Robert Dorsett	Mastick - Room A	

Tai Chi-ercise & Meditation

Class #7874	Sep 3 - Dec 17	Tu	10:15AM - 11:15AM
\$4 per class	Helen Calhoun	Mastick - Room A	

Tai Chi 24 Steps

BEGINNING			
Class #7871	Sep 5 - Dec 26	Th	9:10AM - 10:00AM
\$4 per class	Chunyan Su La	Mastick - Room A	
INTERMEDIATE			
Class #7872	Sep 5 - Dec 26	Th	10:50AM - 11:40AM
\$4 per class	Chunyan Su La	Mastick - Room A	
SILK REELING			
Class #7873	Sep 5 - Dec 26	Th	10:10AM - 10:50AM
\$4 per class	Chunyan Su La	Mastick - Room A	

Yoga

Class #7875	Sep 10 - Oct 22	Tu	10:30AM - 12:00PM
\$53	Dina Hondrogen	Mastick - Social Hall	
Class #7876	Sep 11 - Oct 23	W	9:00AM - 10:25AM
\$53	Dina Hondrogen	Mastick - Social Hall	
Class #7877	Oct 29 - Dec 17	Tu	10:30AM - 12:00PM
\$53	Dina Hondrogen	Mastick - Social Hall	
No class on 11/26			
Class #7878	Oct 30 - Dec 18	W	9:00AM - 10:25AM
\$53	Dina Hondrogen	Mastick - Social Hall	
No class on 11/27			

CLASSES & PROGRAMS - ADULTS 50+ / SENIORS

Local Trip & Extended Travel Presentations

Mondays, September 16 & 23, 10:00AM
Media Room

Get two for one... Ed Kallas, Recreation Supervisor I, will review upcoming local trips. Then, representatives of Premier World Discovery, (9/16), and Collette Tours, (9/23), will provide an overview of extended travel opportunities including Great Trains & Canyons, The Historic South, Italian Vistas and The Azores.



Mastick Senior Center Programs and Services Schedule

Description	Mon	Tue	Wed	Thu	Fri	Sat	Price
Billiards	Daily	Daily	Daily	Daily	Daily		Free
Blood Pressure Screening (2nd & 4th Wednesday)			10:00AM				Free
Bocce Ball (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Book Club (1st Tuesday)		12:15PM					Free
Bridge (Social)			1:00PM				Free
Cards and Games	Daily	Daily	Daily	Daily	Daily		Free
Case Management (Senior Connections)		9:00AM		9:00AM	9:00AM		By Appoint. Free
Computer Lab	Contact Office for schedule						
Current Events				9:00AM			Free
Dental Consultation (3rd Thursday)				10:30AM			By Appoint. Free
Exercise Equipment (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Great American Songbook (1st Thursday)				1:00PM			Free
HICAP		10:00AM					By Appoint. Free
Legal Assistance for Seniors (3rd Monday)	1:00PM						By Appoint. Free
Lending Library	10:00AM		10:00AM		10:00AM		Free
Mah Jongg (Beginners)	1:00PM	Register in the Mastick Office. Must purchase Mah Jongg playing card.					
Mah Jongg (Experienced Players)					1:00PM		Free
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:30AM				Free
Mastick Volunteer-Led Walking Group	9:30AM						See program flier
Movie Matinee				1:00PM			Free
Music Appreciation (4th Thursday)				1:30PM			Free
Notary Service			1:30PM				By Appoint. Free
Piano & Singing with Keiko					12:30PM		Free
Pickleball (Lincoln Park)			9:30AM 6:00PM			9:30AM	Free
Podiatry Consultation & Blood Pressure Screening (3rd Tuesday)		1:45PM					By Appoint. Free
Putting Green (Courtyard)	Daily	Daily	Daily	Daily	Daily		Free
Scrabble				12:00			Free
Shakespeare Discussion Group				9:30AM			Free
Table Tennis		12:00					Free
Today's World		9:30AM					Free

Program dates, times, locations and fees are subject to change.

Please refer to the Activities at a Glance flier available at www.mastickcenter.com or the Mastick Lobby.

