

ACTIVITY GUIDE

WINTER/SPRING 2020

Encinal Public Boat Launch Improvements

Re-opening January 2020

This free public boat launch construction is funded by a \$1.45 million grant from the CA Division of Boating & Waterways. Improvements include a new ramp, two docks, restroom with outdoor showers, fish cleaning station, kayak/paddle board lay-down pad, lighting, and ADA access.



Parks
Make
Life
Better!



ALAMEDA RECREATION AND PARK DEPARTMENT
(510) 747-PLAY • www.alamedaca.gov/recreation

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

CONTENTS

ARPD Program Staff

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Pre-K and Youth
510-747-7554
cbailey@alamedaca.gov

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Senior Programs, Travel
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ekallas@alamedaca.gov

Dennis McDaniels

Adult and Youth Athletics,
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](https://www.facebook.com/playARPD)

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 48-49](#)



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ARPD OFFICE:
510-747-PLAY (7529)
Mon-Fri 8:30am-5:30pm

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CITY DEPARTMENT PHONE LIST

Emergency (Life or Property at Risk)	911
City Information	510-747-7400
City Attorney	510-747-4750
City Clerk & City Council	510-747-4800
Mayor's Office	510-747-4745
City Manager's Office	510-747-4700
Alameda Municipal Power (AMP)	510-748-3900
Base Reuse – Alameda Point	510-747-7440
Economic Development & Community Services	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 Opportunities	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
Anonymous Tip Line	510-337-8450
Animal Services	510-337-8565
Animal Control (After Hours)	510-337-8340
Public Works	510-747-7900
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.

Information & Referral 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, seven days a week with multi-lingual capabilities.



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
Girard 'Gerry' Beaudin	Assist. City Manager
Amy Wooldridge	ARPD Director
Jackie Krause	Recreation Manager
Edward Kallas	Recreation Supervisor I
John McDonald	Park Manager
Bill Hudson	Park Maintenance Supervisor
Matt Nowlen	Park Maintenance Foreperson
Patrick Russi	Recreation Manager
Christina Bailey	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

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

Aeromanics - Aeronuts	www.aeromaniacs.com
Alameda Attack Lacrosse Club	www.alamedalacrosse.com
Alameda Babe Ruth Baseball	www.alamedababeruth.com
Alameda Dragon Flyers Dragon 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

19th Annual "Roarin' 20's" Dance Party

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

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

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

A special party for girls who are currently five to twelve years of age, and their fathers or other significant role model. There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun! Each girl will receive a special memento at the end of the evening.

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

Class #8637, \$26 per couple, \$16 each additional girl, \$5 per corsage (pre-order only)

Alameda Community Band Concert

Tuesdays, March 10 and May 26, 7:30PM

Mastick Senior Center

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, with conductor Michael Wirgler.



FOOD WARE REVOLUTION



REUSABLE
IS THE
BEST OPTION



COMPOSTABLE FIBER
IS COMPLIANT



PLASTIC
NOT ALLOWED

SIX QUICK FACTS

- Alameda's Disposable Food Service Ware Reduction Law went into effect on January 1, 2018. Fines may apply to non-compliant food vendors.
- Going reusable is best for the environment, and saves restaurants money. Diners are encouraged to bring their own straws and other reusables like to-go coffee mugs and reusable take-out containers.
- Straws are available only upon request, and when requested single-use straws must be made from a compostable fiber-like paper, bamboo, or hay. If you need a straw, bring a reusable one.
- All disposable food ware packaging must be made from compostable, fiber-based materials. Uncoated, paper-like materials are best. Aluminum is also OK.
- Plastic, single-use items—even if labeled 1 through 7—are prohibited as food ware, including "Biodegradable" or "Compostable" plastics.
- The law applies to any restaurant, bar, retail food vendor (such as a grocery store or deli) or food trucks within the City of Alameda.

Questions? Call City of Alameda Public Works
(510) 747-7900 • AlamedaRecycles.org

Splash into Spring Egg Scramble

Sat., April 4th (Rainout Date is April 11th)
10:00AM - 12:00PM

Crab Cove Picnic Area, 1252 McKay Ave.
Free Parking available at Otis and Westline Parking Lot

Activities include the Mobile Fish Exhibit, Lawn Games, Arts & Crafts, and more! Photos with the Easter Bunny (with your camera) will be available for \$3; the photo line will end at 11:30am. Snacks will be available for purchase courtesy of the Alameda Youth Committee (AYC).



Scrambles take place at staggered times. Scramble areas will be divided into the following age groups: Walking to 2 and 3-4 year olds (11:25-11:30am), 5-6 year olds, 7-8 year olds, and 9-12 year olds (11:40-11:45am). More event details will follow on the ARPD website, Facebook, and on fliers at ARPD sites.

Sponsors: Alameda Recreation and Park Department, Rotary Club of Alameda, East Bay Regional Park District & Alameda Friends of the Parks Foundation.

Friday, May 29, 2020 at Corica Park South Course



\$125 per player

(Includes golf, auction and dinner)
Dinner only \$40 per person

Shotgun starts at 1:00 PM

Go to
www.alamedaparks.org
for information, registration and payment

*It's a fun day for everyone!
Support Alameda Parks!*



Alameda Recreation and Park Department
2226 Santa Clara Ave, Alameda, CA 94501
(510) 747-7529 / arpd@alamedaca.gov

Help Us Select Which Movie Will Be Shown At Our



Starting December 2, 2019, the list of movie titles will be available on our **OFFICIAL STARLIGHT MOVIE BALLOT**, which will be posted on our website: www.alamedaca.gov/recreation

VOTE AS MANY TIMES



YOUR VOTE



Our Winning Movie Titles and Schedule will be announced in our 2020 Summer Activity Guide. See you at the Starlight Movies!

- Return your Ballot to the **ARPD Main Office**, 2226 Santa Clara Ave, Alameda, CA 94501
- FAX your Ballot to (510) 523-4071
- E-mail your Ballot to arpd@alamedaca.gov
- You can also vote on our Facebook page: www.facebook.com/playarpd
- Deadline: Friday, January 17, 2020**

Parks Make Life Better!



Earth Day Festival - Free!

Saturday, April 18, 10:00AM - 3:00PM
Washington Park

Come celebrate the planet with us at Alameda's Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment.

Enjoy free activities for kids, Earth Day games and exhibits. Learn about building a clean, healthy, sustainable world for generations to come. Get involved with the Earth Day Beach Clean-up - register using the following link; <https://apm.activecommunities.com/ebparks/ActivitySearch/alameda-earth-day-coastal-clean-up/24326>



Alameda Sings! Alameda Community Chorus

Friday, April 24, 7:30PM, TBD

Sunday, April 26, 4:00PM, Cardinal Point

Enjoy a musical performance by the Alameda Community Choir. Conductor Kathryn Neale Manalo.

INFANTS & TOTS - PLAYGROUP & PRESCHOOL

INFANT PLAYGROUP

Alameda Wee Play

Ages 6 Month - 3 Years

Come and experience Alameda's play center for infants and toddlers ages 6 month - 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured allowing 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 - December 23, 25, January 1 & 20, February 17, May 25	
Volunteer to set-up or clean-up, limited number per day, and receive free entrance for that day!	

TOTS PRESCHOOL

Tiny Tots & Small Fry Classes

Ages 3 - 5

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood." - Fred Rogers

The Alameda Recreation and Parks Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Here they can develop their social and emotional skills needed in developing independence readiness skills for school. We will use a variety of activities in helping your child learn about the world around them through ABC's, numbers, colors, and shapes. Activities will include a variety of arts and crafts, storytelling, games, cooking, music, Science, motor fitness, and outside play.

REQUIRED:

- Children must be the correct age on the first day of class,
- 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

SMALL FRY CLASSES (3 - 3 yrs, 11 mos.)			
All classes are from 9:00AM - 12:00PM			
Day	Location	Winter #	Spring #
Mon, Wed & Fri	Godfrey, Bay Farm Is.	8367	8378
Tue & Thu	Godfrey, Bay Farm Is.	8368	8379
Mon, Wed & Fri	Littlejohn Park	8369	8380
Tue & Thu	Littlejohn Park	8370	8381
Tue & Thu	McKinley Park	8371	8382
Tue & Thu	Washington Park	8372	8383

TINY TOT CLASSES (4 - 5 years)

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

Day	Location	Winter #	Spring #
Mon, Wed & Fri	Leydecker, Bay Farm Is.	8374	8388
Tue & Thu	Leydecker, Bay Farm Is.	8373	8384
Mon, Wed & Fri	McKinley Park	8375	8389
Mon, Wed & Fri (12:00 - 3:00PM)	McKinley Park	8376	8390
Mon, Wed & Fri	Washington Park	8377	8391

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

REGISTRATION FOR SPRING 2020

- NEW student registration for remaining spots will be Thursday, March 19, 2020 at 8:30AM at the ARPD office, 2226 Santa Clara Ave., Alameda.
- Students in WINTER 2020 classes have registration priority for the class they are currently attending.

SPRING 2020 SESSION (8 weeks)	April 6 - May 29, 2020 No class May 25	
Days	Full Payment	Two Payments*
Monday, Wednesday & Friday	\$576	\$303 each
Tuesday & Thursday	\$384	\$207 each
Monday - Friday (5 days)	\$960	\$510 each
*1st due on enrolling, 2nd due 4/21/20		

Tiny Tot & Small Fry Fall Registration 2020

Registration starts Monday, June 22 at 8:30AM at the ARPD office, 2226 Santa Clara Ave. More information will be in our 2020 Summer Guide.

If you have any questions, please contact:
Adele Hope, Tiny Tot Coordinator at 510-747-7553 or ahope@alamedaca.gov.

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

COOKING

ABC's of Cooking

Ages 4 year olds - Kindergarten

Does your child want to be a "Top Chef"? Here is a class whether you're a Preschooler, TK, or Kindergarten where you will learn the ABC's of cooking.

- Learn the proper safety skills needed for working in the kitchen.
- Prepare dishes that they can make again at home with some adult supervision.
- Some dishes may be sampled in class, but some may be sent home depending on time.
- Take home a cookbook at the end of session with all the recipes they have prepared.
- We will do our best to accommodate all children with food allergies, but this class is not recommended for children with severe food allergies.

SESSION 1

#8392	Jan 14 - Feb 13	Tu, Th	1:00PM - 2:30PM
\$125 (10 classes)	ARPD Staff	Woodstock Park	

SESSION 2

#8393	Feb 25 - Mar 26	Tu, Th	1:00PM - 2:30PM
\$125 (10 classes)	ARPD Staff	Woodstock Park	

SESSION 3

#8394	Apr 7 - May 7	Tu, Th	1:00PM - 2:30PM
\$125 (10 classes)	ARPD Staff	Woodstock Park	



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 #8649	Jan 25 - Mar 28	Sa	9:45AM - 10:30AM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	

Pre-Ballet for 4 Years

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 #8650	Jan 21 - Mar 24	Tu	3:45PM - 4:30PM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
AGES 5			
Class #8651	Jan 23 - Mar 26	Th	3:45PM - 4:30PM
\$191	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	



ENRICHMENT



I-immersion Language Enrichment - Play & Learn Mandarin!

Ages 3 - 5

Play and learn conversational Mandarin through music, stories, and age-appropriate activities specially designed for a mix-age class. Language learning foundations such as numbers, colors, and shapes will be reinforced throughout the class while children enjoy hands-on mini projects in fun themes of the art, household pets, and garden & bugs. No previous exposure to the language is necessary. All levels are welcome! Participants must be potty-trained. Visit www.i-immersion/enrichment to learn about our teaching philosophy. There is a \$25 materials fee due to Instructor at first class.

Class #8673	Jan 11 - Mar 28	Sa	10:00AM - 11:00AM
\$309	I-Immersion Inc.	Veteran's - Room 120	
Class #8674	Apr 11 - May 30	Sa	10:00AM - 11:00AM
\$206	I-Immersion Inc.	Veteran's - Room 120	



FITNESS

Kids Gymnastics

Ages 1 - 5

Ruby's Tumbling is a family owned business for more than 32 years. This winter/spring session is designed for our future gymnasts. They will learn the early stages of balance, coordination, flexibility and strength; using uneven bars, beams, floor, rings and rope.

AGES 1 - 2			
Class #8792	Jan 9 - Feb 13	Th	9:15AM - 10:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8793	Feb 20 - Mar 26	Th	9:15AM - 10:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8794	Apr 9 - May 28	Th	9:15AM - 10:00AM
\$191	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
AGES 2 - 3			
Class #8795	Jan 9 - Feb 13	Th	10:15AM - 11:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8796	Feb 20 - Mar 26	Th	10:15AM - 11:00AM
\$145	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8797	Apr 9 - May 28	Th	10:15AM - 11:00AM
\$191	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
AGES 3 - 5			
Class #8798	Jan 9 - Feb 13	Th	11:15AM - 12:00PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8801	Jan 9 - Feb 13	Th	5:45PM - 6:30PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8799	Feb 20 - Mar 26	Th	11:15AM - 12:00PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8802	Feb 20 - Mar 26	Th	5:45PM - 6:30PM
\$155	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8800	Apr 9 - May 28	Th	11:15AM - 12:00PM
\$206	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8803	Apr 9 - May 28	Th	5:45PM - 6:30PM
\$206	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	



MARTIAL ARTS

Hanabi Judo: Chibi

Ages 3 - 5

In Chibi (little) Judo, we jump, run, roll-developing balance, coordination and confidence. We say our names and sing in Japanese; we learn to fall safely. In our positive environment respect comes as naturally as smiling.

Class #8678	Jan 10 - May 29	F	3:45PM - 4:30PM
\$309	Hanabi Judo	Veteran's - Auditorium Rm 250	
No class on 4/3			

Hanabi Judo: Hajime

Ages 5 - 15

Hajime! (Begin!) Fun tumbling and jumping exercises precede our learning to fall effortlessly. We can hold a person down, even if they are bigger, and throw someone down safely. Respect, discipline, sweating, and smiling!

Class #8680	Jan 10 - May 29	F	4:30PM - 5:30PM
\$309	Hanabi Judo	Veteran's - Auditorium Rm 250	
No class on 4/3			

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: MOMMY/DADDY & ME SOCCER SAT

Class #8755	Feb 8 - Mar 21	Sa	9:00AM - 9:30AM
\$135	Kidz Love Soccer	Washington - Grass Area (UW) at Washington Park	
Class #8760	Apr 18 - Jun 6	Sa	9:00AM - 9:30AM
\$135	Kidz Love Soccer	Washington - Grass Area (UW) at Washington Park	

AGES 3 - 4: TOT SOCCER SAT

Class #8757	Feb 8 - Mar 21	Sa	9:40AM - 10:15AM
\$135	Kidz Love Soccer	Upper Washington Park	
Class #8762	Apr 18 - Jun 6	Sa	9:40AM - 10:15AM
\$135	Kidz Love Soccer	Upper Washington Park	

AGES 4 - 5: PRE SOCCER SAT

Class #8756	Feb 8 - Mar 21	Sa	10:10AM - 10:45AM
\$135	Kidz Love Soccer	Upper Washington Park	
Class #8761	Apr 18 - Jun 6	Sa	10:10AM - 10:45AM
\$135	Kidz Love Soccer	Upper Washington Park	



2020 SUMMER PREVIEW

Summer will be here before you know it, and ARPD will be offering a wide array of programs, camps, and classes to make sure that your kids have a blast! Below, is just a taste of what you will find.

