

ACTIVITY GUIDE



FALL 2024



Alameda Recreation And Park Department
(510) 747-PLAY • www.alamedaca.gov/recreation
Camps • Classes • Events • Parks • Services • Sports • more



Alameda City Council

Marilyn Ezzy Ashcraft	Mayor
Tony Daysog	Vice Mayor
Trish Herrera Spencer	Councilmember
Tracy Jensen	Councilmember
Malia Vella	Councilmember

Alameda City Manager

Jennifer Ott	City Manager
Amy Wooldridge	Assistant City Manager

Rec and Parks Commission

Adrienne Alexander	Chair
Drew Swartz	Vice Chair
Kareem Burney	Member
Wesley Radez	Member
Eric Robbins	Member

Golf Commission

Ed Downing	Chair
Robert Lattimore	Vice-Chair
Andrew Dewey	Member
Lynn Jones	Member
Clifford Tong	Member

Commission Meetings

Golf Commission

Meets 2nd Tuesday at 6:30pm,
every other month
(Jan, Mar, May, July, Sept, Nov)
City Hall, Room 360

Mastick Senior Center Advisory Board

Meets 3rd Wednesday at 9:30am
Mastick Senior Center,
1155 Santa Clara Ave, Room D

Recreation & Parks Commission

Meets 2nd Thursday at 7:00pm
City Hall Council Chambers
Everyone welcome.
Also televised live on Channel 15

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MESSAGE FROM THE DIRECTOR

Dear Alameda Community,

As the Recreation and Parks Director for our beautiful City of Alameda, I am thrilled to share with you the exciting lineup of events we have planned for this year. Our aim is to foster community engagement, encourage outdoor activities, and create memorable experiences for all our residents. Here are some highlights of the upcoming events that you won't want to miss:



Join us in celebrating Independence Day with Alameda's spectacular Fourth of July Parade! This beloved tradition showcases our community's vibrant spirit and diverse talents.

Our Movies in the Parks series brings the magic of cinema to our local parks. Gather your family, bring a blanket and some snacks, and relax as we screen popular and family-friendly films.

Enjoy Rhythmix in the Parks, a series of outdoor performances featuring local artists and cultural groups.

At Alameda Recreation and Parks, we are committed to offering programs that enhance the quality of life for all our residents. Whether you're looking to learn a new skill, stay active, or simply have fun, there's something for everyone.

Thank you for your continued support of our Recreation and Parks programs. I look forward to seeing you at these events and many more throughout the year.

Justin Long
Director, Alameda Recreation and Park Department

ADAPTATIONS & ACCESSIBILITY

Should you need support accessing Recreation & Parks facilities or programs, or would like to request special accommodations for those with a disability and/or special needs, please contact Morace McKay, Recreation Manager at 510-747-7510.

FINANCIAL ASSISTANCE AVAILABLE

Financial Assistance is available for families who qualify.
 Up to 75% in assistance is available for Youth Programs, Camps and Classes. To learn more, or to apply, visit the ARPD website: www.alamedaca.gov/recreation. Printed copies of our Financial Assistance Program Procedures and Application are available at the ARPD office during regular business hours.

ARPD Staff

Justin Long	Director
510-747-7570 jlong@alamedaca.gov	
Matt Nowlen	Park Manager
510-747-7587 mnowlen@alamedaca.gov	
Patrick Russi	Recreation Manager
510-747-7550 prussi@alamedaca.gov	
Morace McKay	Recreation Manager
510-747-7510 mmckay@alamedaca.gov	
Eric Vlnar	Park Maintenance Supervisor
510-747-7587 evlnar@alamedaca.gov	
Christina Bailey	Recreation Supervisor I – Pre K & Youth
510-747-7554 cbailey@alamedaca.gov	
Joey Carroll	Recreation Supervisor I – Sports, Facilities & Rental Staffing
510-747-7555 jcarroll@alamedaca.gov	
Stacy Thomas	Recreation Supervisor I – Aquatics
510-747-7586 stthomas@alamedaca.gov	
Ashley Cendejas	Recreation Assistant
510-747-7575 acendejas@alamedaca.gov	

Contact Us!

Website & Online Registration	www.alamedaca.gov/recreation
Email	arpd@alamedaca.gov
Facebook	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 47

Online Reservation Availability Calendar for:

- Bocceball
- Picnic Tables
- Recreation Centers

www.alamedaca.gov/recreation

CITY DEPARTMENT DIRECTORY

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	510-747-4701
City Manager's Office	510-747-4700
Alameda Municipal Power (AMP)	510-748-3900
Base Reuse and Economic Development	510-747-6890
Finance	510-747-4881
Fire (Non-Emergency Only)	510-337-2100
Corica Park	510-747-7800
Housing Authority	510-747-4300
Housing and Human Services	510-747-6890
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	510-337-8562
Animal Control (After Hours)	510-337-8340
Public Works	510-747-7930
Maintenance Services (Streets, Sidewalks, Non-Park Issues)	510-747-7900
Rent Program	510-747-7520

HOTLINES

Transportation Hotline www.511.org or call 511

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.

Information & Referral Assistance Hotline - 211

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.

COMMUNITY DIRECTORY

AC Transit	www.actransit.org
Alameda Adult School	www.adult.alamedaunified.org
Alameda Boys and Girls Club	www.alamedabgc.org
Alameda Chamber & Economic Alliance	www.alamedachamber.com
Alameda Education Foundation	www.alamedaeducationfoundation.org
Alameda Family Services	www.alamedafs.org
Alameda Family Services – Head Start	www.alamedafs.org/support-main.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 Holiday Boutique	www.alamedaholidayboutique.org
Alameda Meals on Wheels	www.alamedamealsonwheels.org (510-865-6131)
Alameda One Stop Career Center – COA	www.alameda.edu/students/college-of-alameda-career-and-employment-center
Alameda Point Collaborative	www.apcollaborative.org
Alameda Professional Child Care Assoc	www.alamedapcca.org
Alameda Unified School District	www.alamedaunified.org
American Red Cross	www.redcross.org
BANANAS	www.bananasbunch.org
Building Futures	www.bfwc.org
California Historical Radio Society	www.californiahistoricalradio.com
California State Park Info and Reservations	www.parks.ca.gov
Center for Independent Living	www.centerforindependentliving.org (510-841-4776/510-356-2662)
College of Alameda	www.alameda.edu
Doug Siden Visitor Center at Crab Cove	www.ebparks.org/parks/visitor-centers/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

Aeronautics – Tethered Model Airplane Flying	rbush88@juno.com
Alameda Attack Lacrosse Club	www.alamedalacrosse.sportngin.com
Alameda Babe Ruth Baseball	www.alamedababeruth.com
Alameda Dragon Flyers Dragon Boat Team	www.alamedadragonflyers.com
Alameda Gators Swim Team	www.teamunify.com/team/alga/page/home
Alameda Girls Softball Association	www.alamedagsa.com
Alameda Little League	www.alamedalittleleague.org
Alameda Soccer Club	www.alamedasoccer.org
Alameda Swimming Pool Association	www.teamunify.com/Home.jsp?_tabid_ =0&team=psaspa
Alameda Vipers Basketball Club	www.alamedavipers.com
Alameda Wolverines Football	www.afawolverines.com
Alameda Youth Basketball	www.alamedayouthbasketball.club
Artemis Rowing	www.artemisrowingclub.org
Corica Park	www.coricapark.com
Special Olympics (Alameda)	www.sonc.org/programs/community-sports-programs/county/alameda

COMMUNITY EVENTS

Dive-In Movie - Disney's Lilo & Stitch

Friday, July 19, 6:30pm

Encinal Swim Center, \$15 per person, Class #26639

Come celebrate and play in the pool while watching the movie in the water. Doors Open at 6:30pm. Family Swim starts at 6:30pm. Enjoy crafts and other dry activities or just play in the pool the whole time. Deep end pool test will be offered as well. Lifeguard will be on site for safety. Please bring your own floats, rafts and rings. Movie will start 8:15-8:45pm, depending on darkness. Snacks and food are available. Bring your own chairs and blankets.

Starlight Movies in the Park

Free Starlight Movies in the Park will continue this summer for all families to enjoy. The event starts at 6:30 p.m., with pre-show festivities including games and crafts for kids. The featured movie begins between 8:15-8:45pm, depending on darkness. Snacks and food are available, with proceeds supporting the Alameda Youth Committee and Teen Programs. Bring your own chairs and blankets, and enjoy a film under the stars.

SUPER MARIO BROS. MOVIE	Friday, June 21	Multi-Purpose Field
TROLLS BAND TOGETHER	Friday, July 26	Multi-Purpose Field
KUNG FU PANDA 4	Friday, August 23	Multi-Purpose Field
BARBIE	Friday, Sep 20	Leydecker Field



69th Annual Swim Championships

Friday, Aug 2 and Saturday, Aug 3

Encinal Swim Center, 230 Central Avenue at 3rd St.

The 2024 City of Alameda Swim Championships is sponsored by ARPD in cooperation with the Alameda Gators Swim Team. This Meet is organized and run by dedicated volunteers, parents, coaches and friends for the enjoyment of their children and to foster continued interest in swimming. All participants must be Alameda residents. All swimmers except those in the novice division must have their current USS Swimming registration. Masters swimming events are held Friday evening. Entries are available at Encinal Swim Center starting early July. Entries close July 22.

49th ANNUAL ELKS HOOP SHOOT COMPETITION

Fall - October to December

Free!

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

This free competition is held at Alameda Parks and Alameda Point Gym during program hours. The event is open to boys and girls 8 to 13 years-old who attend a school or reside in the City of Alameda.

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

Class A - 12 to 13 year-olds: This division is open to youth who do not reach their 14th birthday before April 1, 2025.

Class B - 10 to 11 year-olds: This division is open to youth who do not reach their 12th birthday before April 1, 2025.

Class C - 8 to 9 year-olds: This division is open to youth who do not reach their 10th birthday before April 1, 2025. Seven year olds who reach their eighth birthday before April 1, 2025, are also eligible in this category.

The top three finalists in each division are eligible to represent their park or club at the city-wide finals, held on December 13, 2024 at Alameda Point Gymnasium. The winners in each division will go on to represent the City of Alameda and the Alameda Elks at the District Shoot-Off in mid-January, 2025.



44th Alameda Holiday Boutique
Fine Arts & Crafts



Saturday - Sunday
Nov 2nd and 3rd, 2024
10am to 4 pm (both days)

Join us at the
Albert H. DeWitt O'Club
641 West Redline Ave
Alameda Point



alamedaholidayboutique@gmail.com / @alamedaholidayboutique

44th Annual Holiday Boutique

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

We invite all local artisans and makers to join us for this year's event! If you would like to apply to be a vendor, please visit our website at alamedaholidayboutique.org for details and click the Vendor Info tab for specific information.

All items are handcrafted by more than 50 artisans. The proceeds of this event benefit the Leisure Club, a recreation program for teens and adults with developmental disabilities, sponsored by ARPd and youth scholarships for all programs.

Questions? Send them to alamedaholidayboutique@gmail.com. Don't miss out on your chance to showcase your creations!



Breakfast with Santa

Saturday, December 14, 10:00am - 12:00pm
Albert H. DeWitt O'Club, 641 West Redline Ave.

Res \$21, NRes \$24 (13 years and older);
Res \$11, NRes \$13 (2 - 12 years); FREE (under 2)
Class # 26858

You better watch out, you better not cry, you better not pout, I'm telling you why - Santa's BACK here in Alameda! Join Santa for breakfast, arts & crafts, and take a photo with the big guy. All attendees must pre-register regardless of age. All children must be accompanied and supervised by an adult and pre-registration is required. Space is limited. Register by December 1st. No refunds or credits will be issued.

Santa's Home Visits

Saturday, December 21, 5:00pm - 8:05pm, Class #26859
Sunday, December 22, 5:00pm - 8:05pm, Class #26860
\$45 for one 10-minute home visit

Ho! Ho! Ho! Santa, Rudolph and the gang are happy to be back in Alameda. Santa, and his elf, will make a special ten-minute visit to your child at home. Arrangements can be made for Santa to bring a gift. Please note that Santa may not be able to speak to every child, if he visits a large party. Registration will begin on November 4th.

Santa's Virtual Visits

Monday, December 23, 6:00pm - 8:00pm
Class # 26861, \$28 for one 10-minute Zoom visit

Ho! Ho! Ho! Santa decided to give us options this holiday season, so he plans to spread some holiday cheer through Zoom. Santa's Elves will be busy dropping off treats to the homes (Alameda Only) registered on the night of your visit.

You will choose your preferred window of time on your choice of night. Once Santa schedules your time within your preferred window, you will receive a questionnaire that will help Santa personalize your visit with your child(ren). Your receipt will be emailed to you, which will confirm the hour and day you chose. You will receive a Zoom link 24-48 hours prior to your visit.

Registration will begin on November 4th. Once registration begins, and depending on enrollment numbers, Santa's Elves may need to contact you for an alternative day and/or time.



**RHYTHMIX
IN THE PARKS
2024**

Music • Dance • Culture

JUL 20 • TILLMAN PARK • 12PM
AUG 16 • JEAN SWEENEY PARK • 6:30PM
SEPT 21 • CHOCHENYO PARK • 12PM



**FREE &
Family Friendly**

Scan for more info 



**FAMILY FUN RIDE
AROUND ALAMEDA** 

SATURDAY, SEPTEMBER 14, 2024
Washington Park
Registration: 9:00 am • Ride: 10:00 am
ADULTS (18+ YEARS) - \$10 • CHILD (17 and under) - \$5



See and Tour Our Beautiful City!
Fun for the Whole Family!
Support Alameda Parks & Their Programs!

Sponsors
  





Scan here for more info and to SIGN UP for Bike for the Parks

Your participation supports OUR Alameda Parks! Thank you!
For more information and to register, go to:
WWW.ALAMEDAPARKS.ORG/FUN-RIDE

PUMPKIN PATCH POOL PARTY
ENCINAL SWIM CENTER

TAKE A DIP IN OUR FLOATING PUMPKIN PATCH.

ADMISSION INCLUDES ONE PUMPKIN PER PERSON, CRAFTS, GAMES, AND SWIM TIME.

SPACE IS LIMITED.
FEE: \$15.00

POOL RULES APPLY

TIME SLOTS
10:30AM-12PM, 12-1:30PM
1:30-3PM,
3-4:30PM, 4:30-6PM

**OCTOBER
27TH, 2024**

ALL YOUTH AND ADULTS MUST REGISTER.



MOVE YOUR FEET BEFORE YOU EAT

**THANKSGIVING
TURKEY DIP 24**
NOVEMBER 28TH, 2024
COST: \$6

ENCINAL SWIM CENTER

THE FIRST SWIM STARTS AT 7:30 AM IN THE COMP POOL.
30 MIN SWIM TIME SLOTS
FAMILY POOL OPENS AT 9:30 AM
REGISTRATION STARTS:
MONDAY, NOV. 18 AT 9 AM





ALAMEDA WALKS

ALAMEDA WALKS - 2024 Schedule

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

July 6

Shoreline and Doolittle Pond Nature Walk

Meet at Park Street and Shoreline Dr across from Bowlero. We will observe wildlife and beautiful views as we discuss the rich histories of Alameda's shoreline, Mount Trashmore, and Doolittle Pond at MLK Jr. Regional Shoreline. This walk will be led by East Bay Regional District Naturalist, Michael Charnofsky. Note: walk is 3.5 miles and lasts approx. 2.25 hours

July 27

Alameda North Shore Walk

Meet at Marina Cove Park, 1591 Clement Ave in parking lot. This walk along this newly minted portion of Clement Avenue will bring us to a neighborhood with modern homes and out to the Del Monte Warehouse that developers have transformed into contemporary housing, We'll enjoy a look at some 19th-century Marcuse & Rimmel creations on our way back to Marina Cove. Dennis Evanovsky will lead this walk. Note: Walk lasts 1 hour 15 minutes.