FACILITIES & PARKS

ENJOY
ALL THAT THE
**CITY OF
ALAMEDA**
HAS TO
OFFER!



CLASS LOCATIONS

Alameda Ballet Academy	1402 Park Street 510-337-1929
Alameda Community Sailing Center	Encinal Boat Ramp 510-629-9282
Alameda High School	2201 Encinal Ave.
Alameda Table Tennis Club	2050 Lincoln Ave 510-306-1150
College of Alameda Gym	555 Ralph Appezzato Memorial Parkway
Dance /10	900 Santa Clara Ave 510-522-5678
Encinal High School	210 Central Ave.
Encinal Yacht Club	1251 Pacific Marina 510-522-3272
Kids Elite	1429 High Street 510-872-0188
Ruby's Tumbling	2333 Clement Avenue 510-337-0846
Yu Ying Learning Center	2121 Central Ave 510-363-1651

ARPD Main Office

**2226 Santa Clara Ave.
510-747-PLAY (7529)
ARPD@alamedaca.gov
www.alamedaca.gov/recreation**

**Online registration:
www.alamedaca.gov/recreation**

**Like us on Facebook:
www.facebook.com/playARPD**

**Park and Facility Issues:
after hours 510-775-5459**

**Field Condition Hotline:
after 2pm 510-747-7540**

FACILITIES & PARKS

FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-purpose Field	1101 West Redline Ave.	510-747-PLAY
Bayport Park	301 Jack London Ave.	510-263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Corica Park	1 Clubhouse Memorial Dr.	510-747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	510-522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	510-522-4590
Estuary Park	200 Mosley Ave	
Franklin Park	1432 San Antonio Ave.	510-522-3132
Godfrey Park	281 Beach Rd.	510-521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Jean Sweeney Open Space Park	1925 Sherman St.	
Krusi Park	900 Mound St.	510-522-4341
Leydecker Park	3225 Mecartney Rd.	510-521-1266
Lincoln Park/Harrison Center	1450 High St.	510-523-6222
Littlejohn Park	1401 Pacific Ave.	510-523-1510
Longfellow Park	520 Lincoln Ave.	510-522-5262
Main Street Dog Park	Main St. & Navy Wy.	
Main Street Linear Park	Main St.	
Main Street Soccer Field	Main St. & Appezato Pkwy.	
Marina Cove Waterfront Park	1591 Clement Ave.	
Mastick Senior Center	1155 Santa Clara Ave.	510-747-7500
McKinley Park	2165 Buena Vista Ave.	510-522-6161
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	510-747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	510-521-8307
Towata Park	3315 Bridgeway Isle	
Underground Teen Center	Veteran's Building, Rm 170	510-748-9466
Veteran's Memorial Building	2203 Central Ave.	510-864-4017
Washington Park	740 Central Ave.	510-521-0162
Woodstock Park	351 Cypress St.	510-521-0656



FACILITIES & PARKS - RENTALS

FACILITY & PARK RENTALS

ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

Park & Facility Issues Line

To report an issue in a park or facility after hours, weekday evenings and weekends, call 775-5459.

Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 250 people. Reservations must be made at least 21 working days in advance.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$185/hour
Trident Room (120 max)	\$155/hour
Terrace Room (90 max)	\$125/hour
Squadron Room (50 max)	\$62/hour
Security deposit applies to all rentals	\$750 to \$1000
Other fees may apply	



Picnic Areas

These are available to individuals and organizations. Alcohol is not permitted. Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Sweeney, Tillman and Washington. Picnic areas may be reserved from 9:00am - 8:00pm. Reservations must be made at least 7 working days in advance.

Resident Private Rental Fee (3 hour min)	\$31 to 82/hour depending on number of tables
Other fees may apply	



Recreation Centers at Bayport, Leydecker & Lincoln Parks

Recreation Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions. Reservations must be made at least 7 working days in advance.

Resident Private Rental Fee (3 hour min)	\$93 to \$124/hour
Security deposit	\$300 to \$500
Additional fee structure and other fees may apply.	