Our Summer Activity Guide and registrations will be available and open in March, with specific details of all programs offered (i.e. aquatics, special interest classes, field trips, sports, etc.).

Programs for Ages 3-Pre-K

Small Fry & Tiny Tot Classes

- Tenderfoot & Tadpole Camps
- Jumping Frog Sports
- Tot Chef
- Art Camp
- ...and MORE!!

Programs for Ages 5-10

Completed Grade K-4

World of Wonder (WOW)

is an all-day summer recreational program at Godfrey and Washington Park sites starting June 15th. A variety of recreational activities include games, sports, cooking, nature, drama, in-town field trips, and special events.

Parks & Playgrounds Summer Program

is a FREE DROP-IN PROGRAM at five park sites, starting June 15 from 12:00-5:00PM, Monday through Friday. Park sites will include Bayport, Franklin, Lincoln, Tillman, and Washington.

ARPD Summer Park Baseball Program

will be offered FREE again this summer, starting on June 16. Make sure your child is ready to play ball! There will be one practice (Tuesday) and one game per week (Thursday/Friday). The summer will conclude with a baseball jamboree celebration!



Alameda Day Camp

67 Years of Happy Campers!

Hidden Cove Day Camp

Ages 5 - 7 (Completed Grade K-1)

June 15 - July 3 (Three individual weeks)

Robert Crown Memorial State Beach and Crab Cove provides the natural setting for an introductory camp experience. Each week includes camp skills, outdoor cooking, nature crafts, and an out-of-town field trip on Friday.

Trails End Day Camp

Ages 7 - 11 (Completed Grade 2-5)

July 6 - July 31 (Four individual weeks)

Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of orienteering games (using compasses), hiking, camp skills, nature crafts and cooking. Each week includes an out-of-town swimming trip on Friday.

Trailblazers Camp

Ages 8 - 11 (Completed Grade 3-5)

August 3-5, Monday through Wednesday (NEW for 2020, a **WOW-X** option for **August 6 & 7** to complete the week)

This three-day adventure includes hiking, nature crafts, camp building skills, orienteering games (using compasses), cookouts, and swimming. An overnight takes place at the end of the second day in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers are bussed to and from Camp from Franklin and Lincoln Parks.

Tween Summer Adventure Camp

Completed Grade 5-8

Tween Summer Adventure Camp includes week-long sessions that are FUN, engaging, educational, and recreational. Each week of this affordable and well-supervised program includes one AWESOME out-of-town trip, plus local excursions, arts & crafts, sports, outdoor physical games, special events and much more!

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 Christmas Day Observance: December 25, 2019 New Year's Day Observance: January 1, 2020 MLK Jr. Holiday: January 20, 2020 President's Day: February 17, 2020 Memorial Day: May 25, 2020	

Parks & Playground Program OPEN DURING WINTER BREAK!

During your Winter Break, come down to your local park and participate in fun activities with your ARPD Leaders.

Bayport, Franklin, Lincoln, Tillman and Washington Parks will be open 10:00AM - 4:00PM, December 23-27* and December 30-January 3*

(*will close at 3PM on 12/24 & 12/31; closed 12/25 and 1/1).

SUMMER 2020

ARPD is hiring for all summer programs.

**Do you like working with youth?
Then we have the job for you!**

Applications online in January:

<https://www.governmentjobs.com/careers/alamedaca>

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*:

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

GRADES K - 5 is ONLY offered at the following sites*:
(No TK students)

Longfellow Park	Paden School
Washington Park	Maya Lin School (FULL, waitlist only)

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

WINTER SESSION DECEMBER 2, 2019 - MARCH 27, 2020

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

	Grades 1 - 5	Kindergarten**
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5 days/week

Full Payment	\$812	\$1,197
Two Payments	\$436 each	\$629 each

3 days/week

Full Payment	\$532	\$750
Two Payments	\$296 each	\$405 each

2 days/week

Full Payment	\$392	\$510
Two Payments	\$226 each	\$285 each

SPRING SESSION APRIL 6 - JUNE 8, 202

1st payment due by 3/27/20, 2nd payment due by 5/8/20

**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 - ARPD

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). There will be no camp on Dec 25 and Jan 1.

Extended Care is available for an additional cost. There will be no PM Extended Care on December 24 & 31; all campers need to be picked up by 3pm. 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.

CAMP SESSION 1			
Class # 8295	Dec 23 - Dec 27*	M Tu Th F	9:00AM - 3:00PM
\$144 Res \$160 Non-Res	ARPD Staff	Harrison Center at Lincoln Park	
CAMP SESSION 2			
Class #8296	Dec 30 - Jan 3*	M Tu Th F	9:00AM - 3:00PM
\$144 Res \$160 Non-Res	ARPD Staff	Harrison Center at Lincoln Park	
EXTENDED CARE SESSION 1			
Class #8297	Dec 23 - Dec 27**	M Tu Th F	7:30AM - 5:30PM
\$53 Res \$88 Non-Res	ARPD Staff	Harrison Center at Lincoln Park	
EXTENDED CARE SESSION 2			
Class #8298	Dec 30 - Jan 3**	M Tu Th F	7:30AM - 5:30PM
\$53 Res \$88 Non-Res	ARPD Staff	Harrison Center at Lincoln Park	
*No camp or extended care on Dec 25 and Jan 1			
**No PM Extended Care on December 24 & 31; all campers need to be picked up by 3pm.			



Thank Goodness It's Friday (TGIF)

Grades K - 5

School's out and you need something for your kids to do so look no further! Sign them up for ARPD's fun-filled fabulous TGIF Day Program. Activities include: Arts & Crafts, Group Games, possibly a Field Trip (dependent on the weather) and much more...Snacks and lunch will be provided; please note any food allergies upon registration. Be sure to wear closed-toed shoes, socks and appropriate clothes. We'll play outside (depending on weather conditions) so make sure you bring a jacket. Drop Off and Pick Up your children at Harrison Center, Lincoln Park, 1450 High Street, Alameda. Doors open at 7:30 a.m. All children must be picked up by 5:30 p.m. There is a \$1 per minute per child fee for late pick-ups, payable that day. If you cancel, there will be a \$15 withdrawal fee charged.

We must meet our minimum of 10 participants to hold this program; registration deadline is Friday, the week prior.

Class #8365	Jan 10	F	7:30AM - 5:30PM
\$80	ARPD Staff	Harrison Center at Lincoln Park	

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 Friday, we will take an in-town field trip (location TBD). Bring your own lunch; morning and afternoon snack will be provided. Program will be held at Harrison Center, Lincoln Park, 1450 High Street. If you cancel, there will be a \$15 withdrawal fee. **We must meet our minimum of 10 participants to hold this program; registration deadline is Tuesday, the week prior.**

Extended Care is also available before and after Days in the Park at Harrison Center for an additional cost.

CAMP			
Class #8694	Feb 18 - Feb 21	Tu W Th F	9:00AM - 3:00PM
\$152	ARPD Staff	Harrison Center at Lincoln Park	
EXTENDED CARE			
Class #8695	Feb 18 - Feb 21	Tu W Th F	7:30AM - 9:00AM 3:00PM - 5:30PM
\$60 Res \$100 Non-Res	ARPD Staff	Harrison Center at Lincoln Park	



Spring Vacation Camp

Grades K - 5

It's Spring Break! Come and hang out with your friends at our week-long adventure 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 each day unless notified differently. Wear comfortable walking shoes, socks and play clothes. Camp will be held at Harrison Center, Lincoln Park, 1450 High Street, Alameda. If you cancel, there will be a \$15 withdrawal fee. Extended Care is also available before and after Spring Vacation Camp at Harrison Center for an additional cost.



CAMP			
Class #8696	Mar 30 - Apr 3	M Tu W Th F	9:00AM-3:00 PM
\$ 189 Res \$210 Non-Res	ARPD Staff	Harrison Center at Lincoln Park	
EXTENDED CARE			
Class #8697	Mar 30 - Apr 3	M Tu W Th F	7:30AM - 9:00AM 3:00PM - 5:30PM
\$75 Res \$100 Non-Res	ARPD Staff	Harrison Center at Lincoln Park	

Jr Warriors Spring Basketball Camp

Grade 2 - 5

This exciting and innovative program has been specifically designed to offer youngsters in Kindergarten to 5th Grades an opportunity to participate in an organized program of balanced competition and skill development. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. Staffed by National Academy of Athletics coaches along with ARPD Staff. Each participant will also receive a Junior Warriors Jersey and Shooting Sleeve.

GRADES K - 1			
Class #8745	Mar 30 - Apr 3	M Tu W Th F	9:00AM - 12:00PM
\$155	Aaron Locks	AP Gym - Court #1 at Alameda Point Gym	
GRADES 2 - 3			
Class #8746	Mar 30 - Apr 3	M Tu W Th F	9:00AM - 12:00PM
\$155	Aaron Locks	AP Gym - Court #2 at Alameda Point Gym	
GRADES 4 - 5			
Class #8747	Mar 30 - Apr 3	M Tu W Th F	9:00AM - 12:00PM
\$155	Aaron Locks	AP Gym - Court #3 at Alameda Point Gym	

CAMPS - OTHERS

Jordan Richter Skateboard Camps

Ages 5 - 12

Designed by professional skateboarder Jordan Richter, our camp curriculum focuses on skill building, goal setting, fun, and camaraderie. Every day, students will work through a list of fun and challenging activities, earn badges and move up the levels as their skills grow and confidence soars. All levels welcomed with no prior experience needed. We strongly advise you to bring your own skateboard, helmet, and pads. Loaner boards and helmets are provided on request but are limited. *Student/instructor ratio is 5:1. Please visit jrsc.us for more information. Also see YOUTH CLASSES pages for Skateboard Classes offered.

Class #8744	Feb 18 - Feb 21	Tu W Th F	9:00AM - 12:00PM
\$145	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #8743	Mar 30 - Apr 3	M Tu W Th F	9:00AM - 12:00PM
\$180	Jordan Richter	City View Skate Park, 1177 West Redline Ave	

Play-Well TEK: Harry Potter Magical Engineering

Ages 5 - 10

Explore the magic of Harry Potter using LEGO! Find platform 9 3/4, build Hogwarts Train & Castle, and challenge the Hungarian Horntail Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts.

Class #8616	Mar 30 - Apr 3	M Tu W Th F	9:00AM - 12:00PM
\$216	Play-Well TEKologies	Veteran's - Rm 120	



ARTS & CRAFTS

Young Rembrandts: Anime Cartooning

Ages 6 - 11

Your child is sure to be giggling all season long as they explore the fun, artistic world of Young Rembrandts Anime Cartooning! Funny expressions and hilarious animals are just a few pieces students will create. Enroll your child today for fun, artistic challenges they can use to create amazing pieces of artwork.



Class #8620	Jan 23 - Feb 27	Th	5:00PM - 6:00PM
\$99	Kavita Parekh	Veteran's - Room 120	

Young Rembrandts: Fundamentals of Drawing!

Ages 6 - 11

It's spring time and that can only mean one thing; springtime drawing with Young Rembrandts! If your children are baseball fans, they'll love our baseball still life lesson. Learning about warm colors and cool colors will be the focus as artists draw a detailed exterior of a house. We'll also learn about legendary artist, Edward Hopper, as we recreate one of his masterpieces. Finally, we'll take an imaginary trip to Japan and learn about the artistry of the kimono. Sign-up today!

Class #8621	Apr 9 - May 14	Th	5:00PM - 6:00PM
\$99	Kavita Parekh	Veteran's - Room 120	

COOKING

Cooking Round the World: Baking!

Ages 6 - 13

Breads, cookies, cakes, cupcakes, buns, tarts, muffins, brownies, flatbreads and more - with an international spin! Each country has its own flavors, spices and baking crafts. Children will hear about global origins of what they make, learn to be discerning about flavors and lick their fingers from the deliciousness. The outcome is a new appreciation of food and a desire to see the world through food! This is a nut free class, and can accommodate most allergies. This is not a gluten free class. \$40 materials fee due to instructor on first class.

Class #8623	Apr 8 - May 27	W	4:00PM - 5:30PM
\$182	Cooking Round The World	Woodstock - Center	



Cooking Round the World: Pizza Mania!

Ages 6 - 13

A typical class includes baking, eating, an international folktale, fun language acquisition, brief map education, and sometimes even a trivia game show. The outcome is a new appreciation of food and a desire to see the world through food! If your child loves pizza, this class is for them! From Indian Naan bread pizza, to French Benedict Pizza, to German berry dessert pizza, children will learn to make, and love to eat a variety of pizzas. This is a nut free class. This is not a gluten free class. \$40 materials fee due to instructor on first class.

Class #8622	Jan 8 - Feb 26	W	4:00PM - 5:30PM
\$182	Cooking Round The World	Woodstock - Center	

DANCE

Ballet 1

Ages 6 - 7

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 <https://alamedaballet.com/classes/#dress> for more information. No class on 1/20.

AGES 6			
Class #8653	Jan 6 - Mar 23	M	3:45PM - 4:45PM
\$248	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	
AGES 7			
Class #8652	Jan 22 - Mar 25	W	3:45PM - 4:45PM
\$248	Abra Rudisill	Alameda Ballet Academy, 1402 Park Street	

ENRICHMENT

I-immersion Language Enrichment - Play & Learn Mandarin!

Ages 5 - 9

Play and learn conversational Mandarin through music, stories, and age-appropriate activities specially designed for a mix-age class. Language learning foundations such as numbers, colors, and shapes will be reinforced throughout the class while children enjoy hands-on mini projects in fun themes of the art, household pets, and garden & bugs. No previous exposure to the language is necessary. All levels are welcome! Participants must be potty-trained. Visit www.i-immersion/enrichment to learn about our teaching philosophy. There is a \$25 materials fee due to Instructor at first class.

Class #8675	Jan 11 - Mar 28	Sa	11:00AM - 12:00PM
\$309	I-Immersion Inc.	Veteran's - Room 120	
Class #8676	Apr 11 - May 30	Sa	11:00AM - 12:00PM
\$206	I-Immersion Inc.	Veteran's - Room 120	

FITNESS

Kids Gymnastics

Ages 6 - 9

Ruby's Tumbling is a family owned business for more than 32 years. This winter/ spring session is designed for our future gymnasts. They will learn the early stages of balance, coordination, flexibility and strength; using uneven bars, beams, floor, rings and rope.

Class #8804	Jan 9 - Feb 13	Th	4:30PM - 5:30PM
\$165	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8805	Feb 20 - Mar 26	Th	4:30PM - 5:30PM
\$165	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	
Class #8806	Apr 9 - May 28	Th	4:30PM - 5:30PM
\$217	Ruby's Tumbling	Ruby's Tumbling, 2333 Clement	



MARTIAL ARTS

Aikido for Children

Ages 5 - 16

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! Mitsu Nobusada-Flynn has been an Aikido instructor for 10+ years and currently holds the rank of 3rd degree black belt. There is a \$20 fee for practice uniform, payable to Instructor on first day.