August 17

Encinal Beach & Boat Ramp, USS Hornet and Seaplane Lagoon Nature Walk

Meet at Encinal Boat Ramp, 150 Central Ave, next to Bath House. This nature walk will explore the Encinal Beach, past the best viewing spot of Harbor Seals in the San Francisco Bay! We'll stroll along the shoreline, passing the Hornet and the new Ferry Point overlook to Seaplane Lagoon Promenade and back, about 2½ miles total on flat trails. Bring binoculars if you have them. We will have a limited supply available to borrow. This walk will be led by East Bay Regional District Naturalist, Susan Ramos. Walk lasts 1 hour and 45 minutes.

August 24

Gold Coast Neighborhood Walk *REVISITED*

Meet at Franklin Park, 1432 San Antonio Ave in the front area along San Antonio Ave. This walk will explore and learn about how Franklin Park evolved from a private retreat to today's recreation park. Explore the Victorian Era at its finest: Italianate, Queen Anne, and Colonial Revival-style homes all vie for our attention. A walk along San Antonio Avenue will bring us to the Tilden family's "Wedding Cake House." Listen carefully and you may hear echoes of the oversized 19th-century electric streetcar rumbling by us on the way to Webster Street. Dennis Evanovsky will lead this walk. Note: walk lasts 1 hour 15 minutes

September 21

Bohol Circle Immigrant Park, Cardinal Point, Floating Homes Walk

Meet at Bohol Circle Immigrant Park, 2901 Fifth Street in front of stage. The walk will explore one of the newest parks in Alameda, Cardinal Point area, views along the Estuary and Floating Homes district.



September 28

Victorian-Era Treasure & Bay Eagle Community Garden Walk

Meet in front of the Bay/Eagle Community Garden (Eagle Ave & Bay St). This walk will discuss the trove of Victorian-era homes that line the streets near this delightful garden. This neighborhood is an open-air museum dedicated almost exclusively to the Queen Anne-style creations of Felix Marcuse and Julius Rimmel. We will look further back into Alameda's history as we pass the sites of Nathaniel Page and Mary Fitch's mansions. Though long gone, these homes remind us of two important Alameda families. Mary Fitch named streets in her tract for the patron saint of her families (only St. Charles, named for her husband and son, remains.) Page Street reminds us of Nathaniel. We'll see homes built in the "Page Tract" at the end of our walk. Dennis Evanovsky will lead this walk. Note: Walk will last 1 hour, 15 minutes.

October 19

West End & Longfellow Park Walk

Meet at Longfellow Park, 520 Lincoln Ave inside by front of Recreation building. This walk explore Park history as this modern-day refuge was once the site of the Kohlmoos Hotel. The resort stretched south to Santa Clara Avenue. (There was no Haight Avenue back then.) The views from the rooftop reached out to San Francisco and the still bridgeless Golden Gate. We'll learn about the park and the hotel and take a stroll down Haight Ave to have a look at some of our town's famous domestic architecture. Dennis Evanovsky will lead this walk. Note: Walk will last 1 hour, 15 minutes.

October 26

Jean Sweeney Open Space, Del Monte & Littlejohn Parks Walk

Meet at Jean Sweeney Open Space Park, 1925 Sherman Street inside front entrance. The walk will explore JSOSP and its history, the new Del Monte development, and the new Recreation Center at Littlejohn Park.

AQUATIC CLASSES

Summer Swim Lessons

2024 Aquatics will only be at the Encinal Swim Center
 Summer 2024 Swim Lessons are still open for all sessions and weekends.
 Head to the website for times and dates and direct links to each class.
 Fall classes will be on the website the end of July.

SWIM LESSON FEES

PRIVATE LESSONS 1 per Instructor Ages 3 and up	AQUA TOT LESSONS 2-3 per Instructor Ages 2.5-6	GROUP LESSONS 5-12 per Instructor Ages 6 - 17
4 Sessions Res \$180, NRes \$200	4 Sessions Res \$128, NRes \$156	4 Sessions Res \$48, NRes \$56

Please see the Website for Times and Levels

LAP SWIM

Will continue all year,
 check the website
 for details.
 Subject to change.



AQUATIC CAMPS - ENCINAL SWIM CENTER



AQUA DRAMA: FINDING NEMO

JUNE 24-27
 AGES 7-12



RS170 / NRS200
 #25916
 9AM-12PM



From swimming around, becoming their favorite sea creature, and crafting the set, everyone is sure to have fun creating the final performance!



AQUA HERO CAMP

AGES 7-12
 Join our aqua hero camp to unleash your true power! We'll see you soon recruits!



RS220/NRS250
 #25922
 12PM-3PM

JUNE 24-27

AQUA SPORTS CHALLENGE

AGES 9-13
 RS170 / NRS200
 #25935
 9AM-12PM

JULY 1-3 & 5th
 Campers will play sports, swim, and of course, complete fun obstacle courses! Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water.



JULY 1-3 & 5th ARIEL'S WORKSHOP/ STEM

Come join us at Ariel's workshop! Spend the week flipping your fins and creating fun crafts and STEM adventures.

AGES 7-12
 RS300 / NRS375
 #25941
 12PM-3PM

AQUA ECO AGES 7-11

Perfect opportunity to swim around, do arts and crafts, and learn about different oceans and their ecosystems.

RS220 / NRS250
 #25953
 9am-12pm

SPLISH SPLASH FUN

Join us for games in/out of the pool and meet new friends
 AGES 6-10
 RS170 / NRS200
 #25958
 12PM-3PM

LILLO AND STITCH CAMP AGES 7-12

"Ohana means family." Come out and enjoy some fun Lilo and Stitch-themed activities in preparation for our dive-in movie.



JULY 15-18

RS220 / NRS250
 #25959
 9AM-12PM



AQUAMAZING RACE AGES 7-12

Join the aquamazing race, filled with daring adventure that leads up to water! Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water.



JULY 15-18

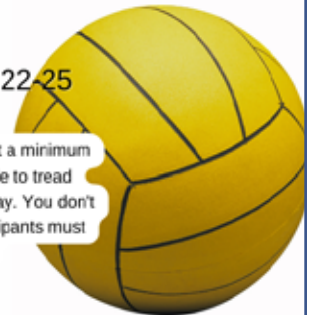
RS220 / NRS250
 #25960
 12PM-3PM

INTRO TO POLO AGES 7-12

RS170 / NRS200
 #25961
 9AM-12PM

JULY 22-25

Learn water polo basics! Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water. A swim test will be given on the first day. You don't need prior water polo experience, but participants must be comfortable in deep water.



INTRO TO DIVE AGES 7-15

JULY 22-25

Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water. This class offers a series of successful techniques that teach a progression of basic skills that teach dive team skills.

RS170 / NRS200
 #25962
 12-3PM

AQUATIC CAMPS



INTERMEDIATE POLO
AGES 11-16

JULY 29- AUG 1
RS\$170 / NRS\$200
#25963
9AM-12PM

Intermediate water polo drills and swim development are the focus of every practice session. Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water.



JULY 29- AUG 1
INTERMEDIATE DIVE
AGES 11-17

RS\$170 / NRS\$200
#25964
9AM-12PM

Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water. This class offers a series of successful techniques that teach an intermediate-level water entry for diving.



AQUA OLYMPICS
AGES 7-14

RS\$170 / NRS\$200
#25966
12PM-3PM

AUGUST 5-8

Consisting of swimming, fun pool challenges, Olympic-themed crafts, and more you are bound to have fun. Do you have what it takes to bring home the gold?!



AQUA SPORTS
AGES 7-14

Aqua Sports Camp Students will make a splash playing fun sports and getting into the playful spirit. Participant must be able to tread water.

RS\$170 / NRS\$200
#25965
9AM-12PM

AUGUST 5-8



TENNIS LESSONS

Each lesson is approximately 50 minutes of instruction and practice, with the remaining time for clean-up. We will demonstrate the proper footwork and techniques to help make playing easier, more efficient, and more enjoyable.

Younger players (under ten years old) are best suited for 30-minute lessons, approximately 20 minutes of instruction and practice, with the remaining time for cleanup.

If the participant is a child or teen, we encourage a parent or guardian to stay for at least the first lesson while we evaluate attitude and willingness to follow instructions.

Disrespectful or dangerous behavior will not be tolerated and immediately dismissed without a refund.

*Any no-shows or late cancelations incur a full charge for that lesson.



ARPD TENNIS

**Group Lessons
will be starting in July!**

Please reach out to Joey Carroll
at jcarroll@alameda.gov
for your questions and to sign up.

CORICA PARK

Corica Park

Corica Park is located in the City of Alameda and within five minutes of the Oakland Airport. In addition to a large driving range and extensive practice facility, the three golf courses are suitable for players of all skill levels. Fast greens and swirling winds challenge seasoned golfers, while wide fairways and rolling hills welcome those newer to the game. Onsite instructors offer top quality instruction for all skill levels. Visit our website at www.coricapark.com or contact the Pro Shop at 510-747-7800 for information about rates and hours.

On The Green at Corica Park

There is a lot happening at the course! Our On The Green initiative seeks to integrate Corica Park into the wider community. We're reimagining space use with inclusive programming for golfers and non-golfers alike. Come visit or contact us to learn more: Tamara Sabella, Director of Community Engagement, tamara@greenwaygolf.com

Youth On The Green

Free Golf:

- Free walk-up play on all three courses after 3:00pm during the fall and winter months and 4:00pm in the spring and summer months for all youth under 18.
- Wednesday walk-up play for golf and footgolf is free all day, year-round on the Mif unless the course is closed for other programming.

School Outings:

- Recreational opportunities in footgolf and golf for field trips and after school programs.

On the Green Golf & Play Summer Camps:

- Week-long summer camps offered at no cost including transportation and meals to underserved East Bay youth.

Sundays On The Green:

- Small group lessons and mentorship offered at no cost to Alameda youth in partnership with All Good Living Foundation.

Groups On The Green

Tournaments:

- Full-service tournament planning & execution, including food and beverage offerings for fundraisers, company events, golf clubs, competitive leagues, special occasions and other group events.

Team Building:

- Full-service team-building and networking event planning and execution for local businesses and industry groups. *Special packages available for mission-aligned nonprofit organizations.



Community On The Green

We also offer a number of programs for schools, small businesses, nonprofits and other groups which are designed to diversify space use and increase access to Corica Park for broader community benefit. Please visit the Community Programs page on our website for applications and to learn more. Examples include:

- Space use for activities such as yoga and martial arts classes to promote healthy living and other forms of recreation.
- Classroom, meeting room and event space access for local nonprofits and other community groups to support organizations in forwarding their own missions.
- Sale and exhibition space access in our golf shop to support local businesses.
- Holiday gift drives to support low-income East Bay families.

Connect with Us on Social Media:

Facebook: Corica Park Golf Course

Instagram: @coricapark

Twitter: @coricapark

JUNIOR GOLF CLUB

Alameda Junior Golf Club

Ages 7 - 18



August are our busiest with many activities.

- Our 7 to 11 year olds play on the MIF par 3 course and the 12 to 18 year olds play on the regular Corica Park Golf Course. The degree of understanding of the game and skills can change the course to be played.
- We also offer golf clinics for beginners and to refresh golfers of rules and manners.
- We have many wonderful volunteers who help run the program.
- We have tournaments during the summer too. If your child is interested in learning to play golf or is a golfer and wants to meet fun loving golfers, here is how to get all the information and to obtain an AJGC Membership Application.
- Check our website: www.alamedajuniorgolf.memberplanet.com
- Email us at alamedajuniorgolf@memberplanet.com
- You can also pick up an AJGC Application at the Corica Park Golf Course Pro-Shop or Driving Range and at Alameda Golf Works on Lincoln Ave.

KAYAKING

Family Kayaking

Ages 5+

This tour is the perfect introduction to kayaking for kids and families. We will travel in very safe double sea kayaks checking out the local harbor seals and US Navy ships. A short and sweet trip where you learn a little bit of sea kayaking while having fun! Parent/guardian participation is required, Fee covers 1 participant. Separate registration is required for all family members.

Class #24832	Jul 7	Su	9:30am - 11:30am
\$62	Joe Stack	Encinal Boat Ramp, 190 Central Ave.	
Class #24833	Aug 4	Su	9:30am - 11:30am
\$62	Joe Stack	Encinal Boat Ramp, 190 Central Ave.	
Class #24834	Sep 8	Su	9:30am - 11:30am
\$62	Joe Stack	Encinal Boat Ramp, 190 Central Ave.	

Introduction to Kayaking

Ages 12+

We 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 #24836	Jul 13	Sa	9:00am - 1:00pm
\$103	Joe Stack	Encinal Boat Ramp, 190 Central Ave.	



Sea Plane Lagoon Kayaking Tour

Ages 12+

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

Class #24838	Jul 6	Sa	9:30am - 11:30am
\$73	Joe Stack	Encinal Boat Ramp, 190 Central Ave.	
Class #24839	Aug 3	Sa	9:30am - 11:30am
\$73	Joe Stack	Encinal Boat Ramp, 190 Central Ave.	
Class #24840	Sep 7	Sa	9:30am - 11:30am
\$73	Joe Stack	Encinal Boat Ramp, 190 Central Ave.	

Sunset/Full Moon Kayaking Tour

Ages 12+

Enjoy a relaxing time on the water while the sun sets over the horizon and the moon rises. Tour the area with a short break before returning home under the moonlight. Bring a camera, the sights will be amazing.

Class #24850	Jul 20	Sa	8:00pm - 10:30pm
\$83	Joe Stack	Grand Street Boat Ramp	



ALAMEDA FREE LIBRARY

Library Locations

Main Library: 1550 Oak Street
Bay Farm Island Library: 3221 Mecartney Road
West End Library: 788 Santa Clara Ave

New special events are scheduled monthly!

Please see the **Events Calendar** at www.alamedafree.org/Events-directory/Calendar for the most current dates, times, and locations.



Children

Online programs can be found on the Children's Activities page of our website: www.AlamedaFree.org/Programs-Services/Childrens-Services/Childrens-Activities

Free Online Programs

- Tutor.com and Brainfuse: online tutoring for all grade levels
- Beanstack: a portal to all of our reading challenges
- Maker Monday: STEM and craft tutorials
- Storybook Crafts: crafts for kids inspired by some of our favorite books
- First Chapter Friday: the first chapter of books we think you'll love
- Mother Goose on the Loose: a 20-session storytime designed for the very young

In Person Storytimes:

- **Mother Goose on the Loose (0-2yrs):**
a 20-session storytime designed for the very young.
Thursdays 10:30am at Main Library
- **Toddler Storytime (2-4yrs):**
Age-appropriate stories, songs, and fingerplays.
Tuesdays 10:30am at West End Library
Thursdays 10:30am at Bay Farm Island Library
Fridays 10:30am at Main Library
Saturdays 10:30am at Main Library
- **Preschool Storytime (3-5yrs):**
Age-appropriate stories, songs, and fingerplays
Mondays 10:30am at Bay Farm Island
Tuesday 10:30am at Main Library
- **School-Age Storytime:**
Songs and stories perfect for children with longer attention spans
Wednesdays 3:30pm at Main Library
- **Family Storytime (all ages):**
Songs and stories the whole family will enjoy
Mondays 7:00pm at West End Library
Tuesdays 7:00pm at Bay Farm Island Library

Teens

Our teen programs are open to 7-12 graders. Be sure to check out our events calendar for more information about our upcoming programs.

- **Teen Advisory Board (TAB):**

1st Tuesday of the month, 4:30 - 5:30pm. Join TAB to let the library know your interests. Gain experience, help with projects, and earn volunteer hours! Please register.