To check availability, information or send in a Facility Use Permit:

Picnics, bocceball & recreation centers
email: arpd@alamedaca.gov

Fields, sports & aquatics
email: DMcDaniels@alamedaca.gov

ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

Encinal & Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am - 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aer-o-nuts. For more info, visit www.aero-manics.com. Fees are not required for flying model airplanes but proof of personal liability insurance is required.

ALAMEDA FREE LIBRARY

Hours and Locations

Main Library

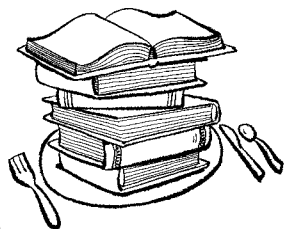
- 1550 Oak Street
- General: 510-747-7777, Renewal: (510) 523-7091
- Reference: 510-747-7713, Children's: 510-747-7705
- www.alamedafree.org
- Mon - Tues: 12:00PM - 8:00PM
- Wed: 10:00AM - 8:00PM
- Thu - Sat: 10:00AM - 5:00PM
- Sun: 1:00PM - 5:00PM
- Holidays Closed

Bay Farm Island Library

- 3221 Mecartney Road
- 510-747-7787
- Monday: 10:00AM - 6:00PM
- Tuesday: 12:00PM - 8:00PM
- Wednesday: 10:00AM - 6:00PM
- Thursday & Saturday: 10:00AM - 5:00PM
- Closed: Friday & Sunday & Holidays

West End Library

- 788 Santa Clara Ave
- 510-747-7767
- Monday: 12:00PM - 8:00PM
- Tuesday: 10:00AM - 6:00PM
- Wednesday: 10:00AM - 6:00PM
- Thursday & Saturday: 10:00AM - 5:00PM
- Closed: Friday & Sunday & Holidays



Monthly Children Activities

STORYTIMES:

- Mother Goose on the Loose for children 6mos. - 2yrs
Thursdays, Main Library, 10:15AM
- Toddler Storytime for children 18 mos. - 3yrs
Saturdays, Main Library, 10AM
- Preschool Storytime for children 2 - 5yrs
Wednesdays, West End Library, 10:30AM
Thursdays, Main Library, 11AM
- School Age Storytime for children in Grades K - 3
Wednesdays, Main Library, 3:30PM
- Family Storytime for children of all ages
Tuesdays, Bay Farm Island Library, 7PM

ACTIVITIES:

We Love LEGOs™

Come build with us! Put your imagination to work using LEGOs™ building blocks.

- 2nd Saturdays, Main Library, 2:30PM
- 3rd Thursdays, Bay Farm Island Library, 3:30PM
- 4th Thursdays, West End Library, 3:30PM

Drop-in Crafts

Come create with us! Explore new and different crafts every month. Parents welcome to assist.

- 1st Thursdays, Bay Farm Island Library, 3:30PM
- 2nd Saturdays, Main Library, 2:30PM

Tween Crafts

Join us every month for a craft or art activity just for tweens! For grades 4-8.

- 1st Thursdays, West End Library, 3:30PM
- 2nd Thursdays, Bay Farm Island Library, 3:30PM

STEAM

Join us each month for a different activity exploring science, technology, engineering, art or math! For ages 4-10.

- 2nd Thursdays, West End Library, 3:30PM

Playdough Play

Come play with us! Use your imagination and develop fine motor skills, while squishing, rolling, shaping and sculpting the dough by hand or with the tools provided. Ages 4-8. Parents/caregivers are welcome to play too.

- 3rd Thursdays, West End Library, 3:30PM

Monthly Teens Activities

Teen Advisory Board

- 1st Wednesdays, Main Library, 5:30PM - 6:30PM

Teen Book Group

- 1st Wednesdays, Main Library, 6:30PM - 7:15PM

Monthly Adults Activities

Film series

Join us for an eclectic mix of films. Some old, some new. Some obscure, some well-known. All curated by filmmaker Jeff Giordano. Discussion follows the film. Ages 18+ only please.