Class #8654	Jan 7 - Feb 29*	\$107
Mitsu Nobusada-Flynn	Alameda Aikikai, 2025 Clement Ave	
Tu 4:15PM - 5:15PM	W 4:45PM - 5:45PM	Sa 9:00 - 10:00AM
Class #8657	Apr 7 - May 30*	\$107
Mitsu Nobusada-Flynn	Alameda Aikikai, 2025 Clement Ave	
Tu 4:15PM - 5:15PM	W 4:45PM - 5:45PM	Sa 9:00 - 10:00AM

*Participants may choose any 8 classes to attend from class dates offered.

Hanabi Judo: Honto

Ages 7 - 15

Honto (Intermediate) More advanced standing and matwork for experienced judoka. Training is intense but our smiles are wide. Sensei's carefully and supportively watch for effort, efficiency and safety. The environment is a great combination of competition and friendship. No class on 3/31.

Class #8681	Jan 10 - May 29	F	6:15PM - 7:45PM
\$361	Hanabi Judo	Veteran's - Auditorium Rm 250	

Omega Martial Arts

Ages 5+

A mixed martial arts class for all levels. Emphasis on character development fitness and self-defense.. Students will learn striking and grappling techniques. Parents/guardians are welcome to enroll with their children and participate. Children are also welcome to enroll without a parent.

Class #8640	Jan 6 - Mar 25	M W	4:30PM - 5:15PM
\$250	Carlo Valero	Veteran's - Auditorium Rm 250	
No class, 1/20 and 2/17			
Class #8641	Apr 6 - May 20	M W	4:30PM - 5:15PM
\$159	Carlo Valero	Veteran's - Auditorium Rm 250	

SPORTS

Futsal - Clinics

Ages 6 - 16

Want to learn how to play futsal or sharpen your skills? Sign up for our December Futsal clinics! The clinics will include introduction to futsal, skill drills, fun games, as well as a training course for futsal referee certification. Please check our website at www.alamedafutsalclub.org for more details.

Class #??	Dec 14, 21, 28	Sa	8:00AM - 1:00PM
Alameda Point Gym, 1101 West Redline Ave.			

Futsal - Drop In

All Ages

Discover and enjoy the quick pace of pickup futsal (indoor soccer on a basketball court) every Friday at the Alameda Point Gymnasium from 6-8PM. Youth players and adult players of all skill level are welcome.

Drop-Ins	Fridays	6:00PM - 8:00PM
Drop in Fee: \$7 per player. Registered coaches \$2		
Alameda Point Gym, 1101 West Redline Ave.		

Futsal - Winter League

Ages 6 - 16

Please check our website at www.alamedafutsalclub.org for more details on our winter futsal league, returning for the 2020 season from January 4th to February 22nd! You can also reach us by email at Info@AlamedaFutsalClub.org or by phone at (510) 560-6585.



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: KIDZ LOVE SOCCER 1 – TECHNIQUES & TEAMWORK			
Class #8758	Feb 8 - Mar 21	Sa	10:45AM - 11:30AM
\$135	Kidz Love Soccer		Upper Washington Park
Class #8764	Apr 18 - Jun 6	Sa	10:45AM - 11:30AM
\$135	Kidz Love Soccer		Upper Washington Park
AGES 7 - 10: KIDZ LOVE SOCCER 2 – SKILLZ & SCRIMMAGES			
Class #8759	Feb 8 - Mar 21	Sa	11:30AM - 12:15PM
\$135	Kidz Love Soccer		Upper Washington Park
Class #8763	Apr 18 - Jun 6	Sa	11:30AM - 12:15PM
\$135	Kidz Love Soccer		Upper Washington Park

Jordan Richter Skateboard Clinics

Ages 5 - 12

Skateboarding is the perfect vehicle to help your child develop and build the grit and determination essential for success in life. JRSA is excited to announce our 2-hour skateboard clinics giving your child more guided skateboard-time in the park so they can hone their skills, connect with friends and have a blast learning to ride. We strongly suggest your own skateboard, helmet and pads! *Student/instructor ratio is 5:1 Please visit jrja.us for more information.

[Also see YOUTH CAMP pages for Skateboard Camps offered.](#)

Class #8740	Jan 25 - Feb 15	Sa	9:30AM - 11:30AM
\$175	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #8741	Feb 29 - Mar 21	Sa	9:30AM - 11:30AM
\$175	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #8742	Apr 4 - Apr 25	Sa	9:30AM - 11:30AM
\$175	Jordan Richter	City View Skate Park, 1177 West Redline Ave	



Jordan Richter Beginner Skateboard Lessons

Ages 5 - 12

Designed by professional skateboarder Jordan Richter, our curriculum focuses on skill building, goal setting, fun, and camaraderie. Every day, students will work through a list of fun and challenging activities, earn badges and move up the levels as their skills grow and confidence soars. All levels welcomed with no prior experience needed. We strongly advise you to bring your own skateboard, helmet, and pads. Loaner boards and helmets are provided on request but are limited. *Student/instructor ratio is 5:1 Please visit jrqa.us for more information.

Class #8734	Jan 26 - Feb 16	Su	9:30AM - 10:15AM
\$100	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #8735	Mar 1 - Mar 22	Su	9:30AM - 10:15AM
\$100	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #8736	Apr 5 - Apr 26	Su	9:30AM - 10:45AM
\$100	Jordan Richter	City View Skate Park, 1177 West Redline Ave	

Jordan Richter Intermediate Skateboard Lessons

Ages 5 - 12

The Intermediate class is for skaters who have a solid understanding of the foundational mainstays of skateboarding. They are proficient in all the beginner level skills and can now ride and navigate the flat areas of the skatepark with ease and confidence. In this class, riders will enhance their navigation skills while learning how to utilize ramps & embankments, along with learning how to pump transition, and eventually drop in bowls and ramps. Learn Tail control, Skating bank, Pumping, Transition, Carving bowls and Dropping in ramps. We strongly advise you to bring your own skateboard, helmet, and pads. Loaner boards and helmets are provided on request but are limited. *Student/instructor ratio is 5:1 Please visit jrqa.us for more information.

Class #8737	Jan 26 - Feb 16	Su	10:30AM - 11:15AM
\$100	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #8738	Mar 1 - Mar 22	Su	10:30AM - 11:15AM
\$100	Jordan Richter	City View Skate Park, 1177 West Redline Ave	
Class #8739	Apr 5 - Apr 26	Su	10:30AM - 11:15AM
\$100	Jordan Richter	City View Skate Park, 1177 West Redline Ave	



TEENS - AFTERSCHOOL PROGRAMS & CAMPS

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, 19 - Jun 9, 20	M Tu W Th F	3:00PM - 5:30PM
ARPD Staff	Underground Teen Center at Veteran's Building	
Closed on school Holidays Closed during AUSD February Break - see Winter Adventure Camp! Open during AUSD Spring Break (Mar 30 - Apr 3, 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.

M, Tu, Th & F	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

CAMPS

Winter Adventure Camp

During February Break

Grades 6 - 12

Why wait until summer for an ARPD Adventure Camp, when you can join us for the FUN this winter! Our four day Winter Adventure Camp for Tweens and Teens is Tuesday - Friday during the AUSD break in February. This affordable and well-supervised camp will feature an awesome field-trip to Leland Snowplay, and three days at the Underground Teen Center, jam-packed with engaging enrichment and recreational activities. Your teen/ tween is sure to make new friends, try new and exciting activities and leave with lasting memories! Registration is available for the four day session only (no single day registration allowed). Full payment is required at time of registration. Please send your child with a packed lunch each day. Pick-up and drop-off at the Underground Teen Center 2203 Central Avenue at Walnut Street. Drop-off is as early as 7:30 a.m. and pick-up is no later than 5:30 p.m. (except Thursday, February 20, see details below). Trip times are subject to change.

Please call Shawn Smith, Recreation Supervisor I at 510-747-7555 with any questions.

Class #8807	\$205 resident	\$225 non-resident
Underground Teen Center, Vets. Bldg., 2203 Central Ave.		
Tu, W & F	Feb 18, 19, 22	
Arrive as early as 7:30AM, pick-up by 5:30PM. Bring a packed lunch!		
Th*	Feb 20	
Field Trip: Leland Snowplay, Strawberry, CA (snow tubing) Drop-off at 7:30AM, pick-up is at 7:30PM. Bring a packed lunch! Campers are welcome to bring snacks. Wear WARM snow gear appropriate for cold/wet tubing all day in the snow!		
*Waiver required and is available at online registration, or by contacting ARPD.		
Please note, The Underground Teen Center will be closed to drop-in participants during the Winter Adventure Camp for Tweens and Teens.		



ENRICHMENT

Babysitter's Training

Ages 11 - 15

Learn the basics of being a responsible babysitter and be certified through the American Red Cross. Class includes basic care of infants and toddlers from feeding to changing. Teens learn age-appropriate activities, first-aid awareness, how to prevent accidents, and how to handle emergencies. The Child/Infant CPR section will train the babysitter to act in emergency situations, to recognize and care for life threatening respiratory or cardiac emergencies in infants and children. Upon completion of both class dates and satisfactory passing an exam, each participant will receive: 1) American Red Cross Babysitter's Training Card and 2) Child/Infant CPR card. Students must attend both dates, in entirety. This popular class has limited space, sign-up early!

Class #8611	Apr 1 - Apr 2	W Th	10:00AM - 5:00PM
\$145	ARPD Staff		Woodstock - Center



Driver's Ed Course - Online

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 #8588	Jan 6 - May 30
\$22.95	Bay Area Driving School
Online Course - Take At Your Own Pace	

Get a Job! Free Workshop

Ages 11 - 18

Get a Job! How to Successfully Enter the World of the Workplace. This interactive workshop is designed to help tweens/ teens put their best foot forward when trying to land a job or volunteer opportunity. Topics will include approaching and introducing yourself to prospective employers, being professional, how to best present yourself, and how to interview successfully. This workshop aims to answer the question; what are employers looking for? Furthermore, this workshop will offer tips to set you up for success once you begin your new job. Get a Job! is being co-led by Shawn Smith and Hallie Fields. Shawn manages the Tween/ Teen Programs and Special Interest Programs for ARPD; including the Underground Teen Center, Teen Volunteer Programs, Tween Summer Adventure Camp, Friends Connect and Alameda Youth Committee. Hallie is the Teen Services Librarian at Alameda Free Library. She leads the Teen Advisory Board, supervises teen volunteers, and manages homework coaches. Questions? Please have your tween/teen contact Shawn Smith at 510-747-7555, or sdsmith@alamedaca.gov. Participants must register to participate. Space is limited.

Class #8606	Mar 9	M	4:00PM - 5:30PM
Free	ARPD Staff	Stafford Room - Alameda Free Library	



TEENS - VOLUNTEER/LEADERSHIP

VOLUNTEER/LEADERSHIP

Alameda Youth Committee (AYC)

Grades 6 - 12

Alameda Youth Committee (AYC) is still accepting members for the 2019 - 20 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. Applications are available at The Underground Teen Center and on our website at www.alamedaca.gov/recreation. For more information, please call Shawn Smith, Recreation Supervisor I at (510) 747-7555 or e-mail him at sdsmith@alamedaca.gov.



Class #8108	19-20 School Year registrations on-going	W*	4:00PM - 5:00PM
FREE	ARPD Staff	Vet's Bldg., Rm. 120	
<i>Regularly scheduled meetings most 1st and 3rd Wednesday of the month</i>			

Spring Session Volunteer Program

Grades 6 - 12

This program is for tweens/teens who are interested in volunteering to work with youth at ARPD Parks and Playgrounds or RAP Programs during the 2020 Spring Session. The Teen Volunteer Program is a great opportunity to gain valuable job experience and satisfy school community service requirements. Online registration is not available for this program. Fee: \$50

- Tweens/Teens must complete an application form. Applications are available at the ARPD office, or in the teen section of our website at alamedaca.gov/recreation. Submit your completed application with payment to Alameda Recreation and Park Department no later than Thursday, March 12, 2020.
- All applicants must participate in a group interview scheduled for Monday, March 19, 2020 from 4:00 to 4:30PM in the Alameda Recreation and Park Department office. Teens will not receive a confirmation or reminder for the interview. Interviews do not guarantee acceptance into the Teen Volunteer Program. It is the Tween/Teen's responsibility show up to the interview, and to show up on time.
- Upon selection, all volunteers must attend a mandatory training on Thursday, March 19 from 4:00 to 5:30PM in the Alameda Recreation and Park Department.

For more information, please call Shawn Smith, Recreation Supervisor I, at (510) 747-7555 or email him at sdsmith@alamedaca.gov.

Interview and training located at ARPD Office, 2226 Santa Clara Ave.

Teens Teaching Technology

Ages 11 - 18

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 #8608	Jan 16	Th	4:00PM - 5:00PM
Free	ARPD Staff	Mastick - Room C	
Class #8609	Mar 19	Th	4:00PM - 5:00PM
Free	ARPD Staff	Mastick - Room C	
Class #8610	Apr 16	Th	4:00PM - 5:00PM
Free	ARPD Staff	Mastick - Room C	



VOLUNTEER & SPECIALTY PROGRAMS - TEENS/ADULTS



Alameda Youth Clean-Up Initiative FREE! Grades 6 - 12

ARPD is excited to announce a new program for the 2020 winter/spring session, the "Alameda Youth Clean-Up Initiative." This program was created by four Alameda Science & Technology Institute (ASTI) students, and is operating in partnership with the ARPD teen programs.

Did you know that millions of tons of plastic enter the ocean every year; not only polluting our bay, but also destroying the health of our Planet? By joining this program you can help do your part to help make Alameda a cleaner place to live. You will not only be helping your community, you will be paving a better and cleaner path for future generations! Join us to help clean up Alameda, and learn the benefits of making our community a healthier place.

This program is supervised by ARPD staff. Registered tweens and teens will meet ASTI student leaders, and ARPD teen staff at the designated location, on the dates and times listed below. Please note, a separate registration is required for each program date. Tweens/ teens should wear comfortable/ warm clothing, and close-toed shoes appropriate for cleaning-up litter outside. Pre-registration is required for this program. This program qualifies for community service hours.

Class #8730	Feb 11	Tu	4:00PM - 5:00PM
Crab Cove Park, 1231 McKay Ave Meet at Crab Cove Parking Lot			
Class #8731	Mar 14	Sat	10:00AM - 11:30AM
Encinal Boat Ramp, 190 Central Ave Meet outside restrooms by boat ramp			
Class #8732	Apr 14	Tu	4:00PM - 5:30PM
Location: Towata Park, 3315 Bridgeview Isle Meet at Picnic Table			
Class #8733	May 16	Sa	10AM - 11:30AM
Main Street Dog Park, 2990 Main Street Meet at Ferry Terminal lot, closest to Dog Park			

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 may simply complete an ARPD registration form, or register online.