- **Teen Book Club:**

1st Wednesday of the month, 4:00 - 4:40pm. Each month, teen members get to choose the book we read. While supplies last, free copies are given out on a first-come, first-served basis. Please register.

- **Game Break:**

2nd Wednesday of the month, 3:30 - 5:00pm. Don't forget to take a break... A GAME BREAK! You can play Nintendo Switch games on the projector screen or watch others play while enjoying some afternoon snacks.

- **Dungeons & Dragons:**

1st & 2nd Monday of the month, 6:00 - 7:30pm. Are you looking to get into Dungeons & Dragons? Join us for a session at the library. No experience is needed. Registration encouraged.

Adults

Library programs may be online or in-person.

Book Groups:

- **A Novel Idea Book Club:**

Last Tuesday of the month 5:30-7:00pm

- **Great Reads Book Club:**

2nd Tuesday of the month 6:30 - 8:00pm

- **A Cup of Coffee and a Good Book Club:**

3rd Wednesday of the month 1:00 - 3:00 pm, Islandia Clubhouse

- **Mystery Book Club:**

4th Monday of the month 6:00-7:00pm (Main Library)

4th Tuesday of the month 5:30-6:30pm (Bay Farm Library)

Recurring Programs:

- **AFL Writers Group:** 2nd Saturday of the month 12:30-4:30pm

- **Make It:** 1st and 3rd Tuesday of the month 4:30-6:00pm

- **Movie Night:** Last Wednesday of the month 5:30-7:45pm

Open Computer Lab:

- Sundays: 1 - 5pm

- Mondays: 2 - 5pm

- Tuesdays: 3 - 8pm (3-5pm if class or event scheduled)

- Wednesdays: 2 - 5pm

- Thursdays: 10 - 2pm

We're Open 24/7

Our e-resources are available at all hours of the day and night! Use your library card to check out ebooks and e-audiobooks, stream movies, read magazines and newspapers, get book recommendations and more.

Go to alamedafree.org/BOOKS-MOVIES-MORE to see everything we have for you at Alameda Free Library.

Follow Us on Social Media!

Instagram: @AlamedaFreeLibrary

Facebook: @AlamedaFreeLibrary

Twitter: @AlamedaFree

YouTube: youtube.com/AlamedaFreeLibrary

INFANTS & TOTS - CAMP & CLASSES

INFANT CLASS

Infant & Crawlers Play & Learn Class

Ages 0-14 months

Led by a certified Montessori teacher. Classes seamlessly blend parent education and supportive resources for families with interactive music and play, fostering gross motor development and skills, socialization, and mindful parenting. Rolling, cruising, crawling, sitting, and ready to explore? Celebrate the day with guided music, dance, and play! This class is for babies and their parents/caregivers. \$20 materials fee (workbook, snacks, arts and crafts supplies) payable to instructor on first day of class. No class on 10/12, 10/26, 11/2 & 11/30.

Class #26953	Sep 14 - Dec 14	Sa	9:00am - 10:00am
\$175	Rebecca Haga	McKinley Park, Center	

CAMPS & CLASSES

Baby & Me STEM

Ages 1 - 3

Our program is filled with hands-on activities that allow children to explore their sensory awareness through various experiences following a STEM curriculum. The curriculum is based on the idea of educating children in four main academic disciplines – technology, engineering, mathematics, and science with a fun recreational twist.

ALL ABOUT WINTER: DIY Snow, Winter In A Bottle, Sweet Snowman

Class #27051	Dec 23	M	11:00am - 12:00pm
Res \$11, NRes \$14	ARPD Staff	Leydecker Park, Center	

STEAM: Water beads, Dum Drop tower, Shakers

Class #27052	Dec 30	M	11:00am - 12:00pm
Res \$11, NRes \$14	ARPD Staff	Leydecker Park, Center	



Hanabi - Fireworks!: Chibi, Pre-Judo

Ages 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. There is an \$111 fee for uniform payable to the Instructor at the first class. No class on 11/29.

Class #26823	Sep 13 - Dec 20	F	4:00pm - 4:45pm
\$520	Dan Augustine	Veteran's Memorial Building, Auditorium Room 250	

STEAM Camps

Ages 3-5, Pre-K

Our program is filled with hands-on activities that allow children to explore their sensory awareness through various experiences following a STEM curriculum. The curriculum is based on the idea of educating children in five main academic disciplines – science, technology, engineering, arts & mathematics, and with a fun recreational twist.

STEAM

Activity Highlights: DIY Scented Play Dough, Crystal leaf, Pumpkin Geysers

Class #27035	Nov 25 - Nov 26	M Tu	1:00pm - 4:00pm
Res \$72, NRes \$84	ARPD Staff	Leydecker Park, Center	

WINTER STEAM

Activity highlights: DIY Snow, Ice Bubbles, Mini Gingerbread houses

Class #27078	Dec 23 - Dec 26	M Tu Th F	12:00pm - 3:00pm
Res \$145, NRes \$169	ARPD Staff	Leydecker Park, Center	

FOOD STEAM

Activity highlights: Cookies from scratch, Sweet Sculptures, Liquid Spheres
Material fee \$25, due on first day of camp.

Class #27079	Dec 30 - Jan 2	M Tu Th F	12:00pm - 3:00pm
Res \$145, NRes \$169	ARPD Staff	Leydecker Park, Center	

Toddlers Play & Learn Class

Ages 1 - 4

Led by a certified Montessori teacher. Classes seamlessly blend parent education and supportive resources for families with interactive music and play, fostering gross motor development and skills, socialization, and mindful parenting. Rolling, cruising, crawling, sitting, and ready to explore? Celebrate the day with guided music, dance, and play! This class is for toddlers and their parents/caregivers. \$20 materials fee (workbook, snacks, arts and crafts supplies) payable to instructor on first day of class. No class on 10/12, 10/26, 11/2 & 11/30.

Class #26956	Sep 14 - Dec 14	Sa	10:15am - 11:15am
\$175	Rebecca Haga	McKinley Park, Center	

“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

PRESCHOOL

Tiny Tots Preschool

Ages 3 - 5

Register online, email or by mail

The Alameda Recreation and Parks Preschool offers a play-based, recreational program for children ages 3 to 5 years old (pre-kindergarten). Activities will include a variety of arts and crafts, storytelling, games, cooking, music, motor fitness, 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, and parents from child.
- Your child will need to bring a water bottle to class.
No large backpacks!
- **PROOF OF AGE IS REQUIRED**, email proof to: ahope@alamedaca.gov

FALL 2024 SESSIONS

14 Week Fall Session: Sep 3 - Dec 13

No class Nov 11 and Nov 25 - Nov 29

Day	Time	Location	Fall #	Fees
Mon/Wed/Fri	9:00am – 12:00pm	Godfrey Park	24847	\$1134
Tue/Thu	9:00am – 12:00pm	Godfrey Park	24849	\$756
Mon/Wed/Fri	9:00am – 12:00pm	Leydecker Park	24853	\$1134
Tue/Thu	9:00am – 12:00pm	Leydecker Park	24854	\$756
Mon/Wed/Fri	9:00am – 12:00pm	McKinley Park	24855	\$1134
* Mon/Wed/Fri	12:00pm - 3:00pm	McKinley Park	24856	\$1134
Tue/Thu	9:00am – 12:00pm	McKinley Park	24857	\$756
* Tue/Thu	12:00pm - 3:00pm	McKinley Park	26726	\$756
Mon/Wed/Fri	9:00am – 12:00pm	Woodstock Park	24858	\$1134
Tue/Thu	9:00am – 12:00pm	Woodstock Park	24860	\$756

May register for 5 days by combining the MWF class and TTH class together, or at two different sites. (For example, you may select 3 days at McKinley and it combine with 2 days at Woodstock.)

* Requires 6 students to open afternoon classes

FALL PAYMENTS

Days	Full Payment	2 Payments	4 Payments
Mon/Wed/Fri	\$1134	\$582 each	\$291 each
Tue Thu	\$756	\$393 each	\$196.50 each

*Additional \$30 added to split payments

Preschool Winter 2025 Registration

Winter registration will begin

Thursday, December 5 for new students.

Students in Fall 2024 session have registration priority.

Our 12-Week Winter Session runs from

Jan 6 - Apr 4, 2025.



PLAYGROUP

Alameda Wee Play

Ages 6 month – 3 years

Alameda’s play center for infants and toddlers includes arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured, allowing children to enjoy and explore on their own terms.



Sep 4 - Dec 20	MWF	10:00AM - 1:00PM
No class Nov 11, Nov 25 - Nov 29		
\$6 Drop-in per day per child or	\$60 Drop-in Card for 12 visits	
Volunteer to clean up and receive free entrance for that day - limited number available	Children must be accompanied and supervised by a parent or caregiver at all times	
Alameda Veteran’s Memorial Building, 2203 Central Ave, Room 120 (Enter from ramp, in front of building)		

AFTERSCHOOL PROGRAM

Recreation Afterschool Program - RAP

August 26, 2024 to June 5, 2025

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 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 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.

REGISTRATION	
Online registration starts on Wednesday, Jun 26 at 10:00am	
FALL SESSION	Aug 26, 2024 - Nov 22, 2024
WINTER SESSION	Dec 2, 2024 - Mar 21, 2025
SPRING SESSION	Mar 24, 2025 - Jun 5, 2025
RAP for All-Day Kindergartners - 5 Graders is offered at the following sites:	
RAP Location	School
Bayport Park	Ruby Bridges School
Franklin Park	Franklin & Love Schools
Krusi Park	Otis School
Leydecker Park	Earhart School
Lincoln Park	Edison School
Tillman Park	Bayfarm School
Washington Park	Maya Lin and Paden Schools
*A minimum of 8 students must be registered at a school in order to be a RAP Pick-Up Site.	

For more information about our RAP Program and Online Registration, please visit www.alamedaca.gov/Departments/Recreation-Parks/Recreation-Afterschool-Program-RAP

A limited number of partial scholarships are available for Alameda residents only. To apply, you will need to complete a Fee Assistance Request Form. Supporting documents will need to be submitted along with the application. For more information on our Financial Assistance Program, please visit www.alamedaca.gov/files/assets/public/v/2/departments/alameda/rec-and-park/arpd-pdfs/financial-assistance-application-form-fillable.pdf



CAMPS

All Sports Day

Ages 5-14

All-Sports Camp has quickly become one of our most popular specialty camps. This camp is perfect for the athlete who enjoys a variety of sports and recreational games. Campers are taught skills and given the opportunity to compete in a variety of sports such as soccer, basketball, flag football and more, while also enjoying some favorite recreational games like dodgeball, capture the flag, and kickball and the like. Our highly qualified staff makes sure our All-Sports Camp is high paced and nonstop fun for every camper!

Extended care will be provided from 8:00am - 9:00am and 4:00pm - 5:30pm for an additional cost. No PM extended care on Wednesday, November 27.

Class #26890	October 14	Monday	9:00am - 4:00pm
Res \$60, NRes \$75 (1 day)		Alameda Point Gymnasium, 1101 West Redline Ave	
Class #26891	Nov 25 - Nov 26	M, Tu	9:00am - 4:00pm
	Nov 27	W	9:00am - 12:00pm
Res \$150, NRes \$175 (2.5 days)		Alameda Point Gymnasium, 1101 West Redline Ave	

Day in the Park

Grades K - 5

Come spend your non-school day with ARPD! We'll be making special arts & crafts, playing great games, and many more surprises (TBD - field trip, outside contractor, jumper, lunch/treat, etc). Details will be firmed up after Activity Guide printing. Bring your own lunch; morning and afternoon snack will be provided. *If your desired program is full, place your child on the waitlist as additional programs may be added to meet the demand of registration. See Cancellation Policy online.

Class #26971	Oct 14	M	8:00am - 5:30pm
Res \$65, NRes \$74		ARPD Staff	Center at Krusi Park
Class #26972	Nov 25 - Nov 26	M Tu	8:00am - 5:30pm
Res \$125, NRes \$143		ARPD Staff	Center at Krusi Park

Play-Well Camp

Winter Wonderland Engineering w/LEGO Materials

Ages 5 - 9

Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowplows, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO pieces at your mitten-tips and the guidance of an experienced Play-Well Instructor.

Class #26952	Nov 25 - Nov 27	M Tu W	9:00am - 12:00pm
\$160	Play-Well TEKnologies	Veteran's Memorial Building, Room 120	

STEAM Camp

Ages 6 - 11

STEAM stands for Science, Technology, Engineering/Environment, Art, and Math. These camps are intended to show campers how STEAM shapes their world, including their hobbies and interests. Although each camp takes a very different approach to STEAM, some themes remain the same throughout each. STEAM Camp with a little twist.

SPOOKY STEM DAY			
Highlights: Spooky Slime, Ghost Rockets, Witches' Brew			
Class #27036	Oct 14	M	9:00am - 4:00pm
Res \$44, NRes \$51	ARPD Staff	Leydecker Park, Center	
Spooky STEM - Extended Care			
Class #27037	Oct 14	M	8-9am - 4-5:30pm
Res \$15, NRes \$25	ARPD Staff	Leydecker Park, Center	
FALL STEAM CAMP - HALF WEEK			
Highlights: Fall Coding, Scented Slime, Autumn rings (resin)			
*Due to the holiday, camp will be closing early on Wednesday, November 27, 2024 at 12pm. There will be no evening extended care on this day.			
Class #27038	Nov 25 - Nov 27	M Tu: 9:00am - 4:00pm & W: 9:00am - 12:00pm	
Res \$115, NRes \$121	ARPD Staff	Leydecker Park, Center	
Fall STEAM Extended Care			
Class #27040	Nov 25 - Nov 27	M Tu W: 8am - 9am & M Tu: 4 - 5:30pm	
Res \$38, NRes \$63	ARPD Staff	Leydecker Park, Center	
WINTER STEAM - HALF DAY MORNING			
Highlight: Snowflake Crystals, DIY snow, Ice bubbles			
*Due to the holiday, camp will be closed on Wednesday, December 25, 2024 and will resume on Thursday, December 26, 2024.			
Class #27080	Dec 23 - Dec 27	M Tu Th F	9:00am - 12:00pm
Res \$88, NRes \$103	ARPD Staff	Leydecker Park, Center	
Winter STEAM - Extended Care			
*Pricing includes morning extended care ONLY.			
Class #27085	Dec 23 - Dec 27	M Tu Th F	8am - 9am
Res \$30, NRes \$50	ARPD Staff	Leydecker Park, Center	
BAKING STEAM - HALF DAY AFTERNOON			
Highlight: Gingerbread project, Sweet Sculptures, Rock Candy			
*Due to the holiday, camp will be closed on Wednesday, December 25, 2024 and will resume on Thursday, December 26, 2024. Material fee: \$25 due at first day of camp			
Class #27081	Dec 23 - Dec 27	M Tu Th F	1:00PM - 4:00PM
Res \$88, NRes \$103	ARPD Staff	Leydecker Park, Center	
Baking STEAM - Extended Care			
*Pricing includes evening extended care ONLY, excluding Tuesday evening care			
Class #27084	Dec 23 - Dec 27	M Th F	4pm - 5:30pm
Res \$25, NRes \$45	ARPD Staff	Leydecker Park, Center	

Continued in next column



GALACTIC STEAM CAMP

Highlight: Constellations, Galaxy, Art, Moon & Rock

*Due to the holiday, Camp will be closing early on Tuesday, December 31 at 4pm. There will be no evening extended care on this day. Camp will be closed on Wednesday, Jan 1 and will resume on Thursday, Jan 2.