- 1st Mondays, Main Library, 5:30PM

AFL Writers Group

Open to all adult writers looking for a space to work and an opportunity to connect and share with other writers. Bring your ideas and laptop (or pencil and paper!) and start writing. Please enter quietly and begin to write/type. Sharing at the end for those interested.

- 2nd Saturdays, Main Library, 12:30PM - 4:30PM

Cup of Coffee and a Good Book Club

If you like good books, good conversation, and coffee (or tea), come meet with us. There's a new topic every month!

- 3rd Wednesdays, Bay Farm Island Library/Islandia Clubhouse, 1:15PM

Handicrafts Group

Bring your needles, crochet hooks and yarn or other supplies. We welcome beginners as well as experts and all those in between!

- 4th Wednesdays, Main Library, 6:00PM

SPECIAL EVENTS

Special events are scheduled monthly. Check our website calendar at www.alamedafree.org, or our Facebook page at facebook.com/alamedafreelibrary for details.

Teen Bullet Journaling Workshop

- Friday, Sep 20, Main Library, 3:30PM - 4:30PM

Shakespeare On Tour presents As You Like It

- Sunday, Oct 20, Main Library, check calendar for time.

Teen Costume Workshop

- Thursday, Oct 24, Main Library, 3:30PM - 4:30PM

Social Science

- Main Library, Mondays, Sept 16, Oct 28, Nov 10, Dec 9, 2:00PM - 4:00PM
- West End, 3rd Mondays, sign-ups start at 5:30PM

REGISTRATION - INFORMATION

REGISTRATION INFORMATION

ENROLLMENT POLICY

The Alameda Recreation and Park Department's programs and activities are open to anyone regardless of residency. Please note that there are some resident and non-resident fees. We offer many different ways to register. Some programs may have limited registration options due to the nature of the activity requirements. Also, some programs may require proof of age for participants.

PAYMENT INFORMATION

Most programs have an enrollment fee. The full payment for the program is due at the time of registration. No reservations/registrations are held without payment. Payments may be made with **cash, check, money order, American Express, Discover, MasterCard or VISA**. Your payment guarantees you a spot in each class of the session regardless of whether or not you attend. **We do not prorate or credit any missed classes or late registrations.**

PROGRAM FEES AND DETAILS ARE SUBJECT TO CHANGE. CHECK OUR WEBSITE FOR LATEST INFORMATION: www.alamedaca.gov/recreation

PROGRAM CANCELLATIONS

The Alameda Recreation and Park Department reserves the right to cancel a class if it does not meet minimum enrollment requirements. Participants enrolled in cancelled classes will either receive a full refund OR a full credit on their account to be used toward a future class or program.

CLIENT WITHDRAWALS AND REFUNDS

- If a client requests a withdrawal and/or transfer from ANY class or program before the start date, there is an automatic \$15 administrative fee.
- The remaining funds will only be applied to your account as a credit to use for a future class or program.
- After a class begins, withdrawal and/or transfer requests are charged an automatic \$15 administrative fee and will be prorated based on the number of classes that have already passed in the session.
- Any remaining funds will be applied to your account as a credit to use for a future enrollment.
- Please note that certain programs have different refund policies. Plan accordingly.
- **THERE ARE NO REFUNDS/CREDITS/MAKE-UPS ALLOWED FOR ANY CLASSES YOU MISS.**

REGISTRATION OPTIONS

REGISTER IN PERSON

ARPD Main Office
2226 Santa Clara Avenue
Alameda, CA 94501

(located between
Walnut and Oak Streets)

Office Hours:

Monday to Friday,
8:30 a.m. to 5:30 p.m.



ARPD IS NOW USING A BRAND NEW ONLINE REGISTRATION PROGRAM!

Be sure to bookmark this new link:

www.alamedaca.gov/recreation

Questions?

Need Assistance?

Contact ARPD Staff at:
arpd@alamedaca.gov



U.S. MAIL—Mail completed forms with payment to:
ARPD, 2226 Santa Clara Ave,
Alameda, CA 94501
OR

E-MAIL completed forms with payment (American Express, Discover, MasterCard or VISA) to: arpd@alamedaca.gov

REGISTER BY PHONE

during regular business hours

at **(510) 747-7529**. We

accept the following credit cards: **American Express, Discover, MasterCard or VISA.**

Not all program registrations can be completed by phone.