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 #8605	Su	3:00PM - 5:00PM
FREE*	Jordan Hall, Curtis Azevedo	Underground Teen Center at Veteran’s Building
Jan 26	Underground Teen Center, Vet’s Bldg.	
Feb 9	Field Trip TBD	
Feb 23	Underground Teen Center, Vet’s Bldg.	
Mar 8	Picnic and Park Games, Franklin Park	
Mar 22	Underground Teen Center, Vet’s Bldg.	
Apr 12	Field Trip TBD	
Apr 26	Underground Teen Center, Vet’s Bldg.	
May 3	Field Trip TBD	
*No registration fee. Participants will be responsible for cost of activities on field trips.		

Leisure Club

Ages 18+

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of person with developmental disabilities in our community. This program is geared toward individuals 18 years of age and older and meets twice a month on the second and fourth Thursday of the month from 7:00PM to 9:00PM. For more information, call (510) 747-7529. Please note there is a wait list for this popular program.

ADULTS - CLASSES

COOKING

Meela's Indian Kitchen

Ages 15+

Take a journey into Meela's Indian Kitchen to create and enjoy a sumptuous and sensual Indian feast including appetizer, soup, curry, rice, and a chutney. Perfect class for Valentine's Day celebration. There is a \$13 materials fee payable to the Instructor on the class date.

Class #8619	Feb 15 - Feb 15	Sa	10:00AM - 1:30PM
\$58	Meela Shah	Woodstock - Center	

DANCE

Bachata Dance Class

Ages 12+

Bachata is one of the most popular Latin dance rhythms of the Caribbean. Join us to learn Bachata dance patterns in a fun, friendly and appropriately paced class.

Class #8630	Jan 8 - Feb 5	W	8:00PM - 9:00PM
\$103	Ivette Nazario	Veteran's - Room 390	
Class #8631	Feb 19 - Mar 25	W	8:00PM - 9:00PM
\$103	Ivette Nazario	Veteran's - Room 390	
No class on 2/26			
Class #8633	Apr 8 - Apr 29	W	8:00PM - 9:00PM
\$83	Ivette Nazario	Veteran's - Room 390	
No class on 2/26			
Class #8634	May 6 - May 27	W	8:00PM - 9:00PM
\$83	Ivette Nazario	Veteran's - Room 390	

Basic Salsa Dance Class

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!

Class #8626	Jan 8 - Feb 5	W	7:00PM - 8:00PM
\$103	Ivette Nazario	Veteran's - Room 390	
Class #8627	Feb 19 - Mar 25	W	7:00PM - 8:00PM
\$103	Ivette Nazario	Veteran's - Room 390	
No class on 2/26			
Class #8628	Apr 8 - Apr 29	W	7:00PM - 8:00PM
\$83	Ivette Nazario	Veteran's - Room 390	
Class #8629	May 6 - May 27	W	7:00PM - 8:00PM
\$83	Ivette Nazario	Veteran's - Room 390	

ENRICHMENT

Caregiving 101

FREE

Ages 16+

An 8 week workshop series designed to support, educate and empower family (non-paid) caregivers. A supply fee of \$12 is required. There is no registration fee for this program.

Class #8719	Feb 4 - Mar 24	Tu	6:00PM - 8:00PM
Free	Sandra Pilon	Veteran's - Room 390	

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 meditations will center the body and mind. Suitable for all levels. Wear loose clothing and have an empty stomach. Ages 50+ receive \$2 discount.

Class #8682	Jan 6 - Jan 29	M W	9:00AM - 10:00AM
\$51	Toya Alexander	Harrison Center at Lincoln Park	
No class on 1/20			
Class #8683	Feb 3 - Feb 26	M W	9:00AM - 10:00AM
\$51	Toya Alexander	Harrison Center at Lincoln Park	
No class on 2/17			
Class #8684	Mar 2 - Mar 25	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. Ages 50+ receive \$2 discount.

Class #8685	Jan 7 - Jan 30	Tu Th	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	
Class #8686	Feb 4 - Feb 27	Tu Th	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	
Class #8687	Mar 3 - Mar 26	Tu Th	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	
Class #8689	Apr 6 - Apr 29	M W	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	
Class #8691	Apr 7 - Apr 30	Tu Th	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	
Class #8690	May 6 - May 20	M W	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	
Class #8692	May 5 - May 28	Tu Th	9:00AM - 10:00AM
\$58	Toya Alexander	Harrison Center at Lincoln Park	

Yoga Body & Mind

Enhance your energy, gain flexibility, and increase your strength. Benefit from the peace and calm of relaxation and from guided meditations. Wear loose clothing and have an empty stomach.

Class #8693	Jan 7 - Jan 28	Tu	6:30PM - 7:30PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8711	Jan 7 - Jan 28	Tu	7:40PM - 8:40PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8707	Feb 4 - Feb 25	Tu	6:30PM - 7:30PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8712	Feb 4 - Feb 25	Tu	7:40PM - 8:40PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8709	Mar 3 - Mar 24	Tu	6:30PM - 7:30PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8713	Mar 3 - Mar 24	Tu	7:40PM - 8:40PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8714	Apr 7 - Apr 28	Tu	6:30PM - 7:30PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8716	Apr 7 - Apr 28	Tu	7:40PM - 8:40PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8715	May 5 - May 26	Tu	6:30PM - 7:30PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	
Class #8717	May 5 - May 26	Tu	7:40PM - 8:40PM
\$40	Toya Alexander	Harrison Center at Lincoln Park	



Yoga Therapy for Chronic Pain

Pain is complex. Start to shift your pain experience through the practices of yoga therapy (mindfulness, breath, movement), bridged with an understanding of pain science. Experiential & discussion, taught by a physical therapist/yoga therapist.

Class #8615	Feb 5 - Feb 26	W	5:30PM - 7:30PM
\$103	Tianna Meriag-Reiter	Veteran's - Room 120	

HOBBIES & INTERESTS

Chocolate Excursion to San Francisco Ages 12+

Adventure to the City that brought chocolate to California! We'll meet at the Alameda ferry, Main Street terminal, and travel as a group to the Ferry Building for a walking tour of some of the City's wonderful chocolate makers. Plentiful samples. Participants are responsible for paying for their own lunch and transportation. 2 miles of walking. Fee for second person is \$10 off (\$16)! There is a \$10 materials fee, per participant, payable to the Instructor on the class date.

Class #8672	Apr 4	Sa	9:45AM - 12:30PM
\$26	Sharol Nelson-Embry	Main Street Ferry Terminal	

Chocolate Tasting Around the World Ages 12+

Treat yourself, or your favorite Valentine, or mom! Explore the history of chocolate, the language of chocolate tasting, and try lots of chocolate from near and far. Like wine, chocolate holds nuanced flavors depending on where it's grown and how the chocolate-makers process the beans. Discover more about the chocolate lands, the people who grow it and make it, and the dangers to chocolate from climate change. Ample samples! There is a \$5 materials fee, payable to the Instructor on the class date.

Class #8670	Feb 15	Sa	2:00PM - 3:30PM
\$16	Sharol Nelson-Embry	Veteran's - Room 390	
Class #8671	May 2	Sa	2:00PM - 3:30PM
\$16	Sharol Nelson-Embry	Veteran's - Room 390	

MARTIAL ARTS

Aikido for Adults

Ages 17+

Aikido is a Japanese martial art, a self-defense system, which primarily emphasizes the use of redirecting 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 in aikido training. Various organizations such as the military, law enforcement and various government security agencies are trained in this type of system. Men, women and teens can equally benefit from learning this martial art.

Mitsu Nobusada-Flynn has been an Aikido instructor for 10+ years and currently holds the rank of 3rd degree black belt. There is a \$30 fee for practice uniform, payable to Instructor on first day.

Class #8656	Jan 7 - Feb 29*	\$65.00
Mitsu Nobusada-Flynn	Alameda Aikikai, 2025 Clement Ave	
Tu 6:00PM - 7:15PM	Th 6:00PM - 7:00PM	Sa 10:15AM - 11:15AM
Class #8658	Apr 7 - May 30*	\$65.00
Mitsu Nobusada-Flynn	Alameda Aikikai, 2025 Clement Ave	
Tu 6:00PM - 7:15PM	Th 6:00PM - 7:00PM	Sa 10:15AM - 11:15AM
*Participants may choose any 8 classes to attend from class dates offered.		

Aikido with Tom Reed

Learning movements and techniques of Aikido.

Class #8594	Jan 6 - Jan 29	M W	7:30PM - 8:30PM
\$51	Tom Reed	Veteran's - Auditorium Rm 250	
No class on Jan. 20			
Class #8595	Feb 3 - Feb 26	M W	7:30PM - 8:30PM
\$51	Tom Reed	Veteran's - Auditorium Rm 250	
No class on Feb. 17			
Class #8596	Mar 2 - Mar 25	M W	7:30PM - 8:30PM
\$58	Tom Reed	Veteran's - Auditorium Rm 250	
Class #8597	Apr 6 - Apr 29	M W	7:30PM - 8:30PM
\$58	Tom Reed	Veteran's - Auditorium Rm 250	
Class #8598	May 4 - May 27	M W	7:30PM - 8:30PM
\$51	Tom Reed	Veteran's - Auditorium Rm 250	
No class on May 25			



Muso Jikiden Eishin Ryu Iaido

Ages 16+

Classical Japanese martial art of drawing and using the samurai sword with unbroken line of transmission from the late 16th century. The purpose of Iaido practice is to develop awareness, calm mind, and mental and physical harmony. Another common way to describe Iaido is as meditation in motion. Everyone is welcome, with or without martial arts experience!

Class #8599	Jan 7 - Mar 26	Tu Th	7:45PM - 9:15PM
\$161	Mikhail Faiguenblat	Veteran's - Auditorium Rm 250	
Class #8600	Apr 7 - May 28	Tu Th	7:45PM - 9:15PM
\$107	Mikhail Faiguenblat	Veteran's - Auditorium Rm 250	

Omega Martial Arts

Ages 5+ • See page 15

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 #8601	Jan 7 - Mar 26	Tu Th	6:00PM - 7:30PM
\$161	Mikhail Faiguenblat	Veteran's - Auditorium Rm 250	
Class #8602	Apr 7 - May 28	Tu Th	6:00PM - 7:30PM
\$107	Mikhail Faiguenblat	Veteran's - Auditorium Rm 250	

MIND & BODY

Bradley Method Of Natural Childbirth

Class teaches families about natural childbirth, staying healthy and low risk. Each class covers a specific topic in detail along with covering exercise, nutrition, positive communication and coaching. Relaxation and labor rehearsals are done as well. Coach perspective and support to help prepare for labor is offered. Recommended to enroll between 5-6 months pregnant to ensure completion. Cost covers expecting mother and her spouse/ coach and workbook.

Class #8617	Jan 6 - Mar 23	M	7:00PM - 9:00PM
\$490	Danielle Pence	Veteran's - Room 120	
No class 1/20, 2/17 and 3/16			
Class #8618	Apr 6 - Jun 1	M	7:00PM - 9:00PM
\$490	Danielle Pence	Veteran's - Room 120	
No class 5/25			

The Essential Experience of Bodhi Meditation

Ages 12+

Bodhi Meditation's methods help to stimulate physical renewal and promote general health. You will experience standing, sitting, walking, meditation and sound healing through the program. The techniques are accessible and practical, yielding results quickly. People of all ages benefit!

Class #8635	Jan 11 - Mar 28	Sa	10:00AM - 11:00AM
\$62	Bodhi Meditation	Veteran's - Auditorium Rm 250	
Class #8636	Apr 11 - May 30	Sa	10:00AM - 11:00AM
\$42	Bodhi Meditation	Veteran's - Auditorium Rm 250	



MUSIC

Alameda Community Band

Concert Dates: Tuesdays, March 10 and May 26 at 7:30PM at the Mastick Senior Center.

Class #8395	Jan 7 - May 26	Tu	7:30PM - 9:30PM
\$78	Michael Wirgler	Encinal High Band Room	
No class on 11/26			

Alameda Sings!

Alameda Community Chorus

Ages Youth, Teens & Adults

Concert Dates: Friday, April 24 (TBD) & Sunday, April 26 at Cardinal Point. \$30 music preparation fee due first session.

Class #8398	Jan 27 - April 20	M	6:45PM - 9:15PM
\$155	Kathryn Neale Manalo	Alameda High School Band Room	
No class on 2/17 & 3/30			

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.

Class #8589	Jan 7 - Mar 24	Tu	6:30PM - 7:30PM
\$124	Jeff Davidson	O'Club - Terrace Room	
Class #8590	Apr 7 - May 26	Tu	6:30PM - 7:30PM
\$83	Jeff Davidson	O'Club - Terrace Room	

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.

Class #8591	Jan 7 - Mar 24	Tu	7:30PM - 8:30PM
\$124	Jeff Davidson	O'Club - Terrace Room	
Class #8592	Apr 7 - May 26	Tu	7:30PM - 8:30PM
\$83	Jeff Davidson	O'Club - Terrace Room	

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Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

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Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

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Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

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Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

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Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

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

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

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Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

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SPORTS

Alameda Point Open Gym - Drop In

Alameda Recreation and Park Department Adult Open Gym is year-round every Sunday night. If you are 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. For more information, please e-mail Dennis McDaniels at dmcdaniels@alamedaca.gov or call him at (510) 747-7586.

Class #8750	Jan 5 - Mar 29	Su	12:00AM - 12:00AM
\$8	ARPD Staff	AP Gym at Alameda Point Gym	
Class #8728	Mar 1 - May 31	Su	6:00PM - 9:00PM
\$8	ARPD Staff	AP Gym at Alameda Point Gym	

Basketball League

ARPD's Adult Basketball program offers three levels of 5 on 5 play. Open Competitive League, Open Recreational League, and over 40 Recreational League. Team applications will be available online and in the ARPD office starting January 13, 2020. League games start Sunday February 23, 2020. Contact Dennis McDaniels, Recreation Supervisor, if you have any questions or if you need more information about our Adult Basketball League by e-mail, dmcdaniels@alamedaca.gov or by phone at (510) 747-7586.

Class #8748	Feb 23 - May 24	Su	6:00PM - 9:00PM
\$721	ARPD Staff	AP Gym at Alameda Point Gym	

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 #8604	Apr 10 - May 15	F	10:30AM - 11:30AM
\$53	Randy Herzberg	Godfrey - Field	
Class #8603	Apr 10 - May 15	F	9:30AM - 10:30AM
\$53	Randy Herzberg	Godfrey - Field	

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.

Softball Spring League

Coed, Women's, and Men's Softball D leagues.

All team applications available online and at ARPD office. Application and fees due March 6. 10 game season plus playoffs. Field Locations: Leydecker Park, Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park.

For registration information please contact Dennis McDaniels, Recreation Supervisor, dmcdaniels@alamedaca.gov, or call (510) 747-7586.