Class #27082	Dec 30 - Jan 3	M Tu Th F	9:00am - 4:00pm
Res \$176, NRes \$205	ARPD Staff	Leydecker, ParkCenter	
Winter STEAM - Extended Care			
Class #27083	Dec 30 - Jan 3	M Tu Th & F: 8am - 9am & M Th & F: 4pm - 5:30pm	
Res \$53, NRes \$88	ARPD Staff	Leydecker Park, Center	

Winter Wonderland Camp

Grades K - 5

Make this holiday season special by registering your child (or children) for ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking which follow a theme are just part of the excitement. A special surprise activity will be included each week (TBD: field trip, outside contractor, jumper, lunch/treat, etc). Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch; morning & afternoon snacks will be provided. Child must wear closed-toed shoes, socks and play clothes as some activities may be messy. Bring a jacket as some activities will take place outdoors, weather permitting. Do not bring any electronic or items of sentimental value as ARPD is not responsible for any lost or damaged items. *If your desired program is full, place your child on the waitlist as additional programs may be added to meet the demand of registration. See Cancellation Policy online.

Class #26973	Dec 23 - Dec 27*	M Tu Th F	8:00am - 5:30pm
Res \$237, NRes \$271	ARPD Staff	Harrison Center at Lincoln Park	
Class #26974	Dec 30 - Jan 3*	M Tu Th F	8:00am - 5:30pm
Res \$237, NRes \$271	ARPD Staff	Harrison Center at Lincoln Park	

No camp Dec 25, Jan 1

DANCE

Kids Ballroom Latin Dance

Ages 5 - 11

A great introductory class for kids who want to get into the ballroom dancing world! This class focuses on International Ballroom Latin dancing and will cover the Cha Cha and Jive. A super fun, upbeat class for kids that will teach fun dance combinations to songs they know, as well as solid technique and style.

Class #26816	Sep 14 - Nov 16	Sa	9:00am - 9:50am
\$165	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	

Kids Dance Fitness

Ages 5 - 11

This fun dance class is sure to keep kids positive, focused and fit! Exercise the entire time while learning the foundational steps and movements from various dances genres including jazz, hip hop, Latin, and more.

Class #26819	Sep 14 - Nov 16	Sa	10:00am - 10:50am
\$165	Kate Barnes	Veteran's Memorial Building, Auditorium Room 250	

ENRICHMENT

Chess Wizards

Ages 5 - 12

Join us for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills and work out your most powerful muscle - your brain! Our classes are geared to suit children of all skill levels: from chessling to checkmate artist, students will build upon their knowledge through lessons, variation games and more! No class on 11/29.

Class #26806	Sep 13 - Oct 25	F	4:00pm - 5:00pm
\$289	Uzma Khan	Veteran's Memorial Building, Room 390	
Class #26807	Nov 1 - Dec 20	F	4:00pm - 5:00pm
\$289	Uzma Khan	Veteran's Memorial Building, Room 390	



MARTIAL ARTS

Hanabi - Fireworks!: Hajime' Beginning Judo

Ages 5+

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 upside down safely. Respect, discipline; sweating and smiling. There is an \$111 fee for uniform payable to the Instructor at the first class. No class on 11/29.

Class #26825	Sep 13 - Dec 20	F	4:55pm - 5:55pm
\$536	Dan Augustine	Veteran's Memorial Building, Auditorium Room 250	

Hanabi - Fireworks!: Honto, Real Judo

Ages 5+

Honto (Intermediate) - More advanced judo techniques for experienced judoka. Training is intense but our smiles are wide. Senseis carefully and supportively watch for effort, efficiency and safety. The environment...great! There is an \$111 fee for uniform payable to the Instructor at the first class. No class on 11/29.

Class #26824	Sep 13 - Dec 20	F	6:00pm - 7:30pm
\$548	Dan Augustine	Veteran's Memorial Building, Auditorium Room 250	

Wado Kai Karate

Ages 8+

Wado Kai, meaning the Way of Peace and Harmony, 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. Beginners welcome! No class on 11/26 & 11/30.

1 CLASS PER WEEK OPTION: Students choose to attend Tu OR Sa			
Class #26957	Sep 10 - Oct 26	Tu OR	5:00pm - 6:30pm
		Sa	1:00pm - 2:30pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class #26963	Oct 29 - Dec 21	Tu OR	5:00pm - 6:30pm
		Sa	1:00pm - 2:30pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
2 CLASS PER WEEK OPTION: Students may attend Tu AND Sa			
Class #26958	Sep 10 - Oct 26	Tu AND	5:00pm - 6:30pm
		Sa	1:00pm - 2:30pm
\$145	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class #26964	Oct 29 - Dec 21	Tu AND	5:00pm - 6:30pm
		Sa	1:00pm - 2:30pm
\$145	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	

SPORTS

After School Sports Program

Grades 6 - 8

This program creates a safe, encouraging, and fun environment for middle school age kids to learn and participate in athletics. Offering various recreation opportunities such as basketball, pickleball, and soccer, kids are provided an avenue to stay physically active following school without having to sign up for a competitive sports team. Kids of all athletic abilities are welcomed as everyone receives an equal opportunity to play. With the goal of fostering sportsmanship and teamwork, individuals will learn fundamentals, navigate through drills, and participate in friendly scrimmages.

Class #27144	Tu Th	Sep 3 - Dec 19	4:30pm - 6:00pm
\$40 per week	ARPD Staff	Location varies	



Home School PE

Grades K - 5

ARPD is offering this weekday supervised morning sports program for elementary aged children (grades K-5). This program is perfect for home schooled children looking to be active and have fun. Children will be taught games such as basketball, soccer, dodgeball, pickleball, capture the flag, and many other fun activities. The three main points of the program will be to promote physical fitness, learn fun sports, and making new friends. This Program will meet from 9am-Noon on Wednesday and Friday of every week from August 21 - December 20. Participants are welcome to show up at any time during the camp, but going the full three hours is encouraged to get a full experience. Packing a snack is encouraged but not required, snack break will typically happen around the midpoint of camp. The camp will be led by ARPD staff with experience in creating a safe, fun environment for kids to play and learn new sports. No previous sports experience is needed to participate, this camp welcomes children of all athletic levels. The program takes place at Alameda Point Gym. This facility has 4 full basketball courts, and an outdoor baseball field for outdoor activities. This provides a perfect place for learning both indoor and outdoor games, and allows this camp to take place regardless of weather!

Class # 27123	Aug 21 - Dec 20	W F	9:00am - 12:00pm
\$30 per week	ARPD Staff	Alameda Point Gym, 1101 W Redline Ave	

KSB Skate Dojo: Skateboarding Class

Ages 5 - 17

KSB Skate Dojo will teach the basics and fundamentals of Skateboarding. Skateboarding helps build confidence and is a fun, creative art form. There is a rental fee for a skateboard (\$10/day), helmet (\$10/day) and/or pads (\$10/day), or all three for \$25 a day, payable to the instructor on the first day. No Class on 9/21, 9/22, 10/26, 10/27.

Class #26808	Sep 11 - Oct 2	W	3:30pm - 5:00pm
\$103	George Montes De Oca Jr	City View Skate Park	
Class #26811	Sep 14 - Oct 12	Sa	9:00am - 10:30am
\$103	George Montes De Oca Jr	City View Skate Park	
Class #26813	Sep 15 - Oct 13	Su	9:00am - 10:30am
\$103	George Montes De Oca Jr	City View Skate Park	
Class #26809	Oct 9 - Oct 30	W	3:30pm - 5:00pm
\$103	George Montes De Oca Jr	City View Skate Park	
Class #26812	Oct 19 - Nov 16	Sa	9:00am - 10:30am
\$103	George Montes De Oca Jr	City View Skate Park	
Class #26814	Oct 20 - Nov 17	Su	9:00am - 10:30am
\$103	George Montes De Oca Jr	City View Skate Park	

Still time to sign up for Sports Summer Camps, please see website for information

CAMPS

Friendsgiving Adventure

Grades 6 - 12

Happy Friendsgiving! Join ARPD for an exciting and FREE drop in program for the non school day break! With a wide variety of fun and excitement, we've got something for everybody! Join your friends, or make new ones at the Underground Teen Center, Monday and Tuesday, November 25th - 26th for great treats making, such as candy apples and holiday treats. Create some unique crafts with Seniors from Mastick Senior Center, or join the fun at our craft station. Enjoy a nice local walk in Alameda some some Fall air. Bring your allowance money as the Underground does have snacks and drinks for purchase. Register soon, space is extremely limited! For any questions please contact Ashley Cendejas, at acendejas@alamedaca.gov. Pick-up and drop off is at the Underground Teen Center (2203 Central Avenue at Walnut Street) unless noted otherwise. If you have questions, please contact Ashley Cendejas, Recreation Assistant at acendejas@alamedaca.gov (510) 747-7575.

Class #27039	Nov 25 - Nov 26	M Tu	11:30am - 4:30pm
Free	ARPD Staff	Veteran's Memorial Building, Underground Teen Center	



STEAM Camp

Ages 12 - 14

STEAM stands for Science, Technology, Engineering/Environment, Art, and Math. These camps are intended to show campers how STEAM shapes their world, including their hobbies and interests. Although each camp takes a very different approach to STEAM, some themes remain the same throughout each. STEAM Camp with a little twist.

FALL STEAM CAMP

Highlights: Exo-hands, Hurricane Challenge, Autumn rings (resin), Terrariums.
*Due to the holiday, Camp will be closing early on Wednesday, November 27 at 12pm. There will be no evening extended care on this day.

Class #27041	Nov 25 - Nov 27	M & Tu 9:00am - 4:00pm & W 9:00am - 12:00pm
Res \$115, NRes \$121	ARPD Staff	Leydecker Park, Center

Extended Care

Class #27042	Nov 25 - Nov 27	M Tu W: 8am - 9am & M Tu: 4pm - 5:30pm
Res \$38, NRes \$63	ARPD Staff	Leydecker Park, Center

GALACTIC STEAM CAMP

Highlight: Constellations, Galaxy, Art, Moon & Rock
*Due to the holiday, Camp will be closing early on Tuesday, December 24 at 4pm. There will be no evening extended care on this day. Camp will be closed on Wednesday, Dec 25 and will resume on Thursday, Dec 26.

Class #27062	Dec 23 - Dec 27	M Tu Th F 9:00am - 4:00pm
Res \$176, NRes \$205	ARPD Staff	Leydecker Park, Center

Extended Care

Class #27087	Dec 23 - Dec 27	M Tu Th F: 8am - 9am & M Th F: 4pm - 5:30pm
Res \$53, NRes \$88	ARPD Staff	Leydecker Park, Center

WINTER STEAM CAMP

Highlights: Fall Coding, Scented Slime, Autumn rings (resin)
*Due to the holiday, Camp will be closing early on Tuesday, December 31 at 4pm. There will be no evening extended care on this day. Camp will be closed on Wednesday, Jan 1 and will resume on Thursday, Jan 2.

Class #27077	Dec 30 - Jan 3	M Tu Th F 9:00am - 4:00pm
Res \$176, NRes \$205	ARPD Staff	Leydecker Park, Center

Extended Care

Class #27087	Dec 30 - Jan 3	M Tu Th F: 8am - 9am & M Th F: 4pm - 5:30pm
Res \$53, NRes \$88	ARPD Staff	Leydecker Park, Center

SPORTS

Youth Iaido

Ages 10 - 16

Classical Japanese sword art that is over 450 years old. Develop awareness, calm mind, mental and physical harmony, and learn how to achieve victory without having to unsheathe the sword. These skills are just as relevant today as centuries ago. Beginners welcome! No class on 11/28.

Class #26969	Sep 12 - Oct 24	Th	4:50pm - 6:00pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class #26970	Oct 31 - Dec 19	Th	4:50pm - 6:00pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	



TEEN CENTER

Club 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 UTC, however, some activities may require a small materials fee. Participants must register prior to attending program and are required to sign-in and sign-out on a daily basis. There is no program on Holidays, and other AUSD non-school days.

Class #26798	Aug 27 - Jun 5	M Tu W Th F	3:00pm - 5:30pm
Free	ARPD Staff	Veteran's Memorial Building, Underground Teen Center	

Club Underground Transportation

Grades 6 - 12

CLUB Underground provides after school transportation from AUSD Middle Schools to The Underground Teen Center Program in ARPD vehicles. 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. Transportation is offered from each school to the UTC based on participant needs. Transportation is subject to cancellation by school site if ARPD deems that there is an insufficient amount of students utilizing the service. Transportation is limited to participants of the UTC.

TRANSPORTATION FROM SCHOOL TO VETERAN'S MEMORIAL BUILDING, UNDERGROUND TEEN CENTER

Academy of Alameda	Class #26800	
Alameda Community Learning Center (ACLC)	Class #26801	
Junior Jets	Class #26803	
Lincoln Middle School	Class #26804	
NEA	Class #26802	
Wood Middle School	Class #26799	
Aug 27 - Jun 5	ARPD Staff	M Tu Th F: 2:30PM - 3:25PM
\$2 payable at time of pick up		W: varies by school dismissal times
\$20 Ride Pass (non-refundable pass good for 10 rides buy from ARPD Office)		

GIRLS FALL SOFTBALL

Recreation League
2024 Fall

- Ages 4-14
- All skill levels
- Season: September-October
- Registration opens in August



ALAMEDA
GIRLS SOFTBALL ASSOCIATION
alamedagasa.com



VOLUNTEER

Alameda Youth Committee (AYC)

Grades 6 - 12

Come bring your fresh ideas to plan fun activities for teens. Alameda Youth Committee (AYC) is currently recruiting members for the 2024 - 2025 School Year, through an application process. AYC is seeking MOTIVATED & RESPONSIBLE teens who would like to get hands-on experience with volunteerism, leadership, and event planning. The AYC Leadership Board, which consist of existing members will run the committee meetings; however there will be a significant emphasis on team building and fun social activities. We are looking for serious teen to use their voice and plan fun events during the school year for their peers and the teens community; work in the AYC Food Booth at various community events. Use your creativity and initiative to make a positive difference in Alameda.

Members are required to attend meetings regularly, unless otherwise excused. Special Meeting may be called by the Leadership Board, provided at least three days notice is given to all AYC Members.

After a certain amount of unexcused meeting absences teens forfeit any and all hours accumulated. AYC hours count towards school community service requirements. Hours include some weekends for community events. For more information, please call Ashley Cendejas at acendejas@alamedaca.gov

Class #26785	Sep 4 - May 21	1st & 3rd W of the month	4:00pm - 5:00pm
Free	ARPD Staff	Veteran's Memorial Building, Room 390	

Teens Teaching Technology

Grades 6 - 12

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center (1155 Santa Clara Ave, Alameda) and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Program hours count towards required community service. Transportation is provide to Mastick Senior Center. Please meet at Underground Teen Center at 22023 Central Ave and let staff be aware teen needs transportation. Van leaves exactly at 3:45pm from Teen Center.

Class #26786	Sep 19 - Sep 19	Th	4:00pm - 5:00pm
Free	Staff, ARPD	Mastick Senior Center, Room C	
Class #26787	Oct 17 - Oct 17	Th	4:00pm - 5:00pm
Free	Staff, ARPD	Mastick Senior Center, Room C	
Class #26788	Nov 21 - Nov 21	Th	4:00pm - 5:00pm
Free	Staff, ARPD	Mastick Senior Center, Room C	

19th Annual Teen Haunted House

TEEN VOLUNTEERS NEEDED!

Grades 6 - 12

Teens and tweens, Along with school clubs are needed to assist in planning, creating, and working this year's 19th Annual Teen Haunted House. Teens will have the opportunity to have fun, meet new friends, and earn community service hours while creating an awesome Haunted House for the Alameda community.