REGISTER BY FAX

510-523-4071 with the following credit cards:

American Express, Discover, MasterCard or VISA. Forms without Payment cannot be entered.



For more information, check out our website at www.alamedaca.gov/recreation

FORM - REGISTRATION



Alameda Recreation and Park Department
2226 Santa Clara Avenue, Alameda, CA 94501
(510) 747-PLAY • FAX (510) 523-4071
arpd@alamedaca.gov • www.alamedaca.gov/recreation

REGISTRATION FORM

CLASSES & SPORTS

In Person or Mail:
ARPD Main Office
2226 Santa Clara Ave
Alameda, CA 94501
(510) 747-7529

SENIOR CENTER ACTIVITIES/CLASSES

In Person or Mail:
Mastick Senior Center
1155 Santa Clara Ave
Alameda, CA 94501
(510) 747-7506

- **Full payment is due at the time of registration.** Checks payable to ARPD, American Express, Discover, MasterCard or VISA accepted.
- Withdrawals may be made by e-mail, phone or in person with a \$15 processing fee (or otherwise stated). The remainder of fee will be placed as a credit on your account to be used in the future.
- **Parents/Guardians**, there is a late fee of \$1 per minute per child for every minute you are late picking up your child/children from programs/classes – payable that day.

PARTICIPANT'S

LAST NAME	FIRST NAME	BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	FEE
TOTAL FEES DUE: \$							

MAIN CONTACT OR PARENT/GUARDIAN INFORMATION

LAST NAME _____ FIRST NAME _____ BIRTHDATE _____
 Address _____ City _____ Zip _____
 Primary Phone _____ Secondary Phone _____ Cell Phone _____
 Email Address _____
 Emergency Contact _____ Relationship _____ Phone _____
 Emergency Contact (Other Than Parent) _____ Relationship _____ Phone _____
 Participant's Medical Information/Allergies _____

LIABILITY WAIVER

1. Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents, volunteers and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, volunteers, and independent contractors.

2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents, volunteers and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

PHOTO CONSENT: Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, newsletters, Activity Guide, Mastick Newsletter or social media) produced by the City of Alameda.

☐ Check here if you **do not** give photographic consent.

CONSENT TO TREAT: I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

☐ Check here if I **do not** consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Signature _____ Date _____ ☐ Participant ☐ Parent/Guardian

☐ Check (payable to ARPD)

☐ AMEX / ☐ Discover / ☐ VISA / ☐ MasterCard #: _____ CVV _____ Exp. Date _____

Name on Card _____ Signature _____

Address on Card _____

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.



Alameda Recreation and Park Department
2226 Santa Clara Avenue
Alameda, CA 94501

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***** ECRWSSEDDM *****

RESIDENTIAL CUSTOMER

SATURDAY, SEPTEMBER 28TH

Washington Park – 8:00 AM - 2:00 PM

FUN BIKE RIDE ALONG THE SHORELINES OF ALAMEDA, BENEFITTING ALAMEDA PARKS



Are you ready? **TEAM CHALLENGE!**

Ride Alameda Bike for the Parks as a team
...and add some flair to our fundraiser!

Open to all companies, nonprofits, community groups,
sports teams, school groups/clubs and packs of friends to help
raise funds for Alameda parks.

The more the merrier, and the bigger the better!
Awards and prizes for the best team!

Teams must be 6 or more!

A FUN BIKE RIDE AROUND ALAMEDA & AFTER-PARTY, WITH 100% OF ALL FUNDS GOING TO ALAMEDA FRIENDS OF THE PARKS.

- 25-mile loop around Alameda's shoreline
 - 8-mile kid's ride is all about fun
 - After-party is open to the public: music, kid's games, & food
- All participants receive a FREE Hot Dog lunch.

Entry Fee

\$45 for Adults

\$20 for Kids 12 & under



For more information and to register, go to:

BIKE4PARKS.ALAMEDAPARKS.ORG