Class #8752	Apr 13 - Jun 26	M Tu W Th F	6:30PM, 7:40PM, 8:50PM
\$736	ARPD Staff	Leydecker, Upper and Lower Washington	
Coed six team league		\$670 Res/\$773 Non-Res	
Men's six team league		\$736 Res/\$788 Non-Res	

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! For league start dates, fees and information on specific events, please visit <http://vbmatch.com>.

Class #8749	Dec 21 - Feb 22	Sa	8:00AM - 9:00AM
Varies	VB Match	Alameda Point Gym, 1101 West Redline Ave	
Class #8753	Mar 7 - May 23	Sa	8:00AM - 9:00AM
Varies	VB Match	Alameda Point Gym, 1101 West Redline Ave	

WALK AND BIKE

Help make Alameda a better place to walk and bike!

The City is updating its Pedestrian and Bicycle Plans as one Alameda Active Transportation Plan, and we need your input! Tell us what walking and biking are like today, and how we can make it safer and more comfortable for people of all ages and abilities to get around by foot, wheelchair, bike, scooter, and skateboard. Follow the project, learn about opportunities to provide input, and sign up for updates here: www.ActiveAlameda.org.



ALL AGES - AQUATICS

AQUATICS

Adult Lap Swim

Ages 16+

Swim at your own pace. Kick boards provided. Must be at least 16 years old. Senior discounts of \$2 off adult price. Reduced rate 10 swim passes available at Swim Center.

Class #8721	Mar 21 - Apr 18	Sa	9:00AM - 10:00AM
\$5	ARPD Staff	Encinal Swim Center	

Spring Swim Lessons

Ages 3 - 15

We are excited to offer group swim lessons during the Spring season. This 5-week session is a great way to give you and your family a preview of what's to come this summer.

AGES 3 - 5			
Class #8723	Mar 21 - Apr 18	Sa	10:40AM - 11:10AM
\$45	ARPD Staff	Tiny Tot Pool at Encinal Swim Center	
Class #8725	Mar 21 - Apr 18	Sa	12:00PM - 12:30PM
\$45	ARPD Staff	Tiny Tot Pool at Encinal Swim Center	
AGES 6 - 15			
Class #8722	Mar 21 - Apr 18	Sa	10:00AM - 10:30AM
\$45	ARPD Staff	Tiny Tot Pool at Encinal Swim Center	
Class #8724	Mar 21 - Apr 18	Sa	11:20AM - 11:50AM
\$45	ARPD Staff	Tiny Tot Pool at Encinal Swim Center	



ARPD AQUATICS IS HIRING!

New staff are provided with all necessary training to be a Certified Lifeguard and Water Safety Instructor. Please contact Aquatics Supervisor Dennis McDaniels: dmcdaniels@alamedaca.gov, 510 747-7586 for more information.

Applications online:

<https://www.governmentjobs.com/careers/alamedaca>

Water Safety Instructor Training

Ages 16+

This American Red Cross course will train individuals to teach others how to swim. Future instructors will learn how to use course materials, develop lesson plans, conduct classes, evaluate students and complete course records. Participants must pass a swim and water safety skills test. Contact Dennis McDaniels, Recreation Supervisor to register; dmcdaniels@alamedaca.gov, or call 510 747-7586. Bring swim suit and towel to all class dates. Ages 16 years and older.

Class #8751	Feb 23 - Apr 26	Su M Sa	10:00AM - 4:00PM
\$200	ARPD Staff	Competitive Pool at Encinal Swim Center	

Wee Swim

Ages 6 months+

A great way to get your young child familiarized with the pool and prepares them for future swim lessons. Aquatic staff assists parents with introducing techniques to help their children become comfortable in the water. Parent or guardian must be at least 16 years of age and accompany each child. Swim diapers are required for children who are not potty trained. Discount rate cards available at Swim Center. Fee covers parent/guardian and child.

Class #8720	Mar 21 - Apr 18	Sa	12:30PM - 1:30PM
\$10	ARPD Staff	Encinal Swim Center	

Interested in a new City Aquatic Center
for swim lessons, fun splash and play areas, competitive swimming, lap swim and so much more?

The City is developing a conceptual design and we want your feedback!

Community input meetings will be at the O'Club		6:00pm - 8:00pm on Wednesdays
Jan 15	Project introduction and initial ideas	
Jan 29	Charrettes with at least three possible designs	
Feb 12	Review and comment on the final preferred design	

GOLF & KAYAKING - ALL AGES

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

KAYAKING

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. Parent/ guardian participation is required, kayaks can seat up to 3 people. Fee covers 1 participant. Separate registration is required for all family members.

Class #8659	Mar 8	Su	3:30PM - 5:00PM
\$37	Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	
Class #8660	Apr 5	Su	3:30PM - 5:00PM
\$37	Joe Stack	Bay Farm Lagoon, 41 Cole Port Landing	
Class #8661	May 3	Su	3:30PM - 5:00PM
\$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 #8644	Mar 14	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #8645	Mar 21	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #8646	Apr 11	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #8647	Apr 25	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	
Class #8648	May 9	Sa	8:00AM - 12:00PM
\$83	Joe Stack	Encinal Boat Ramp	



ALL AGES - KAYAKING & TENNIS

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 #8642	Apr 19	Su	10:30AM - 2:00PM
\$67	Joe Stack		Grand Street Boat Ramp
Class #8643	May 17	Su	10:30AM - 2:00PM
\$67	Joe Stack		Grand Street Boat Ramp

Mother's Day Kayaking Tour

Ages 10+

Join us for a special tour designed just for mothers. We will tour the area in a relaxed pace in safe double sea kayaks, enjoying the marine life, sea breeze and sunshine. This tour is perfect for all levels and abilities. Fee is per person, separate registration required for each participant.

Class #8669	May 10	Su	9:30AM - 12:00PM
\$67	Joe Stack		Encinal Boat Ramp

Sea Plane Lagoon Kayaking Tour

Ages 10+

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 #8667	Mar 7	Sa	9:30AM - 11:30AM
\$57	Joe Stack		Encinal Boat Ramp
Class #8668	Apr 4	Sa	9:30AM - 11:30AM
\$57	Joe Stack		Encinal Boat Ramp

Self Rescue Kayaking Workshop

Ages 12+

Kayakers will focus on edging the boat, brace strokes, incorporating lower body into 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! There is a \$15 materials fee payable to the Instructor on the class date.

Class #8665	Apr 26	Su	9:30AM - 12:00PM
\$62	Joe Stack		Encinal Boat Ramp
Class #8666	May 24	Su	9:30AM - 12:00PM
\$62	Joe Stack		Encinal Boat Ramp

Sunset Kayaking Tour

Ages 12+

This tour is perfect for taking photos, with the sun setting over the horizon and fantastic views along the way! Kayakers will travel in safe double sea kayaks. No experience is necessary, good for all abilities.

Class #8663	Apr 18	Sa	6:30PM - 9:00PM
\$67	Joe Stack		Grand Street Boat Ramp
Class #8664	May 16	Sa	7:00PM - 9:30PM
\$67	Joe Stack		Grand Street Boat Ramp

Valentine's Day Kayaking Tour

Ages 18+

Make this Valentine's Day unique with a kayak tour designed just for couples. We will tour the local water ways, enjoying the sea breeze, sunshine, and beautiful views. We will get some cute photos of you too! Fee is per couple, no experience necessary.

Class #8662	Feb 15	Sa	9:30AM - 12:00PM
\$129	Joe Stack		Encinal Boat Ramp

TENNIS

Tennis - 10 & Under

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. Class registration entitles participants to any 6 classes during the session. Participants can also try a class for \$20 drop in fee.



Class #8766	Dec 7 - Feb 22	Sa	9:00AM - 10:00AM
\$103	ARPD Staff		Krusi Park - Tennis Court #2
Class #8767	Dec 7 - Feb 22	Sa	10:00AM - 11:00AM
\$103	ARPD Staff		Krusi Park - Tennis Court #2
Class #8765	Dec 7 - Feb 22	Sa	11:00AM - 12:00PM
\$103	VB Match		Krusi Park - Tennis Court #2
Class #8781	Feb 29 - May 30	Sa	9:00AM - 10:00AM
\$103	ARPD Staff		Krusi Park - Tennis Court #2
Class #8782	Feb 29 - May 30	Sa	10:00AM - 11:00AM
\$103	ARPD Staff		Krusi Park - Tennis Court #2
Class #8780	Feb 29 - May 30	Sa	11:00AM - 12:00PM
\$103	ARPD Staff		Krusi Park - Tennis Court #2

Tennis - Adult

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. Participants can also try a class for \$20 drop in fee.

TENNIS - BEGINNER

Class #8771	Jan 7 - Jan 23	Tu Th	6:30PM - 7:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8772	Jan 28 - Feb 13	Tu Th	6:30PM - 7:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8773	Feb 18 - Mar 5	Tu Th	6:30PM - 7:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8786	Mar 10 - Mar 26	Tu Th	6:30PM - 7:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8787	Mar 31 - Apr 16	Tu Th	6:30PM - 7:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	

ADULT ADVANCED BEGINNER

Class #8768	Jan 7 - Jan 23	Tu Th	7:30PM - 8:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8769	Jan 28 - Feb 13	Tu Th	7:30PM - 8:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8770	Feb 18 - Mar 5	Tu Th	7:30PM - 8:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8783	Mar 10 - Mar 26	Tu Th	7:30PM - 8:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8784	Mar 31 - Apr 16	Tu Th	7:30PM - 8:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8785	Apr 21 - May 7	Tu Th	7:30PM - 8:30PM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	



Tennis - 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. Participants can also try a class for \$20 drop in fee.

Class #8774	Jan 6 - Feb 10	M	9:00AM - 10:00AM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8775	Feb 24 - Mar 30	M	9:00AM - 10:00AM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	
Class #8789	Apr 6 - May 11	M	9:00AM - 10:00AM
\$103	ARPD Staff	Washington Park - Fairfield Tennis Court #5	

Tennis - Private & Semi-Private

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.

PRIVATE LESSONS

Class #8776	Dec 3 - Mar 31	12:00AM - 12:00AM
\$45	ARPD Staff	Tennis Courts
Class #8777	Apr 1 - May 31	12:00AM - 12:00AM
\$45	ARPD Staff	Tennis Courts

SEMI-PRIVATE LESSONS

Class #8778	Dec 3 - Mar 31	12:00AM - 12:00AM
\$30	ARPD Staff	Tennis Courts
Class #8779	Apr 1 - May 31	12:00AM - 12:00AM
\$30	ARPD Staff	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@alamedaca.gov (510) 747-7510
Ed Kallas Recreation Supervisor I	ekallas@alamedaca.gov (510) 747-7511
Mastick Office	(510) 747-7506
Suggestion Box	masticksuggestion@alamedaca.gov

NEW MEMBER ORIENTATION

The 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,
Jan 9, Feb 13, Mar 12, Apr 16, May 14 or Jun 11
at 10:30 AM in the Media Room.

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

MULTIMEDIA ART EXHIBIT

Join us in the Mastick Lobby on Thursday,
Feb 13, 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.**

MSCAB PROGRAMS

Mastick Senior Center Advisory Board Programs (MSCAB)

The MSCAB is the active administrative advisory committee providing advice and counsel on all matters connected with accomplishing the Center's mission.

• 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.



CLASSES & PROGRAMS

For current class and program information, refer to the Activities at a Glance flier available in the Mastick Lobby and online at www.mastickcenter.com.

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

ARPD Enrollment requires a minimum of five participants!
Registering early is IMPORTANT!

These tips will help us serve you better!

CLASSES - SENIORS & ADULTS 50+

ARTS & CRAFTS

Bead Jewelry - Open Studio

Class #8405	Jan 9 - May 28	Th	1:30PM - 3:30PM
Free	Lee Daguman	Mastick - Room D	
Materials/Supplies provided by participant			

Chocolate Tasting Around the World

Treat yourself, or your favorite Valentine, or mom! Explore the history of chocolate, the language of chocolate tasting, and try lots of chocolate from near and far. Like wine, chocolate holds nuanced flavors depending on where it's grown and how the chocolate-makers process the beans. Discover more about the chocolate lands, the people who grow it and make it, and the dangers to chocolate from climate change. Ample samples!

Class #8808	Feb 14	F	1:00PM - 2:30PM
\$16	Sharol Nelson-Embry	Mastick - Room D	
There is a \$5 materials fee, payable to the Instructor on the class date.			



Ceramics

BEGINNING			
Class #8410	Jan 9 - Mar 19	Th	9:30AM - 12:00PM
\$114	Bonnie Boller	Mastick - Skill Center	
No class on 2/20			
Class #8704	Apr 9 - Jun 18	Th	9:30AM - 12:00PM
\$114	Bonnie Boller	Mastick - Skill Center	
No class on 6/4			
INTERMEDIATE			
Class #8470	Jan 9 - Mar 19	Th	12:30PM - 3:00PM
\$114	Bonnie Boller	Mastick - Skill Center	
No class on 2/20			
Class #8705	Apr 9 - Jun 18	Th	12:30PM - 3:00PM
\$114	Bonnie Boller	Mastick - Skill Center	
No class on 6/4			

Creative Writing

Class #8418	Jan 7 - May 26	Tu	10:00AM - 1:00PM
\$80/month*	Carrie Pickett	Mastick - Media Room	
<i>*Sliding scale as agreed upon with instructor</i>			



Drawing and Painting

Class #8424	Jan 6 - Mar 16	M	12:30PM - 3:30PM
\$73	Mi'Chelle Fredrick	Mastick - Skill Center	
No class on 1/20 & 2/17			
Class #8425	Jan 10 - Mar 13	F	9:30AM - 12:30PM
\$73	Mi'Chelle Fredrick	Mastick - Skill Center	
No class on 2/21			
Class #8511	Apr 6 - Jun 8	M	12:30PM - 3:30PM
\$73	Mi'Chelle Fredrick	Mastick - Skill Center	
No class on 5/25			
Class #8512	Apr 10 - Jun 5	F	9:30AM - 12:30PM
\$73	Mi'Chelle Fredrick	Mastick - Skill Center	

Fabric Arts Lab

Class #8559	Jan 3 - May 29	F	12:30PM - 3:30PM
Free - Ongoing		Mastick - Room B	

Knitting Circle with Gail

Class #8449	Jan 7 - May 29	Tu F	1:00PM - 12:00PM
Free - Ongoing		Mastick - Room B	

Needlecraft

Class #8539	Jan 7 - May 26	Tu	9:00AM - 12:00PM
Free - Ongoing		Mastick - Room B	

SENIORS & ADULTS 50+ - CLASSES

Quilting

Class #8555	Jan 6 - Jun 8	M	9:30AM - 11:30AM
\$83	Kathleen Fennelly	Mastick - Room B	
No class on 1/20, 2/17, 3/23, 4/13 & 5/25			
Class #8556	Jan 6 - Jun 8	M	1:00PM - 3:00PM
\$83	Kathleen Fennelly	Mastick - Room B	
No class on 1/20, 2/17, 3/23, 4/13 & 5/25			
Class #8557	Jan 9 - Jun 11	Th	9:30AM - 11:30AM
\$83	Kathleen Fennelly	Mastick - Room B	
No class on 1/23, 2/20, 3/19, 3/26 & 4/16			
Class #8558	Jan 9 - Jun 11	Th	1:00PM - 3:00PM
\$83	Kathleen Fennelly	Mastick - Room B	
No class on 1/23, 2/20, 3/19, 3/26 & 4/16			



Sewing & Alteration

Class #8560	Jan 8 - May 27	W	10:00AM - 2:00PM
\$5 per class	Mary Mitsuda	Mastick - Room B	

Stained Glass & Mosaics

BEGINNING & INTERMEDIATE			
Class #8386	Jan 6 - Mar 9	M	9:00AM - 12:00PM
\$43	Colene Leong	Mastick - Skill Center	
No class on 1/20 & 2/17			
Class #8567	Mar 16 - May 11	M	9:00AM - 12:00PM
\$48	Colene Leong	Mastick - Skill Center	
No class on 2/18			
INTERMEDIATE			
Class #8387	Jan 8 - Feb 26	W	12:00PM - 3:00PM
\$43	Colene Leong	Mastick - Skill Center	
Class #8569	Mar 18 - May 13	W	12:00PM - 3:00PM
\$48	Colene Leona	Mastick - Skill Center	

BIRTHDAY CELEBRATIONS

Celebrate Your Birthday with Us!