All proceeds benefit the ARPD Teen Programs. For more information, please contact Ashley Cendejas at 510-747-7575, or visit www.alamedaca.gov/recreationPlanning

HAUNTED HOUSE MEETINGS	Class #27002
MANDATORY 3 PLANNING MEETINGS!	
September 16, Monday	4:00pm - 5:30pm
September 20, Friday	4:00pm - 5:30pm
September 18, Wednesday	3:30pm - 5:30pm
Veteran's Memorial Building, Room 120	
Scene-Design and Set-Up Meeting Dates	
Sep 23 - Oct 18, M, Tu, Th & F	4:00pm - 6:00pm
Sep 23 - Oct 18, Wed	2:30pm - 5:30pm
October 12, Saturday	10:00am - 2:30pm
October 14, Monday	11:00am - 3:30pm
October 19, Saturday	10:00am - 2:30pm
Oct 23 - Oct 26, Mon - Thu	4:00pm - 6:00pm
Alameda location TBA Volunteers must complete a minimum of 25 hours of scene-prep prior to the Haunted House event weekend.	
Haunted House Event Dates	
October 25 Friday	* 5:00pm to 9:00pm
October 26 Saturday	* 2:30pm to 9:00pm
October 27, Sunday	* 3:00pm to 7:00pm
Oct 28 - Oct 30, Mon - Wed	Pack-up/clean-up after school
*Volunteers will be required to arrive approximately 45 mins. prior to listed start times on event days. Volunteers must work at least 2 out of the 3 event weekend dates (Oct 25 - Oct 27) to ensure the success of this event. Volunteers must also assist with pack-up/clean-up after school during the post-event week of Oct. 28 - Oct. 30 until it is complete.	
Alameda location TBA	



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MUSIC

Beginning Guitar

Ages 15+

In this beginning guitar class, we'll celebrate our intuitive connection to music and harness it as a powerful tool for learning. We'll focus on songs you choose yourself and create a supportive and vibrant environment where music lovers discover what it is to become music makers. No class on 11/26.

Class #26898	Sep 10 - Dec 17	Tu	6:00pm - 7:00pm
\$361	Greg Wishnev	Veteran's Memorial Building, Room 180	

Taiko Drums - Beginner

Ages 10+

This fun class covers simple rhythms, basic form and movement. It provides light exercise for students of all ages. There is a \$10 materials fee for drum sticks payable at the first session. No class on 11/26.

Class #26870	Sep 10 - Dec 17	Tu	6:30pm - 7:30pm
\$159	Jeff Davidson	Albert H. DeWitt Officers' Club, O'Club - Terrace Room	
Class #26871	Sep 10 - Dec 17	Tu	7:30pm - 8:30pm
\$159	Jeff Davidson	Albert H. DeWitt Officers' Club, O'Club - Terrace Room	

Tuesday Night Music Club

Ages 15+

Designed for aspiring lyricists, composers, singers and musicians of all levels, this course invites you to explore the depths of your creativity. In this space, all ideas are respected and nurtured. Let's collaborate, support, create, and share ideas and feedback. We'll revel in the magic of making music. No class on 11/26.

Class #26899	Sep 10 - Dec 17	Tu	7:00pm - 8:15pm
\$217	Greg Wishnev	Veteran's Memorial Building, Room 180	

MARTIAL ARTS

Muso Jikiden Eishin Ryu Iaido

Ages 16+

Classical Japanese samurai sword art that is over 450 years old. Develop awareness, calm mind, mental and physical harmony, and achieve victory without having to unsheathe the sword. These skills are just as relevant today as centuries ago. Beginners welcome! No class on 11/28 & 11/30.

1 CLASS PER WEEK OPTION! Students choose 1 class per week, Th OR Sa.

Class #26965	Sep 12 - Oct 26	Th or	6:10pm - 7:40pm
		Sa	3:00pm - 4:30pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class #26967	Oct 31 - Dec 21	Th or	6:10pm - 7:40pm
		Sa	3:00pm - 4:30pm
\$109	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	

2 CLASS PER WEEK OPTION! Students may attend both Th AND Sa classes.

Class #26966	Sep 12 - Oct 26	Th	6:10pm - 7:40pm
		Sa	3:00pm - 4:30pm
\$145	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	
Class #26968	Oct 31 - Dec 21	Th	6:10pm - 7:40pm
		Sa	3:00pm - 4:30pm
\$145	Mikhail Faiguenblat	Veteran's Memorial Building, Auditorium Room 250	



TEENS & ADULTS - DRIVER'S ED & DANCE

TEENS & ADULTS: DRIVER'S ED

Teen Online Driver's Ed Course

Ages 15+

DMV allows teens to receive their Learner's Permit at age 15 1/2 and a license at age 16. This mandatory class is the FIRST required step that must be completed for drivers under 18. 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 at your own pace. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Registration is on-going.

Class #26815	Sep 9 - Dec 21	Online Course - Take At Your Own Pace
\$52	Bay Area Driving School	

Virtual Driver's Ed

Ages 15+

This is a virtual Driver's Education class with a live instructor. Students will enjoy a series of Driver's Education lectures, including understanding the responsibilities of having a driver's license, learning the rules of the road. Independent assignments will also be completed during the week. Receive a DMV-approved certificate. This is a mandatory class for drivers under 18. No class on 11/28, 1/1.

Class #26820	Oct 5 - Oct 26	Sa	9:00am - 12:00pm
\$242	Bay Area Driving School		Virtual Class
Class #26817	Nov 25 - Nov 29	M Tu W F	9:00am - 12:00pm
\$242	Bay Area Driving School		Virtual Class
Class #26818	Dec 30 - Jan 3	M Tu Th F	9:00am - 12:00pm
\$242	Bay Area Driving School		Virtual Class

ADULTS: DANCE

Social Square Dance

An introduction to Square Dance is a team activity set to music. In this class you will learn about 50 ways that dancers can interact and cooperate to complete patterns of movement. No special costume is needed but wear comfortable shoes; step count for an evening often exceeds 4500 steps! Coming with a partner is desirable but not required. No class on 10/14 and 11/11.

Class #26945	Sep 9 - Dec 9	M	6:30pm - 8:30pm
\$115	Charles Clay		Mastick Senior Center Room A

Ballroom Latin Dancing - Beginner/Intermediate

Take your dancing to the next level with this International Ballroom Latin dance course for beginners and intermediate dancers. You do not need to register with a partner, we will rotate throughout the course. The focus of this program is to get you feeling comfortable dancing socially, with focus on connection, posture, and of course, building your repertoire.

Class #26810	Sep 11 - Nov 13	W	6:00pm - 6:55pm
\$186	Kate Barnes		Veteran's Memorial Building, Auditorium Room 250

Salsa & Bachata Partnerwork - Beginner

This beginner dance program will introduce you to partnership in Salsa and Bachata. Suitable for beginners, you do not need a partner to attend as we will rotate partners throughout the class. A great introductory course for anyone looking to learn these amazing dance styles and a perfect addition/next step to the Salsa & Bachata Shines class.

Class #26821	Sep 11 - Nov 13	W	8:00pm - 8:55pm
\$186	Kate Barnes		Veteran's Memorial Building, Auditorium Room 250

Salsa & Bachata Shines - Beginner/Intermediate

Learn and perfect the foundational salsa and bachata steps while building your technique and repertoire! This course is a shines class, meaning you will be dancing individually rather than with a partner.

Class #26822	Sep 11 - Nov 13	W	7:00pm - 7:55pm
\$186	Kate Barnes		Veteran's Memorial Building, Auditorium Room 250

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ENRICHMENT

Tea Party & Hat Show

Join us for an enjoyable time! Don your favorite hat and win raffle prizes from local businesses. Indulge in assorted finger sandwiches, desserts, lively music, and plenty of fun!

Class #27054	Sep 21	Sa	2:00pm - 4:00pm
\$25	Staff, ARPD	Mastick Senior Center, Social Hall	

Voice Overs... Now is Your Time!

Virtual Class

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos and more. This class will be presented via Zoom. Staff from "Such A Voice" will contact you via email with instructions to access this online class.

Class #26960	Oct 3	Th	6:30pm - 8:30pm
\$31	Such A Voice, LLC	Virtual Class	

FITNESS

Fitness w/ Harrison, CPT: PBC CNC

This group fitness class focuses on functional movements using resistance bands and body weight. Learn safe progression techniques while emphasizing form and technique for improved strength and mobility.

Class #27053	Sep 10 - Oct 29	Tu Th	6:00pm - 7:00pm
\$232	Harrison Roth	Lincoln Park, Harrison Center	
Class #27055	Nov 5 - Dec 19	Tu Th	6:00pm - 7:00pm
\$201	Harrison Roth	Lincoln Park, Harrison Center	

Wild Goose Qigong

Wild Goose Qigong is an ancient Chinese healing system inspired by the graceful, flowing, dynamic movements of wild geese. It aims to enhance the flow of Qi through the body's meridians, reduce stress, and nourish our sense of well-being. No class on 11/27.

Class #26805	Sep 18 - Dec 18	W	10:30am - 11:30am
\$201	Nicole Stone	Lincoln Park, Harrison Center	

Pickleball: Learn to Play

This class is designed for beginners and for first time players! You will learn basic shots like the dink, volley, serve and return of serve. Court positioning and basic strategy will be discussed. Start your lifelong enjoyment of this fastest growing sport! Taught by Marcia Neishi who is both a skilled tournament player as well as a certified instructor through the International Pickleball Teaching Professional Association.

Class #26995	Sep 16 - Oct 7	M	11:00am - 12:30pm
\$116	Marcia Neishi	Alameda Point, The HUB Sports Club	

Pickleball: Intermediate Drills

Improve your game and sharpen your skills! Enjoy drills designed to benefit the intermediate level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #26999	Sep 19 - Oct 10	Th	1:00pm - 2:00pm
\$88	Marcia Neishi	THE HUB Sports Club, Alameda Point	
Class #27010	Oct 31 - Nov 21	Th	1:00pm - 2:00pm
\$88	Marcia Neishi	THE HUB Sports Club, Alameda Point	
Class #27007	Dec 12 - Jan 9	Th	1:00pm - 2:00pm
\$88	Marcia Neishi	THE HUB Sports Club, Alameda Point	

Pickleball: Advanced Drills

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced level player. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #27000	Sep 19 - Oct 10	Th	2:00pm - 3:00pm
\$88	Marcia Neishi	THE HUB Sports Club, Alameda Point	
Class #27011	Oct 31 - Nov 21	Th	2:00pm - 3:00pm
\$88	Marcia Neishi	THE HUB Sports Club, Alameda Point	
Class #27008	Dec 12 - Jan 9	Th	2:00pm - 3:00pm
\$88	Marcia Neishi	THE HUB Sports Club, Alameda Point	

Pickleball: Intermediate/Advanced Learn via Game Play Analysis

This class is designed for intermediate and advanced players... Not appropriate for beginners. Develop your game by playing with others who have similar skill-sets as yours and receive feedback/coaching/analysis about your game from the instructor. Players must advance consistently to the NVZ line after return of serve. Taught by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #26998	Sep 19 - Oct 10	Th	11:00am - 12:30pm
\$116	Marcia Neishi	THE HUB Sports Club, Alameda Point	
Class #27012	Dec 9 - Dec 30	M	12:30pm - 2:00pm
\$116	Marcia Neishi	THE HUB Sports Club, Alameda Point	



Pickleball: 'Oh What Fun with Ernies, ATP's, & More

In this 90 minute clinic, you will learn how to hit an ernie, create an ATP, roll the ball with topspin, and MORE!

Class #27001	Oct 28	M	12:30pm - 2:00pm
\$30	Marcia Neishi	THE HUB Sports Club, Alameda Point	

Pickleball: Beyond the Basics

Improve your game and sharpen your skills! Enjoy drills designed to benefit the advanced beginner/intermediate player. Learn more effective dinking, volleying and 'the 3rd shot'. Designed and run by Marcia Neishi, skilled tournament player and certified instructor through the International Pickleball Teaching Professional Association.

Class #27006	Oct 31 - Nov 21	Th	11:00am - 12:30pm
\$116	Marcia Neishi	THE HUB Sports Club, Alameda Point	

Pickleball: Doubles Strategy Clinic

In this 90 min clinic, you will learn practical tips to raise your doubles IQ.

Class #27003	Nov 4	M	12:30pm - 2:00pm
\$30	Marcia Neishi	THE HUB Sports Club, Alameda Point	

Pickleball: 'You've Been Served' Clinic - Use of spin serves

Learn how, when, and why to use topspin, sidespin and off-speed serves.

Class #27004	Nov 18	M	12:30pm - 2:00pm
\$30	Marcia Neishi	THE HUB Sports Club, Alameda Point	

Pickleball: 'Bang, Bang!' Clinic dealing with Bangers

Learn helpful strategies to play against and beat bangers!

Class #27005	Nov 25	M	12:30pm - 2:00pm
\$30	Marcia Neishi	THE HUB Sports Club, Alameda Point	

Pickleball: Beyond the Basics II

Pre-approval to take this class is required as well as must have taken Beyond the Basics. This is an advanced class with advanced skill sets.

Class #27009	Dec 12 - Jan 9	Th	11:00am - 12:30pm
\$116	Marcia Neishi	THE HUB Sports Club, Alameda Point	

MUSIC

Alameda Community Band

This class is made up of woodwind, brass, and percussion instrumentalists. Some ability on your instrument is required. There are weekly rehearsals leading to a series of concerts. Rehearsals are at Alameda High School in the Band Room. No class on 11/26.

Class #27061	Aug 20 - Dec 17	Tu	7:30pm - 10:30pm
\$78	Michael Wirgler	Alameda High School, Band Room	

Alameda Sings! (Alameda Community Chorus- ACC)

Alameda Sings! (Alameda Community Chorus) is a community chorus open to all singers age 16 and up. No auditions. Reading music not required. Two concerts per year, Spring and Autumn. No class on 10/14, 11/11. Winter performance will be on December 7, 2024!

Class #26919	Sep 9 - Dec 2	M	7:00pm - 9:00pm
\$155	Barbara Acosta	Mastick Senior Center, Dining Room 2	

SPORTS

Adult Softball

ARPD's Adult Softball Program offers Men's Women's, and Coed Teams. For more information regarding signups and applying, please visit www.teamsideline.com/arpd.

Women's Flag Football

Alameda Women's Flag Football is back. ARPD season has Thursday night games (July & Aug) under the lights at Estuary Park in Alameda between 6:30pm - 10:00pm. The format of this flag football league is 5 v. 5 Women's Non-Contact. Please note registration is for individuals. We will distribute players on teams as this is a fun social league. We are open to all women, womxn, trans, non-binary folks over age 18. Everyone is welcome. Check www.teamsideline.com/arpd for more information.

Alameda Recreation and Park Department

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- **College Readiness**
- **Computer Applications**
- **Design and Composition**
- **Healthcare and Medical**
- **Language and Arts**
- **Personal Development**
- **Teaching and Education**
- **Technology**

Visit our website to find a course!

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Making Connections • Staying Active • Living Well

Programs and Services for Adults age 50 and older

1155 Santa Clara Ave, Alameda, CA
(510) 747-7500

Website: www.alamedaca.gov/mastick
Suggestion Box, masticksuggestion@alamedaca.gov

Hours

Program Hours: Mon-Fri 9:00am - 3:00pm
Facility Hours: 9:00am - 4:00pm (Courtyard ONLY)
Mastick Thrift Shop: Tue & Sat: 10:00am - 2:00pm

Staff

Morace McKay, Recreation Manager
mmckay@alamedaca.gov, (510) 747-7510

Justin Long, Alameda Recreation and Park Director
jlong@alamedaca.gov, (510) 747-7570

MASTICK SENIOR CENTER ADVISORY BOARD (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 - 12:00pm in Room D, Class #26925. All are welcome! For more info, call (510) 747-7500.

Mastick Thrift Shop

Tue & Sat (Shopping): 10:00am - 2:00pm, Open to the public
Donations accepted: Tu, Th & Sa, 9:30am - 1:00pm
Proceeds support Mastick Senior Center programs.
For details, call (510) 747-7500.