Join us on **Thursdays:**
Jan 23, Feb 27, Mar 26,
Apr 23, May 28, or Jun 25
at 12:30PM in Dining Room 2.
Enjoy cake, punch, and a few giggles! Guests welcome, too!

DANCE

Ballroom Dance

Class #8403	Jan 8 - May 27	W	1:00PM - 2:00PM
\$5 per class	Sandy Kiyomura	Mastick - Room A	

Egyptian Folkloric Dance

Class #8426	Jan 3 - May 29	F	9:00AM - 10:30AM
Free - Ongoing	Roberta Trowbridge	Mastick - Room A	

Hawaiian Dance

HULA 1			
Class #8436	Jan 6 - May 29	M F	11:30AM - 12:30PM
\$5 per class	Alberta Jay	Mastick - Room A	
HULA 2			
Class #8438	Jan 6 - May 29	M F	12:30PM - 1:30PM
\$5 per class	Alberta Jay	Mastick - Room A	
HULA 3			
Class #8439	Jan 6 - May 29	M F	1:30PM - 3:00PM
\$5 per class	Alberta Jay	Mastick - Room A	
No class on 1/20, 2/17 & 5/25			



CLASSES - SENIORS & ADULTS 50+

Line Dance

BEGINNERS			
Class #8458	Jan 6 - May 18	M	12:30PM - 2:00PM
\$4 per class	Susie Okada	Mastick - Social Hall	
No class on 1/20 & 2/17			
BEGINNING			
Class #8452	Jan 8 - May 27	W	12:10PM - 1:10PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Class #8453	Jan 2 - May 28	Th	12:00PM - 1:00PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
INSTRUCTION FOR ADVANCED			
Class #8454	Jan 8 - May 27	W	1:10PM - 1:40PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Class #8455	Jan 2 - May 28	Th	1:00PM - 1:30PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
ADVANCED			
Class #8450	Jan 8 - May 27	W	1:40PM - 2:40PM
\$4 per class	Norma Nocera	Mastick - Social Hall	
Class #8451	Jan 2 - May 28	Th	1:30PM - 2:30PM
\$4 per class	Norma Nocera	Mastick - Social Hall	

Oriental Dance

Class #8541	Jan 6 - May 18	M	9:00AM - 11:00AM
Free - Ongoing	Heather Wilson	Mastick - Room A	
No class on 1/20 & 2/17			

Square Dance

Class #8566	Jan 7 - May 26	Tu	1:00PM - 3:00PM
\$2 per class	Charles Clay	Mastick - Room A	

FITNESS

BaM (Balance and Mobility)

Improve balance, 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 #8404	Jan 7 - Mar 10	Tu	1:15PM - 2:05PM
\$53	Dan Mark	Mastick - Social Hall	
Class #8699	Mar 17 - May 26	Tu	1:15PM - 2:05PM
\$58	Dan Mark	Mastick - Social Hall	



Fitness with Julie

A fun fitness class offering a full body workout that includes warm up, stretching, use of chair, low impact cardio, weight training, floor/mat work and cool down set to music. Mats and weights provided. Class is easily modified to your fitness level.

Class #8430	Jan 6 - Apr 27	M F	9:00AM - 10:45AM
\$93	Julie Manown	Mastick - Social Hall	
Class #8431	Jan 6 - Apr 27	M	9:00AM - 10:45AM
\$63	Julie Manown	Mastick - Social Hall	
Class #8432	Jan 10 - Apr 24	F	9:00AM - 10:45AM
\$63	Julie Manown	Mastick - Social Hall	
No class on 1/20, 2/17, 3/30 & 4/3			

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 #8700	Jan 9 - Mar 12	Th	1:15PM - 2:05PM
\$53	Dan Mark	Mastick - Room A	
Class #8701	Mar 19 - May 28	Th	1:15PM - 2:05PM
\$58	Dan Mark	Mastick - Room A	

Pilates

Class #8548	Jan 8 - May 27	W	10:45AM - 11:45AM
\$5 per class	TBD	Mastick - Room A	

Strength Training and Cardio

Class #8570	Jan 8 - May 6	W	9:00AM - 10:00AM
\$63	Tatiana Stollman	Mastick - Room A	
No class on 1/22, 2/19 & 4/1			

SENIORS & ADULTS 50+ - CLASSES & PROGRAMS

FITNESS ON BAYFARM

Train Your Brain @ Waters Edge Lodge

Use techniques such as verb generation, coordination exercises, short-term memory recall, listing, basic math, set-shifting, name memorization and attention games to maintain or improve memory. Each session will have fun, easy homework and strategies to work around memory obstacles you may be having in your daily routine. Participants may purchase as many sessions as they like for \$5 per class. Register at the Mastick Office.

Class #8809	Jan 6 - Mar 9	M F	10:00AM - 10:50AM
\$5 per class	AES Therapy & Fitness	Waters Edge Lodge	

Thriving With Parkinson's @ Waters Edge Lodge

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. Participants may purchase as many sessions as they like for \$5 per class. Register at the Mastick Office.

Class #8810	Jan 8 - May 29	W F	11:00AM-11:50AM
\$5 per class	AES Therapy & Fitness	Waters Edge Lodge	

Get Balanced @ Waters Edge Lodge

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 #8811	Jan 15 - Apr 3	W F	2:30PM - 3:20PM
\$5 per class	AES Therapy & Fitness	Waters Edge Lodge	

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	

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 **Kathy Moehring, the Jim Franz & Band, and Santa!**

ABC Preschool and the Mastick ASL class will join the fun.
Refreshments provided!



PROGRAMS - SENIORS & ADULTS 50+

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 and at the Mastick Senior Center unless otherwise noted.

January 2020

Dream Workshop

Thursdays, Jan 2 - 30, 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.

Chinese New Year Craft

Friday, Jan 10, 1:00PM - 3:00PM, Dining Room 2

Learn to make a rat/mouse-themed craft in time to celebrate the Chinese New Year! Bring the following tools: scissors, stapler, clear tape and two-three decorative beads.

Leonardo's Knots

Monday, Jan 13, 1:30PM - 3:30PM, Dining Room 2

Caroline Cocciardi, Documentary Filmmaker, Lecturer, Author Ms. Cocciardi takes us on a journey into a little known aspect of Leonardo da Vinci's iconic works of art. While exploring preliminary sketches of his works, she realized that most, if not all, of his paintings include an intertwining knot. Ms. Cocciardi will provide a closer look at this fascinating aspect of the master's major works, including Mona Lisa, Annunciation, the Last Supper, and Lady with an Ermine. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

The Keys to Choosing an Assisted Living Community

Tuesday, Jan 14, 1:00PM, Room D

Understand assisted living facts and cost. Learn tips on how to vet facilities by checking state transparency records. Provided by Christine Sevier, Founder of Creating New Hope.

Organizing the Stuff

Wed, Jan 15, 1:00PM, Dining Room 2, Cost: \$5

Learn ways to organize, prioritize, and release your life's accumulation of belongings. Have fun and laugh while doing it! This workshop is part of The Last Gift Box series presented by Tina Cole Kreitz, BA Sociology and MA Clinical Psychology.

Annual Rose Pruning

Sat, Jan 18, 10:00AM - 12:00, Lincoln Park, 1450 High St
East Bay Rose Society members will provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Learn to prune like an expert by practicing your skills on the roses at Lincoln Park.

What will we tell the Kids?

Wed, Jan 22, 1:00PM, Dining Room 2, Cost: \$5

Discover what you need to have organized and in one place before the BIG earthquake or unexpected death. Learn how to share your decisions with friends and family. Create an owner's manual for yourself utilizing The Last Gift Box. Presented by Tina Cole Kreitz, BA Sociology and MA Clinical Psychology.

U.S. Government - Test Your Knowledge

Mondays, Jan 27, Feb 24, & Mar 30

9:30AM - 11:00AM, Dining Room 2

Join Tony Manno, retired AP U.S. History, U.S. Government, and Cultural Issues teacher, for this introductory course on U.S. Government. Topics may include: Checks and Balances between the three branches of government, Executive Actions, Federalism, and Impeachment. This is an exciting time in history and Mr. Manno provides an opportunity for deeper understanding and discussion. An 18-week class will follow beginning Monday, April 20, 9:30AM - 11:00AM

February 2020

Personal Emergency Preparedness

Tuesday, Feb 4, 1:00PM, Room D

Ysela Jimenez, EMS Alameda County, will present potential emergency scenarios, along with a demonstration of the benefits of being prepared. Learn what is needed to prepare a "Go Kit", communication plan, and caring for pets.

Find (and Stream) the Music that You Love

Friday, Feb 7, 1:00PM - 2:30PM, Dining Room 2

In honor of Valentine's Day, discover tips and tricks to finding the music that you love! Join Ed Kallas, Recreation Supervisor I, on a journey through the World Wide Web on a search for wonderful songs that bring back the memories of your lifetime. Share stories and laughs while finding your favorites on platforms such as You Tube, Spotify, iHeart Radio and more.

Budget-friendly Ways to Stay Active

Wednesday, Feb 19, 1:00PM, Media Room

Tips, tricks, and tools for staying active and independent without breaking the bank. Sponsored by Elders Village and AEC Living.

Trade Between the U.S. and China

Thursday, Feb 20, 1:00PM, Dining Room 2

Join Roger Dong, retired US Air Force and Foreign Area/China specialist for over 30 years, to catch up on trade relations between the U.S. and China. Examine the current state and impact of tariffs and trade negotiations on both countries.

Life Care Planning

Tuesday, Feb 25, 1:00PM, Dining Room 2

Life care planning begins with choosing someone to speak on your behalf if you are unable to speak for yourself. This class will assist you with selecting a health care agent, exploring your values and goals for care, and will provide an opportunity to complete an Advance Health Care Directive. Provided by Kaiser Permanente - Health Education Department.

SENIORS & ADULTS 50+ - PROGRAMS

March 2020

How to Have Good Posture

Tuesday, Mar 3, 1:00PM - 2:00PM, Room D

Join Natalie Graniela, Postural Therapy Specialist/Certified, for this fun workshop to discuss good posture and the connection between poor posture and chronic pain. Participate in various exercises to correct alignment problems, 'try on' good posture and get fit at the same time.

Manet: Man of Mystery

Monday, Mar 9, 1:30PM, Dining Room 2

Avril Angevine, Candidate in Philosophy, Comparative. Lit., UCB Edouard Manet, the man who shocked tout Paris with "Luncheon on the Grass" and "Olympia" in the 1860s is often considered the father of modern art. Ms. Angevine offers us a close look at this pivotal, but controversial, figure from the transition period between Realism and Impressionism. Here is a man who painted daring subjects from modern life, and broke with traditional techniques of classic representation only to end his artistic career painting fruit and flowers. Let OLLI and Ms. Angevine show you how and why. This CSUEB Scholar-OLLI program is sponsored by the MSCAB.

Hearing for Cognitive Wellness

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

Join us for a discussion with Dr. Thakkar regarding hearing loss and how it can affect cognition and relationships. He will be happy to take questions after the presentation.

Home & Mobile Phones for Users with Hearing Loss

Thursday, Mar 12, 1:00 pm, Dining Room 2

ClearCaptions, a Federal Communications Commission (FCC) certified telephone captioning provider, enables anyone with hearing loss to communicate easier with the most advanced call captioning system available. Join us to learn about the various free phone options available.

Decluttering, Downsizing, and Spring Cleaning

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

Don't just clean this spring, learn how to declutter and downsize the mess! Sponsored by Elders Village and AEC Living.

Finding Hope by Investing in the Younger Generation

Tuesday, Mar 24, 1:00PM - 2:30PM, Room D

Join American Association of University Women (AAUW) members who are inspired by opportunities to support girls and women and help them achieve their educational and personal goals. Learn of free public events and the benefits of membership for friendship, lifelong learning and the value of making a difference in our community. Welcome to all who are interested in the mission of AAUW to engage, educate and empower girls and women. Refreshments will be served.

Professional Baseball, For the Love of the Game!

Wed, Mar 25, 9:00AM - 10:30AM, Dining Room 2

Join Ed Kallas, Recreation Supervisor I, and prepare for the 2020 MLB season by reviewing the history, rules, finances and future of baseball.

One Child at a Time

Tuesday, Mar 31, 1:00PM, Room D

Join Bronwyn Harris, educator and author of Literally Unbelievable: Stories from an East Oakland Classroom, as she shares her personal stories about some of our most vulnerable children in Oakland. We will look at educational inequity, childhood poverty, and the other challenges faced by students and teachers every day. Hear what can be done to improve education for all and how we can each help struggling students reach their full potential one child at a time.

April 2020

Senior Scam Workshop

Tuesday, Apr 14, 1:00PM, Room D

Are you aware of the scams targeting the senior community? Scammers are changing their tactics every day, so it is important to stay up to date with the latest scams to keep yourself safe. This workshop is designed to educate seniors about the scams that target them most. We discuss red flags to be aware of, tips on how to avoid these tactics, and resources that will help lower chances of becoming a victim. Presented by the Better Business Bureau.

Aging in Place: Services at Home

Wednesday, Apr 15, 1:00PM, Media Room

Find out which services can help keep you healthy and home, and which ones insurance may cover. Sponsored by Elders Village and AEC Living.

Caregiving 101:

Family Caregivers Support Workshop

Mondays, Apr 20 - Jun 8, 1:00PM - 3:00PM, DR 2

Cost: \$29 Special Rate (Regular Price \$95) plus \$10 materials fee to instructor.

Partake in this seven-week caregiver workshop to gain practical skills and gather useful resources in a supportive group environment. Sponsored by Caregivers Access to Resources, Education & Support (C.A.R.E.S.).