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 Lobby.

Application must be submitted at time of registration.

MASTICK MEMBERSHIP

Become a Mastick Member

Are you a member or thinking about becoming one? Do you simply need to renew your membership? Membership is FREE, extended to individuals, age 50+, and REQUIRED to participate in our programs. **To receive a registration form, call (510) 747-7500.**

New Member Orientation

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,

Jul 11, Aug 8, Sep 12, Oct 10, Nov 14 & Dec 12, at 10:30am - 11:30am in the Game Room.

Registration required, call (510)747-7500 to register.

VOLUNTEERS WANTED!

Volunteers are the backbone of Mastick Senior Center!

Join our team and experience the many benefits of volunteerism including new friendships, ability to assist others, and the opportunity to share skills or learn new ones! Training provided to ensure success in your new endeavor. To complete a volunteer application, visit the Mastick Lobby, or contact Daria, Volunteer Coordinator at dnyberg@alamedaca.gov or call (510) 747-7514.



SPECIAL EVENTS

Birthday Celebrations

Celebrate Your Birthday with Us!

Join us on Thursdays,

Jul 25, Aug 22, Sep 26, Oct 24, Nov 21, Dec 26 at 12:30pm in Mastick Senior Center, Dining Room 2 for sweet treats and happy birthday wishes!

SPOOKtacular Halloween Line Dance

Come join the FUN!

Dress for the holiday and show off newly acquired skills!
Light refreshments provided. \$10 at the door.

Class #26838	Oct 26	Sa	1:00pm - 4:00pm
\$10	Susie Okada	Mastick Senior Center, Social Hall	

ARTS & CRAFTS

Ceramics

Some demonstrations, potential projects and classroom support provided. Students are asked to participate in daily clean up and maintenance of tools, materials and the classroom.

Ceramic Lab: On both Tuesdays and Thursdays from 12:30 - 3:00pm, up to 16 registered students may use the Ceramic Lab facility to work on projects. Availability of the lab may vary depending on the availability of volunteer monitors.

BEGINNING & CONTINUING STUDENTS

This session recommended for those with no ceramics experience.

Class #26841	Sep 17 - Nov 19	Tu	10:00am - 12:00pm
\$104	Mastick Senior Center, Skill Center		

CONTINUING & INTERMEDIATE STUDENTS

Ceramics for continuing students and those working on projects.

Class #26840	Sep 19 - Nov 21	Th	10:00am - 12:00pm
\$104	Mastick Senior Center, Skill Center		

Chinese Ink Painting

This course teaches Chinese ink freehand flower and bird painting, involving a variety of flower and bird painting methods. It is similar to watercolor painting, but there are many differences, both in terms of painting materials and ideas. Students must bring their own supplies.

Class #26839	Sep 10 - Dec 17	Tu	10:00am - 12:00pm
Free	Mastick Senior Center, Room E		

Drawing and Painting

Explore techniques in a variety of mediums such as watercolor, acrylic, pastel, graphite and colored pencil. Students work in the medium(s) of their choice. (No oil paints or products that emit strong odors). An understanding of basic art techniques is strongly recommended, but all levels of experience are welcome. No class 11/11, 11/15.

Class #26849	Sep 23 - Nov 18	M	12:30pm - 3:00pm
\$84	Mi'Chelle Fredrick	Mastick Senior Center, Skill Center	
Class #26850	Sep 27 - Nov 22	F	10:00am - 12:30pm
\$84	Mi'Chelle Fredrick	Mastick Senior Center, Skill Center	

Jewelry Making and Repairing

Designed for beginners and experienced in jewelry wire wrapping. Must be a member of Mastick Senior Center and registered for the class. Students must bring own tools including wire cutter, round nose pliers and flat nose pliers. No class 11/29.

Class #26940	Sep 20 - Dec 20	F	1:30pm - 3:00pm
Free	Mastick Senior Center, Room D		

Knitting Circle

Free. Ongoing. Must be a Mastick Member. No registration required. Join the Knitting Circle every Wednesday afternoon and share projects, conversation, and fun! No instruction however, beginners are welcome and will be supported. No class 11/27.

Class #26749	Sep 4 - Dec 18	W	1:00pm - 3:00pm
Free	Mastick Senior Center, Room B		

Mastick Sewing Workshop

No registration required, simply go to class and join like minded folks who sew.

Class #26748	Sep 4 - Dec 18	W	9:00am - 1:00pm
Free	Mastick Senior Center, Room B		

Quilting

This class is designed for all levels - learn basic quilting skills or receive assistance with existing or new projects. Bring your projects with you and we'll muddle through. Quilting/Sewing Lab is equipped with two large cutting tables, rulers, mats, and six Janome sewing machines. Basic sewing notions, fabric, and instructions for your project required. Personal sewing machines welcome. No class on 10/28, 10/31, 11/11, 11/14, 11/25, 11/28.

Class #26847	Sep 23 - Dec 9	M	9:30am - 11:30am
\$57	Kathleen Fennelly	Mastick Senior Center, Room B	
Class #26848	Sep 23 - Dec 9	M	1:00pm - 3:00pm
\$57	Kathleen Fennelly	Mastick Senior Center, Room B	
Class #26845	Sep 26 - Dec 5	Th	9:30am - 11:30am
\$57	Kathleen Fennelly	Mastick Senior Center, Room B	
Class #26846	Sep 26 - Dec 12	Th	1:00pm - 3:00pm
\$57	Kathleen Fennelly	Mastick Senior Center, Room B	





Stained Glass & Mosaics for Beginners and Intermediate

Designed for beginners to intermediate skill levels in glass art seeking to refresh, sharpen, and share their knowledge with fellow class members. Must be able to work independently to design, construct, and complete projects. No class 11/11, 11/27.

Class #26759	Sep 9 - Oct 14	M	9:30am - 12:00pm
\$78	Colene Leong	Mastick Senior Center, Skill Center	
Class #26761	Sep 11 - Oct 16	W	9:30am - 12:00pm
\$78	Colene Leong	Mastick Senior Center, Skill Center	
Class #26763	Sep 11 - Oct 16	W	12:30pm - 3:00pm
\$78	Colene Leong	Mastick Senior Center, Skill Center	
Class #26760	Oct 28 - Dec 9	M	9:30am - 12:00pm
\$78	Colene Leong	Mastick Senior Center, Skill Center	
Class #26762	Oct 30 - Dec 11	W	9:30am - 12:00pm
\$78	Colene Leong	Mastick Senior Center, Skill Center	
Class #26764	Oct 30 - Dec 11	W	12:30pm - 3:00pm
\$78	Colene Leong	Mastick Senior Center, Skill Center	

ARTS & ENTERTAINMENT

The Great American Song Book

Join musician Glenn Fong for a musical journey! No registration required, simply join on the 2nd Wednesday of the month.

Class #26879	Sep 11 - Dec 11	2nd W	1:30pm - 3:00pm
Free	Mastick Senior Center, Dining Room 2		

Mastick Movie Matinee

Join other Mastick Members on 1st and 3rd Wednesdays of each month to watch a variety of movies which include current blockbusters as well as the classics. Free popcorn will be provided. Check the monthly Mastick newsletter to find out what is showing.

Mastick Movie Club

Enjoy movies and discuss with other members! Zoom connect link will appear on your receipt upon registration or contact dnyberg@alamedaca.gov or call (510) 747-7514 to join Mastick's Zoom-Movie Club.

Class #26923	Sep 6 - Dec 6	1st F	10:00am - 12:00pm
Free	Via Zoom		

Music Appreciation

Join Bill Sturm, Volunteer, for a performance & discussion of classical music. This takes place every fourth Thursday of the month and Nov 21.

Class #26926	Sep 26 - Nov 21	4th Th	1:30pm - 2:30pm
Free	Mastick Senior Center, Dining Room 2		
No class 11/28, due to Thanksgiving, instead it takes place Nov 21.			

Music Entertainment

Music 40's, 50's, 60's, 70's - including Broadway, Movies, Classic & Country in these Eras. FREE one-hour piano music concert, please come and enjoy beautiful music, performed by Susan Shauf. Every Third Thursday of the month. No class 11/21.

Class #26927	Sep 19 - Dec 19	3rd Th	1:00pm - 2:00pm
Free	Susan Shauf	Mastick Senior Center, Dining Room 2	

DANCE

Egyptian Folkloric Dance

For beginners and intermediate beginners. Introduction to Egyptian folkloric dance and music. The use of finger symbols, dance veil and canes are also used in this ethnic dance. A slow warmup to relax the muscles begins this class and ends with a slow cool down. No class 11/29.

Class #26512	Sep 6 - Dec 27	F	9:00am - 10:30am
Free	Roberta Trowbridge	Mastick Senior Center, Room A	

Hula

If you're new to hula or would like to refresh your skills, this class is for you! Hawaiian dance is an excellent exercise for everyone. As you dance, learn about Hawaiian stories, language and culture. Wear comfortable stretch clothing to allow for ease of movements. Join us for fun and aloha!

Class #26941	Sep 3 - Sep 24	Tu	11:30am - 12:20pm
\$43	Mastick Senior Center, Room A		
Class #26942	Oct 1 - Oct 29	Tu	11:30am - 12:20pm
\$53	Mastick Senior Center, Room A		
Class #26943	Nov 5 - Nov 26	Tu	11:30am - 12:20pm
\$43	Mastick Senior Center, Room A		
Class #26944	Dec 3 - Dec 17	Tu	11:30am - 12:20pm
\$33	Mastick Senior Center, Room A		

Line Dancing for Absolute Beginners (Level 1)

For those who are brand new to line dancing. You will learn basic steps, sequencing and terminology for your foot movements and step - by - step instruction for each dance. Come join us in activating your body and mind with music.

Class #26826	Sep 4 - Sep 25	W	9:30am - 10:30am
\$35	Susie Okada	Mastick Senior Center, Social Hall	
Class #26827	Oct 2 - Oct 30	W	9:30am - 10:30am
\$43	Susie Okada	Mastick Senior Center, Social Hall	
Class #26828	Nov 6 - Nov 20	W	9:30am - 10:30am
\$27	Susie Okada	Mastick Senior Center, Social Hall	
Class #26829	Dec 4 - Dec 18	W	9:30am - 10:30am
\$27	Susie Okada	Mastick Senior Center, Social Hall	

Line Dancing for Beginners (Level 2)

Designed for beginners and returning beginners who have experience with basic steps and want to continue learning more steps and dances. No class 11/11.

Class #26834	Sep 9 - Sep 30	M	12:30pm - 2:00pm
\$35	Susie Okada	Mastick Senior Center, Social Hall	
Class #26835	Oct 7 - Oct 28	M	12:30pm - 2:00pm
\$35	Susie Okada	Mastick Senior Center, Social Hall	
Class #26836	Nov 4 - Nov 18	M	12:30pm - 2:00pm
\$19	Susie Okada	Mastick Senior Center, Social Hall	
Class #26837	Dec 2 - Dec 16	M	12:30pm - 2:00pm
\$27	Susie Okada	Mastick Senior Center, Social Hall	

Line Dancing for High Beginners (Level 3)

Designed for line dancers who have mastered the basic steps and movements. New movements and more complex steps will be added. Additional step patterns, syncopation and various rhythms. High Beginner dances will feature varying degree of challenge.

Class #26830	Sep 4 - Sep 25	W	11:00am - 12:30pm
\$35	Susie Okada	Mastick Senior Center, Social Hall	
Class #26831	Oct 2 - Oct 30	W	11:00am - 12:30pm
\$43	Susie Okada	Mastick Senior Center, Social Hall	
Class #26832	Nov 6 - Nov 20	W	11:00am - 12:30pm
\$27	Susie Okada	Mastick Senior Center, Social Hall	
Class #26833	Dec 4 - Dec 18	W	11:00am - 12:30pm
\$27	Susie Okada	Mastick Senior Center, Social Hall	

Square Dance

No registration required. Class is ongoing. Suggested \$2 donation is welcome. No class 10/14, 11/11.

Class #26930	Sep 9 - Dec 30	M	1:30pm - 3:00pm
Free	Charles Clay	Mastick Senior Center, Room A	

ENRICHMENT

APD Beat Meeting - Community Meetings

Class #24347	Oct 22	Tu	6:00pm - 8:00pm
Free	Mastick Senior Center, Room D		
Class #24348	Oct 29	Tu	6:00pm - 8:00pm
Free	Mastick Senior Center, Room D		

Book Club

Contact dnyberg@alamedaca.gov or call (510) 747-7514 to join Mastick's Zoom-Book Club. Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Class #26747	Sep 3 - Dec 3	1st Tu	12:15pm - 3:15pm
Free	Via Zoom		

Coming Fully Alive As You Age

Explore the positives of aging and ways to have a happier life in the later years. Classes include Finding Meaning in Life; Being Fully Alive in Body, Mind and Spirit; Aging as a Spiritual Journey; and The Uplifting Power of Humor, Pets, and Art. It incorporates new research on the Blue Zones of the world.

Class #26756	Sep 9 - Oct 14	M	10:00am - 11:15am
\$47	Judith Pruess-Mellow	Mastick Senior Center, Room E	

Mastick Speaker Series

Mastick Senior Center will host a series of presentations on a wide range of topics designed to benefit senior citizens. Speakers will bring a compassionate look at creating generational wealth, health and home care options, downsizing if needed, community information and questions and answers on many points of interest. This series happens every 2nd Wednesday of the month. No class 11/27.

Class #27058	Sep 11 - Dec 11	2nd & 4th W	1:00pm - 3:00pm
Free	Mastick Senior Center, Media Room		

Shakespeare Discussion Group

Members will receive the Zoom meeting I.D. and passcode information 24 hours before the class begins.

Class #26929	Sep 6 - Dec 6	F	1:00pm - 3:00pm
Free	Via Zoom		



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FITNESS

Balance, Mobility & Stability

Join fellow seniors in a safe and welcoming environment to feel safe when moving from place to place. Practice gentle movements which will help improve your balance, mobility and stability. After taking this class you'll be able to sit and stand easier. Taking this class may also decrease your probability of falling and prevent injury. Exercises for strength and flexibility will be featured. Soft ambient music will be played during the session. No class 11/11, 11/25.

Class #26791	Aug 19 - Sep 30	M	12:15pm - 1:05pm
\$63	Tatiana Stollman	Mastick Senior Center, Room A	
Class #26793	Oct 7 - Dec 16	M	12:15pm - 1:05pm
\$93	Tatiana Stollman	Mastick Senior Center, Room A	

BaM - Balance and Mobility

Improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to improve coordination (neuromuscular facilitation) and to assist in fall and injury prevention and recovery. No class on 10/15, 10/22 and 10/29.

Class #26872	Sep 17 - Dec 17	Tu	12:15pm - 1:05pm
\$86	Dan Mark	Mastick Senior Center, Social Hall	

Fitness with Kendra

FUN full body workout that includes stretching, strength and balance training, and low impact cardio with light weights and a chair. All moves can be modified for all fitness levels, are completed at your own pace, and are set to fun music. Chairs and weights provided.

Class #26771	Sep 5 - Sep 26	Th	11:45am - 12:45pm
\$41	Kendra Meuser	Mastick Senior Center, Social Hall	
Class #26772	Oct 3 - Oct 31	Th	11:45am - 12:45pm
\$51	Kendra Meuser	Mastick Senior Center, Social Hall	
Class #26773	Nov 7 - Nov 21	Th	11:45am - 12:45pm
\$32	Kendra Meuser	Mastick Senior Center, Social Hall	
Class #26774	Dec 5 - Dec 19	Th	11:45am - 12:45pm
\$32	Kendra Meuser	Mastick Senior Center, Social Hall	

Mastick Volunteer Walking Group

Meet friends at the Fruitvale BART Station (unless otherwise noted) to explore the greater Bay Area on public transit. Wear walking shoes, dress in layers, bring water and lunch (purchasing lunch optional, depending on destination). Fun and exercise guaranteed! Schedule provided upon registration.