Senior Clipper Card

Tuesday, Apr 21, 1:00PM - 3:00PM, Room D

Adults, 65+, are eligible for a free Senior Clipper Card which provides discounts on passes, cash value fares and transfers. Provide one of the following to demonstrate eligibility: birth certificate or passport; state-issued ID card or driver's license; permanent resident card ("Green Card"), matricula consular/consular identification card; SF City ID Card; military identification card with date of birth; or medical benefit card with date of birth.

Declutter to Downsize, Round 2

Tuesday, Apr 28, 1:00PM, Room D

Decluttering your home can be a daunting and overwhelming task. Monique Fauré, Operation Organize, returns to offer more suggestions on how to simplify and organize your home with ease.

PROGRAMS - SENIORS & ADULTS 50+



Alameda Development and Architecture

**Apr 29, May 1, 6, 8, 15, 22, 29 & Jun 3, 1:00PM - 2:00PM, Room E (Slide shows)
May 13, 20, 27 & Jun 5, 1:00PM - 2:00PM, Mastick (Walks)**

Join Judith Lynch, Author and Teacher, to explore local-historical architecture through lectures, slide shows and guided tours. Detailed fliers available in the Mastick Lobby.

May 2020

Concerned About Falling?

Tue/Thu, May 5 - 28, 1:00PM - 3:00PM, Room E

Matter of Balance is an evidenced-based program designed to help seniors prevent falls through exercises and discussion. Class is limited to 12 participants. Sponsored by Alice Home Care, Alameda County Seniors Fall Prevention Program, Alameda Health System, and CA Healthier Living.

Diabetes Workshop

Wed, May 6, 13, 20, 27; & Jun 3, 10, 17, & 24, 10:00AM - 12:00, Dining Room 2

Alameda County Public Health Department is offering an eight-week workshop designed for individuals with Type 2 Diabetes or who are pre-Diabetic. Learn how to: manage your Diabetes and medication; monitor blood sugar, stress and physical activity; and enjoy foods you love while controlling your Diabetes.

Thinking of Buying a New Car? Is an EV right for you?

Wednesday, May 6, 1:00PM, Media Room

Let Alameda Municipal Power (AMP) help you get up to speed on electric vehicles (EVs)! Get your questions answered and learn if an Electric Vehicle might be right for you. Glean tips for shopping for an EV, costs to own an EV, charging and range, and savings, rebates, and incentives.

Using Poles for Balance, Mobility & Exercise

Thursday, May 7, 9:00AM - 12:00, Room D

Cost: \$31 new students; \$21 returning students; third-"timers" free (Class #8593)

Easy-to-learn techniques enhance independence, reduce risk of falling, restore spine function, and improve posture and endurance. Strengthen muscles that support weight-bearing joints. Top quality poles & balance tips provided. Class size limited.

Estate Planning: Tips, Traps & Solutions

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

Join Paul Hunt, Attorney at Law, for an informative presentation that explains the best ways to protect your family's assets, defer or avoid taxes, and leave a lasting, trouble-free legacy.

USS Hornet Aircraft Carrier/Museum throughout History

Thursday, May 14, 1:00PM, Dining Room 2

Join a member of the USS Hornet Speakers Bureau to learn about its role in U.S. History, major events in which the Air Craft Carrier took part, some of the features of the Hornet Museum and how the Hornet may relate to you and yours.

Effective Communication

Tuesday, May 19, 1:00PM, Room D

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Best Steps to Healthy Feet

Wednesday, May 20, 1:00PM, Media Room

Your feet have kept you moving for years, now see what you can do to keep them moving. Sponsored by Elders Village and AEC Living.

Annual National Senior Health & Fitness Day Fair

Wednesday, May 27, TBD

Join in our celebration at the National Senior Health and Fitness Day Fair. Sponsored by AES Therapy & Fitness in partnership with Mastick Senior Center and the MSCAB.

June 2020

D.I.Y. Home Safety Assessment

Wednesday, Jun 17, 1:00PM, Media Room

Home safety experts will provide tips and checklists you can use to keep your home safe for aging.

Understanding Dementia Behaviors

Tuesday, Jun 30, 1:00PM, Room D

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

SENIORS & ADULTS 50+ - CLASSES & SERVICES

LANGUAGES

French

ELEMENTARY FRENCH			
Class #8427	Jan 3 - May 29	F	10:00AM - 11:00AM
Free – Ongoing		Mastick - Room E	
FRENCH LITERATURE AND TRANSLATION			
Basic knowledge of French language is helpful			
Class #8433	Jan 3 - May 29	F	9:00AM - 10:00AM
Free – Ongoing		Mastick - Room E	

German Conversation

Class #8434	Jan 3 - May 29	F	10:00AM - 12:00PM
Free - Ongoing		Mastick - Dining Room 2	

Italian Conversation

Class #8447	Jan 3 - May 29	F	10:00AM - 12:00PM
Free - Ongoing		Mastick - Room D	

Spanish Conversation

BEGINNERS			
Class #8565	Jan 13 - Mar 16	M	9:00AM - 10:00AM
\$35	Juanita Palkovic	Mastick - Room D	
No class on 1/20 & 2/17			
Class #8159	Apr 6 - May 18	M	9:00AM - 10:00AM
\$31	Juanita Palkovic	Mastick - Room D	
INTERMEDIATE			
Class #8564	Jan 13 - Mar 16	M	10:15AM - 11:45AM
\$45	Juanita Palkovic	Mastick - Room D	
No class meetings on 1/20 & 2/17			
Class #8729	Apr 6 - May 18	M	10:15AM - 11:45AM
\$39	Juanita Palkovic	Mastick - Room D	

English as a Second Language + US History & Culture

Class #8428	Jan 7 - Feb 25	Tu	10:00AM - 12:00PM
\$23	Dolly Brandes	Mastick - Room D	
Class #8429	Mar 10 - Apr 28	Tu	10:00AM - 12:00PM
\$23	Dolly Brandes	Mastick - Room D	
Class #8531	May 12 - Jun 30	Tu	10:00AM - 12:00PM
\$23	Dolley Brandes	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 Lobby for a complete list of services.

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00AM - 11:30AM 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.

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. Meeting are Jan 22, Mar 25, May 27, Jul 22, Sep 23, and Nov 18. For more information, call (510) 383-5185. No registration required.

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 meets on the second Wednesday of the month (Dec 11, Jan 8, Feb 12) at 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).

CLASSES - SENIORS & ADULTS 50+

SPORTS

Bocce Ball

Drop in games with volunteer coaching

Class #8407	Jan 2 - May 28	Th	1:30PM - 2:30PM
Free - Ongoing	Mastick - Bocceball Court		

Pickleball: Clinic for 50 and Better

3RD SHOT DROP			
Class #8131	Mar 29 - Mar 29	Su	1:30PM - 3:00PM
\$28	Marcia Neishi	Lincoln Pickleball Courts	
Class #8710	May 2 - May 2	Sa	12:00PM - 1:30PM
\$28	Marcia Neishi	Lincoln Pickleball Courts	
LEARN TO PLAY!			
Class #8546	May 2 - May 2	Sa	1:30PM - 3:00PM
\$28	Marcia Neishi	Lincoln Pickleball Courts	
INTERMEDIATE			
Class #8543	Jan 16 - Jan 16	Th	11:45AM - 1:15PM
\$28	Marcia Neishi	Alameda Point Gym	
Class #8544	Feb 27 - Feb 27	Th	11:45AM - 1:15PM
\$28	Marcia Neishi	Alameda Point Gym	
ADVANCED			
Class #8708	Mar 29 - Mar 29	Su	12:00PM - 1:30PM
\$28	Marcia Neishi	Lincoln Pickleball Courts	
BEYOND THE BASICS			
Class #8134	Jan 16 - Jan 16	Th	1:15PM - 2:45PM
\$28	Marcia Neishi	Alameda Point Gym	
Class #8706	Feb 27 - Feb 27	Th	1:15PM - 2:45PM
\$28	Marcia Neishi	Alameda Point Gym	



Pickleball: FREE Drop-In

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".

DROP IN FOR THE 50+ CROWD - FREE

FREE	Ongoing	W, Sa	9:30AM - 12:30PM
FREE	Ongoing	W	6:00PM - 7:30PM
Lincoln Park (1450 High Street) - Pickleball Court			

Pickleball: Indoor Sessions

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 size of tennis... Guarantee at least one good session of pickleball per week during the cold/rainy season and play pick up games in the Alameda Point Gym. Games are player-organized. Portable nets on traditional gym floor. Pickle-Balls provided, loaner paddles available.

Class #8698	Jan 9 - Feb 27	Th	9:30AM - 11:30AM
\$43	Player orgabnized	Alameda Point Gym	

Table Tennis

SINGLES		12:00 - 1:25PM	
DOUBLES		NOON - 3:00PM	
Class #8517	Jan 7 - May 26	Tu	12:00PM - 3:00PM
Free - Ongoing		Mastick - Social Hall	



SENIORS & ADULTS 50+ - CLASSES & TRAVEL

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.

Windows 10 Operating System				
Class #8580	Jan 7 - 28	Tu	1PM	\$43
Cyber Security				
Class #8520	Jan 8 & 15	W	1PM	Free
Microsoft Publisher				
Class #8480	Mar 3 - 31	Tu	1PM	\$53
Cloud Services				
Class #8521	May 5 - 19	Tu	1PM	\$33

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 - 12:00	Mastick Office
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Teens Teaching Technology - 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.

Jan 16, Mar 19, Apr 16	Th	4:00PM - 5:00PM	Mastick Room C
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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 non-members (payable by check ONLY). Space limited.

The standard course is offered in two, four-hour sessions over a two-day period from 9:00 a.m. - 1:00 p.m. as follows: **February 5 & 12 and April 1 & 8.**

The refresher course is offered in one, four and a half-hour session from 9:00 a.m. - 1:30 p.m. 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: **January 8, March 4 and June 10.**

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 December 17, February 11, April 21 (Clipper Card), and June 16. 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.**

SF Symphony Open Rehearsal

\$74, Class #8252

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

Experience the SF Symphony as they rehearse Beethoven's Piano Concert No. 2 at Davies Symphony Hall. Lunch included. Activity Level: Easy Street

Performance at Leshar Arts Center:

The Devil's Music: The Life and Blues of Bessie Smith

\$49, Class #8688

Sunday, January 26, 1:30 PM - 5:00PM

Transport yourself for one electrifying evening with Bessie Smith, as she recounts the incredible journey of her life and career, her loves and losses, and the songs that made her the show-stopping "Empress of the Blues." Music arrangements by Miche Braden. Activity Level: Easy Street

Napa Valley Museum

\$87, Class #8718

Wednesday, March 4, 9:00AM - 4:00PM

Enjoy a scenic ride into wine country and explore the Napa Valley Museum. The Museum focuses on the geological makeup of the region, the valley's rich and dynamic history and features exhibitions from local and regional artists. Lunch at Bottega. Activity Level: Strenuous Striders

TRAVEL - SENIORS & ADULTS 50+

School Girls at the Berkeley Rep

\$89, Class #8655

Thursday, April 30, 10:15AM - 5:00PM

Begin with brunch at Skates on the Bay, then off to the Berkeley Rep for an entertaining matinee. An infectious comedy with teeth, School Girls is a biting comedy that tackles the universal issues of beauty and self-worth that face teenage girls across the globe. Activity Level: Easy Street

Moss Landing Elkhorn Slough Safari

\$81, Class # 8612

Thursday, May 7, 8:00AM - 6:00PM

Experience a variety of marine wildlife while cruising the Elkhorn Slough near Moss Landing via pontoon boat. Then, lunch at Phil's Fish Market. Activity Level: Easy Street

Mystery Trip!

\$80, Class #8639

Thursday, June 4

We're betting that this will be your favorite trip of the year! Join 50 or more of your Mastick friends for springtime fun and adventure!! Activity Level: Strenuous Striders

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.

The Historic South

April 26 - May 2, 2020

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

Premier World Discovery 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

Collette Tours 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.



Alameda Loop Shuttle

This Is How We Roll!

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+ - TRAVEL & CLASSES



Yosemite National Park

Tuesday, September 1 – Thursday, September 3

\$1,150/single, \$820/double

Deposit due: 3/1/20

Depart at 6:30 a.m., return at approximately 6:00 p.m. Travel in a climate-controlled chartered bus to Yosemite. Tour the Yosemite valley floor or enjoy a friendly hike, time on your own and a ride on the Sugar Pine Railroad! Lodging at Yosemite Valley Lodge, meals (2 breakfasts, 3 lunches, 2 dinners (Ahwahnee & Mountain Room Restaurants), gratuities, assistance with your travel bag and tours included. Register in the Mastick Office, Monday – Friday 9:00 a.m. – 3:00 p.m., cash or check. See Ed Kallas, Recreation Supervisor I, for credit card options.

Autumn in Vermont

October 11 -17, 2020

\$3,599/single, \$2,899/double

Deposit due: Upon Reservation

Collette Tours Highlights: Woodstock, Quechee Gorge, Burlington, Shelburne Museum, Fort Ticonderoga, Adirondacks Farm & Apple Orchard, Ben & Jerry's Ice Cream Factory, Vermont Scenic Route 100, Mad River Valley and the Lincoln Home.

National Parks & Canyons of the Southwest

November 8 – 16, 2020

\$2,600*/single, \$2,075*/double

Deposit due: Upon Reservation

Premier World Discovery Highlights: Grand Canyon West & Skywalk, Bryce Canyon & Zion National Parks, Las Vegas Leisure Day, Valley of Fire State Park, 2 nights in Las Vegas and 3 nights in Mesquite.

*Rate applies if final payment made via check

TRAVEL PRESENTATIONS

Local Trip & Extended Travel Presentations

**Mondays, February 3 & 10,
1:00PM, Dining Room 2**

Get two for one... Ed Kallas, Recreation Supervisor I, will review upcoming local trips.

Then, representatives from Collette Tours, (2/3), and Premier World Discovery, (2/10), will provide an overview of extended travel opportunities.

WELLNESS

Alexander Technique

Better way to Sit, Stand & Move

Are you moving to the best of your ability? Join Lenka Fejt, Alexander Technique teacher, B.S. in Exercise and Movement Sciences, and learn how to apply principles of the Technique to your daily movements.

Class #8460	Jan 28 - Jan 29	Tu W Th	9:30AM - 11:00AM
\$33	Lenka Fejt	Mastick - Room E	

Fall Prevention with the Alexander Technique

The Alexander Technique can be extremely useful in helping older people in lessening the likelihood of a fall. By changing how we think about our movement, we can reduce muscle tension in our body and therefore move in a safer manner. Instructor: Lenka Fejt, Alexander Technique Teacher, B.S. in Exercise and Movement Sciences with emphasis on older population.

Class #6723	Mar 18 - Mar 19	W Th	1:30PM - 3:00PM
\$33	Lenka Fejt	Mastick - Dining Room 2	

The Art of Walking

By using the Alexander Technique principles, you will improve your balance and proper mechanics of walking. In return, you will increase your mobility, decrease tension in your legs, and ultimately find more enjoyment in walking. Instructor: Lenka Fejt, Alexander Technique Teacher, B.S. in Exercise and Movement Sciences with emphasis on older population.