Class #26770	Sep 9 - Dec 16	M	9:30am - 12:30pm
Free	Sheila Shener	Fruitvale BART or other locations	

Pilates - In-Person & Zoom

Pilates is designed to develop muscle strength, balance, and tone. Controlled breathing and proper body alignment are key. Session includes standing, sitting, and lying down positions, and covers all core areas, legs, glutes and arms. Yoga-type mat, comfortable clothing, water bottle, dumbbells suggested. No class 11/27.

Class #27157	Aug 21 - Sep 25	W	9:00am - 10:00am
\$63	Tatiana Stollman	Mastick Senior Center, Social Hall	
Class #27159	Oct 2 - Dec 18	W	9:00am - 10:00am
\$114	Tatiana Stollman	Mastick Senior Center, Social Hall	

Retro Dance Fitness with Mel

Come have fun while you move your body in Retro Dance Fitness with Mel! This class is a simplified, low impact dance class designed for seniors. The hour flies by as we experience the joy of dancing to your favorite songs from the decades. Curated playlists include all the Latin rhythms, disco, swing, bellydance, bollywood, k-pop, and more. No dance experience needed and the class can be modified for all fitness levels. Come try it and you'll be hooked!

Class #26882	Sep 13 - Sep 27	F	10:30am - 11:30am
\$33	Melanie Snell	Mastick Senior Center, Social Hall	
Class #26883	Oct 4 - Oct 25	F	10:30am - 11:30am
\$43	Melanie Snell	Mastick Senior Center, Social Hall	
Class #26884	Nov 1 - Nov 22	F	10:30am - 11:30am
\$43	Melanie Snell	Mastick Senior Center, Social Hall	
Class #26885	Dec 6 - Dec 20	F	10:30am - 11:30am
\$33	Melanie Snell	Mastick Senior Center, Social Hall	

Strength Training and Cardio

Move to music and gain the benefits of resistance training designed to develop bone density, muscle mass, and endurance. Class easily modified for all fitness levels. No class 8/30, 11/27, 11/29.

Class #26794	Aug 21 - Sep 25	W	10:30am - 11:30am
\$63	Tatiana Stollman	Mastick Senior Center, Room A	
Class #26795	Oct 2 - Dec 18	W	10:30am - 11:30am
\$114	Tatiana Stollman	Mastick Senior Center, Room A	
Class #26796	Aug 23 - Sep 27	F	10:45am - 11:45am
\$53	Tatiana Stollman	Mastick Senior Center, Room A	
Class #26797	Oct 4 - Dec 20	F	10:45am - 11:45am
\$114	Tatiana Stollman	Mastick Senior Center, Room A	

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Tai Chi Dance Fitness with Mel Snell

Embark on a rejuvenating journey... Immerse yourself in gentle yet invigorating movements, seamlessly blending the ancient mind-body practice of Tai Chi with the joy of dance, simply choreographed to beautiful music. Experience improved balance, flexibility, mobility, strength, cardiovascular health and overall physical and mental well-being. Our Qi Gong exercises are especially beneficial for easing the pain and stiffness of arthritis. The class is low impact and can be done standing or sitting in a chair. No experience or equipment needed. Our supportive community welcomes you to make Tai Chi Dance part of your vibrant journey to wellness! No class 10/22.

Class #26874	Sep 10 - Sep 24	Tu	10:45am - 11:45am
\$33	Melanie Snell	Mastick Senior Center, Social Hall	
Class #26875	Oct 1 - Oct 29	Tu	10:45am - 11:45am
\$43	Melanie Snell	Mastick Senior Center, Social Hall	
Class #26876	Nov 5 - Nov 19	Tu	10:45am - 11:45am
\$33	Melanie Snell	Mastick Senior Center, Social Hall	
Class #26877	Dec 3 - Dec 17	Tu	10:45am - 11:45am
\$33	Melanie Snell	Mastick Senior Center, Social Hall	

Zumba Gold Toning with Anna

Zumba Gold Toning is a lower-intensity version of Zumba Fitness. It is a low-impact fitness class with simple moves, which makes it perfect for active older adults and low fitness participants. It combines Zumba Gold Fitness with Zumba Toning Sticks or light hand weights to enhance muscle strength, tone and endurance.

Class #26932	Sep 3 - Sep 24	Tu	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Social Hall	
Class #26933	Oct 1 - Oct 22	Tu	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Social Hall	
Class #26934	Oct 29 - Nov 19	Tu	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Social Hall	
Class #26935	Dec 3 - Dec 17	Tu	1:30pm - 2:30pm
\$33	Anna Gardner	Mastick Senior Center, Social Hall	

Zumba Gold with Anna

Zumba Gold is a modified version of regular Zumba dance classes, designed for older active adults, beginners and everyone else who wants to keep active at a lower intensity. It includes a medley of dance styles, including merengue, cha-cha, belly dance, rumba, tango and salsa.

Class #26936	Sep 5 - Sep 26	Th	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Room A	
Class #26937	Oct 3 - Oct 24	Th	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Room A	
Class #26938	Oct 31 - Nov 21	Th	1:30pm - 2:30pm
\$43	Anna Gardner	Mastick Senior Center, Room A	
Class #26939	Dec 5 - Dec 19	Th	1:30pm - 2:30pm
\$33	Anna Gardner	Mastick Senior Center, Room A	

HOBBIES & INTERESTS

Alameda Stamp Club

The Alameda Stamp Club was established in 1947. Join the group of stamp or philatelic collectors. Members will help you get started collecting or refresh your collection. If you have an inherited collection, the club will help you manage it. The club is experienced at answering related questions and directing you to the correct resources. Stamp collecting is the hobby of kings, join in or drop by to experience it for yourself.

Class #26918	Sep 12 - Dec 12	2nd Th	1:00pm - 3:00pm
Free	Mastick Senior Center, Room D		

Bridge

For Information call (510)747-7500.

Class #26746	Sep 3 - Dec 31	Tu	12:00pm - 3:00pm
Free	Mastick Senior Center, Game Room		

MULTIMEDIA



EXHIBIT

OPEN to ALL MSC Members and Art Class Instructors. Artist's Applications available from Monday, June 24, 2024 at Mastick Lobby, Skill Center and Office.

Artwork DUE to the Office by 2:00 PM

Friday, August 2nd.

**Reception in the Mastick Senior Center Lobby
Tuesday, August 20, 2024**

Join us to celebrate and admire the many works created by Mastick and local artists. Bring your friends and family, mingle and enjoy refreshments at the Lobby!

1155 Santa Clare Ave , Alameda 94501

LANGUAGES

French

FRENCH TRANSLATION (INTERMEDIATE)

Ongoing. French to English translation. Text used in class: "Mort Sur Le Nil" by Agatha Christie. Edition: "Le Livre de Poche" Jeunesse Traduit de L'anglais par Louis Postif. No class 10/11, 11/29.

Class #26757	Sep 6 - Dec 27	F	10:00am - 11:00am
Free	Mastick Senior Center, Room E		

FRENCH CONVERSATION

Ongoing. Basic knowledge of French language required.

Class #26758	Sep 6 - Dec 27	F	11:10am - 12:00pm
Free	Mastick Senior Center, Room E		

German

GERMAN INTERMEDIATE

Ongoing. Reading and Conversation via Zoom. 1st hour: German intermediate reading. 2nd hour: Intermediate conversation. Email dnyberg@alamedaca.gov or call 510-747-7514 to register and receive the Zoom connect link. No class 11/29.

Class #26880	Sep 6 - Dec 27	F	10:00am - 12:00pm
Free	Via Zoom		

GERMAN CONVERSATION

Ongoing. No class 10/14, 11/11.

Class #26881	Sep 9 - Dec 30	M	1:00pm - 3:00pm
Free	Mastick Senior Center, Media Room		

Italian Conversation

Ongoing. This is a group of Italian speakers who meet to practice their language skills. Participants should have a basic understanding of Italian, e.g., knowledge of present, future, imperfect and past perfect verb tenses, formation of plurals, etc. Otherwise all fluency levels are welcome. The group generally reads beginner and advanced beginner books. There is little to no formal instruction. No class 11/29.

Class #26873	Sep 6 - Dec 27	F	10:00am - 12:00pm
Free	Mastick Senior Center, Room D		



Spanish

SPANISH - BEGINNING

A second language is always an asset and Spanish is one of the best. Full class participation in reading, writing, listening, vocabulary and grammar while learning Spanish. No class 9/2, 11/11.

Class #26852	Aug 12 - Oct 7	M	9:00am - 10:00am
\$53	Juanita Palkovic	Mastick Senior Center, Room D	
Class #26854	Oct 28 - Dec 23	M	9:00am - 10:00am
\$53	Juanita Palkovic	Mastick Senior Center, Room D	

SPANISH CONVERSATION

Learn reading, writing, listening, grammar and listening while enjoying Spanish as a second language.

Class #26853	Aug 12 - Oct 7	M	10:30am - 11:45am
\$53	Juanita Palkovic	Mastick Senior Center, Room D	
Class #26855	Oct 28 - Dec 23	M	10:30am - 11:45am
\$53	Juanita Palkovic	Mastick Senior Center, Room D	

SPANISH PRACTICE

Class #26856	Sep 9 - Dec 30	M	12:15pm - 1:45pm
Free	Mastick Senior Center, Room D		

NUTRITIONS

Lunch Served: Weekdays

To make a reservation, call (510) 747-7503. Application required.

Monday - Friday at 12:00pm	Dining Room opens at 11:45am		
Reservations required	Eligibility Requirement: Age 60+	\$4 Donation	

Brown Bag Program

For information, call (510) 534-8540 or (510) 747-7500.

1st & 3rd Thursdays at 8:45am - 9:45am	Eligibility: 60+/Income limits
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SOCIAL PROGRAMS & SERVICES

Connections Support Group

The Connections Support Group offers a safe place for seniors to get together to receive information and resources for coping with life challenges. Participants will have an opportunity share their experiences on various topics affecting the senior population. The Senior Connections Case Manager will facilitate the meetings, providing resources, referrals, and practical, constructive information. Program provided by Alameda Family Services and funded in-part by the Mastick Senior Center Advisory Board.

Class #26921	Sep 18 - Dec 18	3rd W	1:00pm - 2:00pm
Free	Mastick Senior Center, Room D		

Diabetes Support Group

If you or someone you love has diabetes, consider joining the Diabetes Support Group, provided by the Alameda County Public Health Department Diabetes Program. For more information, call 510-383-5185. To join this group at Mastick, call 510-747-7500. Join us every 4th Wednesday and Dec 18 due to Christmas Holiday. No class 12/25.

Class #26915	Sep 25 - Nov 27	4th W	10:00am - 12:00pm
Free	Mastick Senior Center, Room E		

SPORTS

Billiards

Ongoing. Come and play! No registration required. No activity 11/11, 11/28, 11/29, 12/25.

Sep 3 - Dec 31	M Tu W Th F	9:00am - 3:00pm
Free	Billiards Room	

Bocce Ball

Ongoing. Come and play! No registration required. No activity 11/11, 11/28, 11/29, 12/25.

Sep 3 - Dec 31	M Tu W Th F	9:00am - 3:00pm
Free	Mastick Senior Center, Bocceball Court	

Table Tennis

Ongoing. Come and play! No registration required. Must be a Mastick Senior Center Member prior to participating. Join us for a friendly game of table tennis and improve your hand-eye coordination, reflexes, balance, brain fitness, while gaining muscle and cardio endurance. This game is easy on the joints, burns calories, and guarantees giggles with friends. No activity 11/11, 11/29.

Sep 6 - Dec 30	M F	9:00am - 3:00pm
Free	Mastick Senior Center, Dining Room 2	



TECHNOLOGY

Teens Teaching Technology (Seniors)

This program is a collaboration between the Mastick Senior Center and the ARPD Teen Programs. Teens will meet at the Mastick Senior Center computer lab 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. Teen program hours count towards required community service.

Class #26950	Sep 19	Th	4:00pm - 5:00pm
Free	Mastick Senior Center Room C		
Class #26948	Oct 17	Th	4:00pm - 5:00pm
Free	Mastick Senior Center Room C		
Class #26949	Nov 21	Th	4:00pm - 5:00pm
Free	Mastick Senior Center Room C		

TRIPS

Collette Travel Presentation

Local and International travel! Many wonderful places to visit. All you want to know about travel and future local and international trips and about great hospitality. Please Collette Travel presentation, bring your question, receive good discounts! Walk ins are welcome! Possible International and Local Trips: France, Thailand, Croatia and New York City. For more information, please contact dnybers@alamedaca.gov

Class #26959	Sep 5	Th	10:30am - 12:30pm
Free	Mastick Senior Center, Room D		

WELLNESS

Chair Yoga

This gentle form of yoga is practiced sitting in a chair or standing using the support of a chair. Relax your body and ease stress while building strength and flexibility. No class 11/11, 11/25.

Class #26790	Aug 19 - Sep 30	M	11:00am - 12:00pm
\$63	Tatiana Stollman	Mastick Senior Center, Social Hall	
Class #26792	Oct 7 - Dec 16	M	11:00am - 12:00pm
\$93	Tatiana Stollman	Mastick Senior Center, Social Hall	

Fall Prevention w/The Alexander Technique

The Alexander Technique can be extremely useful in helping older people reduce chances of falling. Joining Ms. Lenka Fejt, Alexander Technique Teacher, certified AT teacher, B.S. Kinesiology, and learn how to use and move your body in a safer manner.

Class #26878	Nov 5 - Nov 7	Tu W Th	10:00am - 11:30am
\$51	Lenka Fejt	Mastick Senior Center, Dining Room 2	

50+ ADULTS - WELLNESS & WORKSHOPS

Qigong

Qigong is an ancient discipline that includes visualization, mindfulness, and focused breathing. It is practiced to balance emotions, improve health, and enhance the mind, body, and spirit. Class easily modified for all fitness levels. No class 12/24.

Class #26909	Sep 3 - Oct 8	Tu	10:00am - 11:00am
\$64	Robert Dorsett	Mastick Senior Center, Room A	
Class #26910	Oct 15 - Nov 19	Tu	10:00am - 11:00am
\$64	Robert Dorsett	Mastick Senior Center, Room A	
Class #26911	Dec 3 - Jan 14	Tu	10:00am - 11:00am
\$64	Robert Dorsett	Mastick Senior Center, Room A	

Qigong

Designed for more seasoned Qigong students or those who have taken Qigong at Mastick or somewhere else, previously. We will review and practice everything learned in Robert's Tuesday class, refine those exercises and add more as time permits. Students may join at any time... register in person or over the phone to receive a prorated price. No class 12/26.

Class #26912	Sep 5 - Oct 10	Th	10:00am - 11:00am
\$64	Robert Dorsett	Mastick Senior Center, Room A	
Class #26913	Oct 17 - Nov 21	Th	10:00am - 11:00am
\$64	Robert Dorsett	Mastick Senior Center, Room A	
Class #26914	Dec 5 - Jan 16	Th	10:00am - 11:00am
\$64	Robert Dorsett	Mastick Senior Center, Room A	

Yoga for Bone Health

Yoga to promote bone health, based on research by Dr. Loren Fishman demonstrating that a targeted yoga practice can slow, stop, and even reverse the progress of osteopenia and osteoporosis, and prevent the development of these conditions in those who do not have them. Suitable for all levels of ability and experience with yoga. Instructor Leah Orloff. No class 12/24, 12/25, 12/31, 1/1.