Class #5225	Apr 21 - Apr 22	Tu W	1:30PM - 3:00PM
\$33	Lenka Fejt	Mastick - Room E	

Chair Yoga

Join Tianna Meriaage-Reiter, certified yoga and physical therapist in a gentle form of yoga, practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility.

Class #8472	Jan 8 - Feb 26	W	10:30AM - 11:45AM
\$59	Tianna Meriaage-Reiter	Mastick - Social Hall	
Class #8702	Mar 4 - Apr 22	W	10:30AM - 11:45AM
\$59	Tianna Meriaage-Reiter	Mastick - Social Hall	
Class #8703	Apr 29 - May 20	W	10:30AM - 11:45AM
\$30	Tianna Meriaage-Reiter	Mastick - Social Hall	

CLASSES & PROGRAMS - SENIORS & ADULTS 50+

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 #8514	Jan 7 - Feb 18	Tu	9:00AM - 10:00AM
\$60	Robert Dorsett	Mastick - Room A	
Class #8552	Feb 25 - Apr 7	Tu	9:00AM - 10:00AM
\$60	Robert Dorsett	Mastick - Room A	
Class #8553	Apr 14 - May 19	Tu	9:00AM - 10:00AM
\$52	Robert Dorsett	Mastick - Room A	

Tai Chi 24 Steps

BEGINNING			
Class #8572	Jan 2 - May 28	Th	9:10AM - 10:00AM
\$4 per class	Chunyan Su La	Mastick - Room A	
SILK REELING			
Class #8574	Jan 2 - May 28	Th	10:10AM - 10:50AM
\$4 per class	Chunyan Su La	Mastick - Room A	
INTERMEDIATE			
Class #8573	Jan 2 - May 28	Th	10:50AM - 11:40AM
\$4 per class	Chunyan Su La	Mastick - Room A	

Tai Chi ersize & Meditation

Class #8575	Jan 7 - May 26	Tu	10:00AM - 11:00AM
\$4 per class	Helen Calhoun	Mastick - Room A	

Yoga

Class #8581	Jan 7 - Feb 25	Tu	10:15AM - 11:45AM
\$45	Dina Hondrogen	Mastick - Social Hall	
No class on 1/21 & 2/18			
Class #8582	Mar 3 - Apr 14	Tu	10:15AM - 11:45AM
\$45	Dina Hondrogen	Mastick - Social Hall	
No Class on 3/31			
Class #8583	Jan 8 - Feb 26	W	9:00AM - 10:25AM
\$45	Dina Hondrogen	Mastick - Social Hall	
No class on 1/22 & 2/19			
Class #8584	Mar 4 - Apr 15	W	9:00AM - 10:25AM
\$45	Dina Hondrogen	Mastick - Social Hall	
No class on 4/1			
Class #8624	Apr 21 - May 26	Tu	10:15AM - 11:45AM
\$45	Dina Hondrogen	Mastick - Social Hall	
Class #8625	Apr 22 - May 27	W	9:00AM - 10:25AM
\$45	Dina Hondrogen	Mastick - Social Hall	

Using Poles for Balance & Exercise

Discuss skills and techniques to help improve balance, endurance, walking gait, agility, function and posture. When PoleWalking, you feel taller and more confident! Easy-to-learn techniques can help people with mobility challenges navigate everyday obstacles and strengthen muscles that support your joints. Top quality poles and special balance tips provided. Easy pace, classroom and gentle flat terrain practice. Here are more BENEFITS of Learning Optimal Use of POLES: Achieve, maintain, even regain mobility Use your upper body muscles to improve strength and help preserve your joints Reduce stress on knees, hips and spine Achieve a more even gait & reduce risk of falling Maintain & Restore spine function; improve bone density Poles are sporty (and FUN), so encourage compliance and use Improve performance on a variety of terrain - expand your capabilities & horizons Using poles encourages focus so that you can more easily achieve these many benefits Enjoy the outdoors, connect with your buddies and get great exercise! Class size limited.

Class #8593	May 7 - May 7	Th	9:00AM - 12:00PM
\$31	Jayah Paley	Mastick - Room D	

PRESENTATIONS

HICAP and LAS Workshops

Health Insurance Counseling Advocacy Program and Legal Assistance for Seniors Workshops

HICAP and LAS provide FREE community education presentations to Alameda County residents. Presentations are held on Tuesdays in Room D at 1:00PM. Registration is required. Call (510) 747-7506 or visit the Mastick Office.

Jan 28	Create a Secure Future: Advance Health Care Directives
Feb 25	How to Age in Place: Hiring and Working with a Caregiver
Mar 17	Medicare Alert: How to Help Prevent Medicare Fraud and Abuse
Apr 7	Financial Assistance: How to Get Help with Health Care Costs
May 5	The ABCs of LTC: An Overview of Long Term Care
Jun 2	Keeping Elders Safe: An Overview of Elder Abuse and Legal Remedies
Jun 23	Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention
Sep 15	Basic Housing Rights
Oct 27	Medicare & the AEP: Changes for 2021
Nov 17	Seniors' Guide to Public Benefits

SENIORS & ADULTS 50+ - OVERVIEW

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)			12:30PM				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
GreatAmerican Songbook (1st Thursday)				1:00PM			Free
HICAP		10:00AM					By Appoint. Free
Legal Assistance for Seniors (3rd Monday)	12:00						By Appoint. Free
Lending Library	2:00PM		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						Refer to flier.
Movie Matinee				1:00PM			Free
Music Appreciation (4th Thursday)				1:30PM			Free
Notary Service			1:30PM				By Appoint. Free
Philosophy Discussion Group	10:00AM						
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.

FACILITY & PARK RENTALS

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)	\$75/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 business days in advance.

Rental Fees (3 hour min)	\$35 to 135/hour *
*Depending on number of tables & residency. 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.

Rental Fees (3 hour min)	\$95 to \$165/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

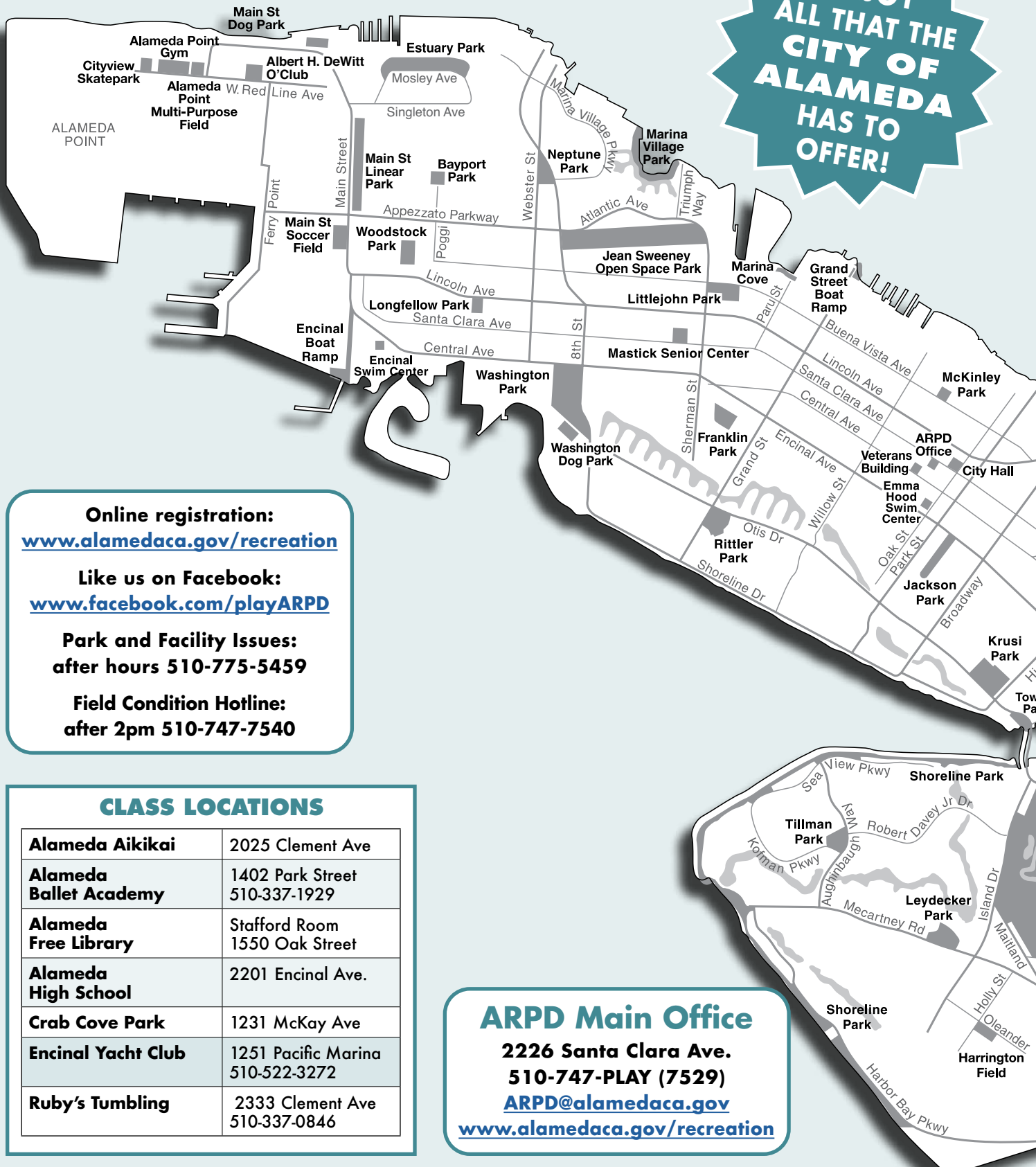
ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

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.

FACILITIES & PARKS

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



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

CLASS LOCATIONS

Alameda Aikikai	2025 Clement Ave
Alameda Ballet Academy	1402 Park Street 510-337-1929
Alameda Free Library	Stafford Room 1550 Oak Street
Alameda High School	2201 Encinal Ave.
Crab Cove Park	1231 McKay Ave
Encinal Yacht Club	1251 Pacific Marina 510-522-3272
Ruby's Tumbling	2333 Clement Ave 510-337-0846

ARPD Main Office

2226 Santa Clara Ave.

510-747-PLAY (7529)

ARPD@alamedaca.gov

www.alamedaca.gov/recreation

FACILITIES & PARKS

FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-Purpose Field	1101 West Redline Avenue	510-747-PLAY
Bayport Park	301 Jack London Avenue	510-263-1428
City View Skate Park (Alameda Point)	1177 West Redline Avenue	
Corica Park	1 Clubhouse Memorial Drive	510-747-7800
Dog Park (Robert Crown Memorial Beach)	Next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Avenue	510-522-8107
Encinal Boat Ramp	Central Avenue behind Encinal High School	
Encinal Swim Center	230 Central Avenue	510-522-4590
Estuary Park	200 Mosley Avenue	
Franklin Park	1432 San Antonio Avenue	510-522-3132
Godfrey Park	281 Beach Road	510-521-1551
Grand Street Boat Ramp	North End of Grand Street	
Harrington Field	3400 Oleander Avenue	
Jackson Park	2430 Encinal Avenue	
Jean Sweeney Open Space Park	1925 Sherman Street	
Krusi Park	900 Mound Street	510-522-4341
Leydecker Park	3225 Mecartney Road	510-521-1266
Lincoln Park/Harrison Center	1450 High Street	510-523-6222
Littlejohn Park	1401 Pacific Avenue	510-523-1510
Longfellow Park	520 Lincoln Avenue	510-522-5262
Main Street Dog Park	Main Street & Navy Way	
Main Street Linear Park	Main Street	
Main Street Soccer Field	Main Street & Appezato Parkway	
Marina Cove Waterfront Park	1591 Clement Avenue	
Marina Village Park	1030 Marina Village Parkway	
Mastick Senior Center	1155 Santa Clara Avenue	510-747-7500
McKinley Park	2165 Buena Vista Avenue	510-522-6161
Neptune Park	2301 Webster Street	
O'Club	641 West Redline Avenue	510-747-PLAY
Bill Osborne Model Airplane Field	Doolittle Drive at Harbor Bay Parkway	
Rittler Park	1400 Otis Drive	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Way	510-521-8307
Towata Park	3315 Bridgeway Isle	
Underground Teen Center	Veteran's Memorial Building, Room 170	510-748-9466
Veteran's Memorial Building	2203 Central Avenue	510-864-4017
Washington Park	740 Central Avenue	510-521-0162
Woodstock Park	351 Cypress St.	510-521-0656



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

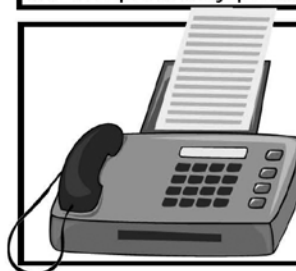
REGISTER BY PHONE

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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RESIDENTIAL CUSTOMER

Winter - Spring Calendar Guide of Events

December 7	City of Alameda Mayor's Holiday Tree Lighting
December 13	Alameda Sings! Concert at Veteran's Memorial Bldg. 7:30 pm
December 14	Breakfast with Santa at O'Club
December 15	Alameda Sings! Concert at Cardinal Point Lobby at 4:00 pm
December 17	Alameda Community Band Concert Mastick Senior Center - 7:30 pm
December 20	Wee Play Holiday Party at Veteran's Building
December 21-22	Santa Visits Alameda
December 23-27 &	Winter Wonderland Camp at Harrison Center
Dec 30 - Jan. 3	Winter Wonderland Camp at Harrison Center
January 10	T.G.I.F. Day in the Park at Harrison Center (School Holiday)
January 10	ELKS/ARPD Hoop Shoot Finals at Alameda Point Gymnasium
January 18	Annual Rose Pruning at Lincoln Park begins at 10:00 am
February 7	19 th Annual "Roaring 20's" Dance Party at O'Club - Registration begins 12/2
February 18-21	President's Week Days in the Park Camp - Youth & Teens
March 10	Alameda Community Band Concert Mastick Senior Center - 7:30 pm
March	Summer 2020 Registration Begins!
March 21 - April 18	Spring Swim Lessons at Encinal Swim Center
March 30 - April 3	Spring Vacation Camp at Harrison Center
March 30 - April 3	Junior Warrior Basketball Camp at Alameda Point
March 30 - April 3	Jordan Richter Skateboarding Camp at Alameda Point
April 4	Splash into Spring Egg Scramble (Rainout on April 11) 10 am - 11:30 am
April 11	Spring Softball League Begins
April 18	Earth Day Festival at Washington Park
April 24	Alameda Sings! Concert at 7:30 pm (location TBD)
April 26	Alameda Sings! Concert at Cardinal Point Lobby - 4:00 pm
May 26	Alameda Community Band Concert at Mastick Senior Center - 7:30 pm



**Registration is
almost here!
March 2, 2020!**

Sign up in person at
2226 Santa Clara Avenue,
Alameda, CA 94501 or online at
[www.alamedaca.gov/
Departments/Recreation-Parks](http://www.alamedaca.gov/Departments/Recreation-Parks)



**Don't
Wait!**