Class #26892	Aug 13 - Oct 1	Tu	5:15pm - 6:30pm
\$67	Leah Orloff	Mastick Senior Center, Social Hall	
Class #26895	Aug 14 - Oct 2	W	2:45pm - 4:00pm
\$67	Leah Orloff	Mastick Senior Center, Social Hall	
Class #26893	Oct 8 - Nov 26	Tu	5:15pm - 6:30pm
\$67	Leah Orloff	Mastick Senior Center, Social Hall	
Class #26896	Oct 9 - Nov 20	W	2:45pm - 4:00pm
\$59	Leah Orloff	Mastick Senior Center, Social Hall	
Class #26894	Dec 3 - Feb 4	Tu	5:15pm - 6:30pm
\$67	Leah Orloff	Mastick Senior Center, Social Hall	
Class #26897	Dec 4 - Feb 5	W	2:45pm - 4:00pm
\$67	Leah Orloff	Mastick Senior Center, Social Hall	

Yoga with Dina

Alignment-based yoga targets modified poses focusing on strength, flexibility, and balance. Synchronize your mind and body while having fun. Dress in layers, bring a yoga mat, strap, and blanket for relaxation/warmth. No class 11/26, 11/28.

Class #26766	Sep 10 - Oct 29	Tu	9:00am - 10:15am
\$91	Dina Hondrogen	Mastick Senior Center, Social Hall	
Class #26767	Sep 12 - Oct 31	Th	10:00am - 11:15am
\$91	Dina Hondrogen	Mastick Senior Center, Social Hall	
Class #26768	Nov 5 - Dec 17	Tu	9:00am - 10:15am
\$80	Dina Hondrogen	Mastick Senior Center, Social Hall	
Class #26769	Nov 7 - Dec 19	Th	10:00am - 11:15am
\$80	Dina Hondrogen	Mastick Senior Center, Social Hall	

WORKSHOPS

ACI Environmental Workshop Series

Join Alameda County Industries representative for an overview of the Compost, Recycle and Landfill programs and many other Educational Environmental programs they will offer during Fall semester.

Class #26947	Sep 9 - Dec 2	1st M	10:00am - 11:00am
Free	Mastick Senior Center, Media Room		
<i>Please join us 1st Monday of every month, and Sep 9 due to Labor Day Holiday. No class 9/2.</i>			

Caretaker Fraud – Family and Non Family

Join William Smith, retired FBI Agent, to learn about the scope and types of caretaker fraud, factors leading to it, how it is rationalized by the offender, ways to prevent it and what to do if detected.

Class #26900	Sep 12	Th	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	



Charity Fraud

Join William Smith, retired FBI Agent, to discuss the scope of the problem, types of charity frauds, how scams work, warning signs, ways to determine if legitimate charitable organization and what to do if you become a victim of charity fraud.

Class #26907	Dec 4	W	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	

Debt, Billing and Delivery Scams

Join William Smith, retired FBI Agent, to learn about how scammers use fictitious email, text messages and fake shopping websites to deceive people into revealing sensitive information by claiming they owe a debt or did not pay a bill. Also discuss why seniors are targeted and how to identify such phishing emails.

Class #26906	Nov 20	W	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room E	

How to Age in Place: Hiring and Working with a Caregiver

Definitions of skilled care and personal care. Tips for success and how to identify care needs to safely remain in home. Differences between hiring through and agency or other methods. Discover resources for how to hire and maintain employment of a caregiver. 1. Reviews definitions of skilled care and personal care and explains available payment sources. 2. Covers tips for success and how to identify care needs to safely remain in the home. 3. Explains differences between hiring through an agency or other methods. 4. Provides resources for how to hire and maintain employment of a caregiver.

Class #24330	Sep 10	Tu	10:00am - 11:00am
Free	Jennifer Pardini	Mastick Senior Center, Room D	

Internet Fraud

Join William Smith, retired FBI Agent, to learn how scammers provide incorrect information over the internet in order to commit identity theft and trick people out of their money. Learn common types of internet fraud and why seniors and others fall for these scams.

Class #26904	Oct 30	W	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	

IRS Fraud

Join William Smith, retired FBI Agent, to learn about IRS Imposter scams, types of IRS scams, What the IRS will and won't do, and what to do if you receive a suspicious call or email from the IRS.

Class #26903	Oct 16	W	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Media Room	

Knowledge is Key: Know Your Medicare Rights

Join a HICAP Representative to learn about consumer protections for Medicare Beneficiaries, appeal rights for traditional Medicare and Medicare Advantage Programs, specific hospital and nursing home rights, contact information on advocacy organizations, agencies, and websites. 1. Explains consumer protections for Medicare beneficiaries. 2. Reviews appeal rights for traditional Medicare and Medicare Advantage Plans. 3. Discusses specific hospital and nursing home rights. 4. Provides important contact information on advocacy organizations, agencies, and websites.

Class #24331	Oct 8	Tu	10:00am - 11:00am
Free	Jennifer Pardini	Mastick Senior Center, Room D	

Medicare and the Annual Enrollment Period: Changes for 2025

Enrollment Period is October 15 - December 7. Learn information on upcoming changes to the Medicare Prescription Drug Plan (Part D) and Medicare Advantage Plan (Part C). An overview of eligibility, costs, benefits, changes to Medicare Parts A and B, options for supplementing Medicare and getting help with medical costs (Extra Help Program) included. 1. Provides information on changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans in the coming year. 2. Provides an overview of eligibility, costs, benefits, and changes in Medicare Parts A and B. 3. Explains options for supplementing Medicare and getting help with medical costs.

Class #24332	Nov 12	Tu	10:00am - 11:00am
Free	Jennifer Pardini	Mastick Senior Center, Room D	

Nursing Homes - What to know and how to select one

Join William Smith, retired FBI Agent, to learn who goes into nursing homes, about short and long term stays, staffing and its impact on residents and measures to consider when selecting a facility.

Class #26901	Sep 26	Th	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	

Online Dating Fraud

Join William Smith, retired FBI Agent, to learn the scope of the problem, why scammers target seniors, types of scams, the techniques used, what to be aware of, how to avoid these scams, and things to consider before meeting or sending money.

Class #26908	Dec 11	W	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	



DONATE NOW!
Support Alameda Parks



50+ ADULTS & REGISTRATION

Protecting Your Home Equity: PACE Loans, Reverse Mortgages

Defines common terms related to home ownership. Provides an overview of risks that could jeopardize ownership or equity. Discusses common financial issues related to home ownership and aging. Explains the basic structure of reverse mortgages and other types of equity-based loans and examines alternative options.1. Defines common terms related to home ownership2. Provides an overview of risks that could jeopardize ownership or equity3. Discusses common financial issues related to home ownership and aging4. Explains the basic structure of reverse mortgages and other types of equity-based loans and examines alternative options.

Class #24333	Dec 10	Tu	10:00am - 11:00am
Free	Jennifer Pardini	Mastick Senior Center, Room D	

Social Security Fraud

Join William Smith, retired FBI Agent, to learn the scope of the problem, why seniors are targeted, types of social security email and phone scams, and how they are committed.

Class #26905	Nov 6	W	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	

Texting Scams

Join William Smith, retired FBI Agent, to learn about the use of the telephone text messages to get people to respond to, and thereafter provide the information needed to access their bank and credit card accounts, or to instal malware on the phone.

Class #26902	Oct 3	Th	11:00am - 12:30pm
Free	William Smith	Mastick Senior Center, Room D	

When is the Right Time to Choose Senior Living?

From in-home care and support to independent and assisted living, our expert speakers will demystify each option, discussing their benefits, costs, and suitability for different needs. Presented by Alameda Senior Transitions.

Class #24978	Oct 25	F	10:00am - 11:30am
Free	Mastick Senior Center, Media Room		



HOW TO REGISTER

Register Online:

- www.alamedaca.gov/recreation
- Enter your email address to sign in.
- If you do not have an account, just follow the instructions on the screen to create one. Be sure to add your family members as well.
- If you have forgotten your password, enter your email address and click on the "Forgot My Password" link to reset your password.
- Contact ARPD Staff during regular business hours if you lock yourself out of your online account.

By Email:

- arpd@alamedaca.gov

By Mail or In Person:

- **Alameda Recreation and Park Department (ARPD)**
2226 Santa Clara Ave, Alameda, CA 94501
- **Mastick Senior Center**
1155 Santa Clara Ave, Alameda, CA 94501

By Phone:

- **ARPD:** (510) 747-7529
- **Mastick:** (510) 747-7500

- **Full payment is due at the time of registration.** Checks payable to ARPD. American Express, Discover, MasterCard or VISA accepted. **No refunds, credits or make-ups for any class you miss.**
- **Withdrawals may be requested 7 days before the activity/class starts** by e-mail or phone with a \$20 processing fee (or otherwise stated). The remainder of the fee may either be refunded or left as a credit on your online 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.

FINANCIAL ASSISTANCE

ARPD is providing Financial Assistance for families who qualify.
Up to 75% in assistance is available for Youth Programs, Camps and Classes.

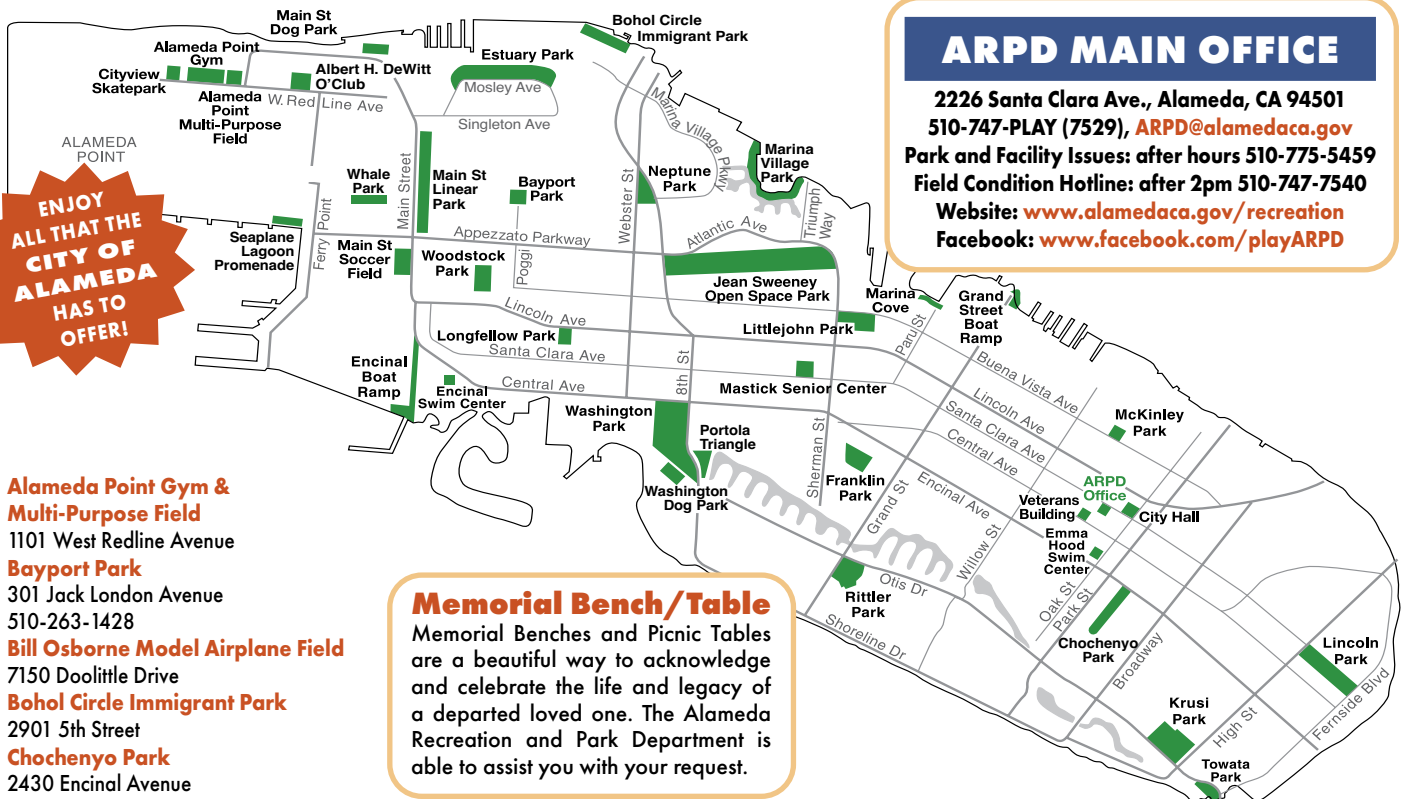
To learn more, or to apply, please visit our website: www.alamedaca.gov/recreation. Printed copies of our Financial Assistance Program Procedures and Application are available at the ARPD office during regular business hours.

FACILITIES & PARKS

ARPD MAIN OFFICE

2226 Santa Clara Ave., Alameda, CA 94501
 510-747-PLAY (7529), ARPD@alamedaca.gov
 Park and Facility Issues: after hours 510-775-5459
 Field Condition Hotline: after 2pm 510-747-7540
 Website: www.alamedaca.gov/recreation
 Facebook: www.facebook.com/playARPD

ENJOY
 ALL THAT THE
 CITY OF
 ALAMEDA
 HAS TO
 OFFER!



Memorial Bench/Table

Memorial Benches and Picnic Tables are a beautiful way to acknowledge and celebrate the life and legacy of a departed loved one. The Alameda Recreation and Park Department is able to assist you with your request.

Alameda Point Gym & Multi-Purpose Field

1101 West Redline Avenue

Bayport Park

301 Jack London Avenue

510-263-1428

Bill Osborne Model Airplane Field

7150 Doolittle Drive

Bohol Circle Immigrant Park

2901 5th Street

Chochenyo Park

2430 Encinal Avenue

City View Skate Park

(Alameda Point)

1101 West Redline Avenue

Corica Park

1 Clubhouse Memorial Drive

510-747-7800

Encinal Boat Ramp

150 Central Avenue

Encinal Swim Center

230 Central Avenue

510-522-4590

Estuary Park

201 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

Jean Sweeney Open Space Park

1925 Sherman Street

Krusi Park

3001 Otis Drive

510-522-4341

Leydecker Park

3221 Mecartney Road

510-521-1266

Lincoln Park/Harrison Center

1450 High Street

510-865-0603

Littlejohn Park

1422 Buena Vista Avenue

Longfellow Park

520 Lincoln Avenue

510-522-5262

Main Street Dog Park

Main Street & Navy Way

Main Street Linear Park

200 Main Street

Main Street Soccer Field

Main Street & Appezato Parkway

Marina Cove Waterfront Park

1591 Clement Avenue

Marina Village Park

1011 Pacific Marina

Mastick Senior Center

1155 Santa Clara Avenue

510-747-7500

McKinley Park

2165 Buena Vista Avenue

510-522-6161

Neptune Park

2000 Webster Street

O'Club

641 West Redline Avenue

Portola Triangle Park

800 Portola Avenue



Rittler Park

1700 Otis Drive

Seaplane Lagoon Promenade

1801 Ferry Point

Shoreline Park

198 Packet Landing Road

Tillman Park

220 Aughinbaugh Way

510-521-8307

Towata Park

3315 Bridgeview Isle

Underground Teen Center

Veteran's Memorial Building, Rm 170

510-748-9466

Veteran's Memorial Building

2203 Central Avenue

Washington Dog Park

Next to Washington Park

Tennis Courts

Washington Park

1300 8th Street

510-521-0162

Whale Park

151 Coronado Avenue

Woodstock Park

355 Cypress Street

510-521-0656



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

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City of Alameda 4th of July Parade

ALAMEDA'S SALUTE TO THE RED, WHITE & BLUE!

THURSDAY, JULY 4, 2024

Parade starts at 10:00 am on the corner of Park Street and Lincoln Ave, Alameda
www.alamedaca.gov

For Parade Information: