

Town of Colma

RECREATION GUIDE

Summer 2017



We create community through people, parks & programs



Inside!

- Summer Camp
- Senior Trips
- Special Events

GET SOCIAL WITH US!



Town of Colma

FREE ENTRY



Community FAIR

11AM-3PM

FOOD VENDORS!

CHALK ART WALK!

LIVE MUSIC

BIKE RODEO

BMX STUNT SHOW

CRAFT STALLS

Saturday
July 15, 2017

COLMA COMMUNITY CENTER
1520 Hillside Blvd. Colma, CA 94014



More Info Call: (650)-985-5678
or Email: recreation@colma.ca.gov

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**Our New Online
Registration Program**

The Town of Colma Recreation Services Department has launched a new recreation software program including online registration.

If you haven't already done so, please come in to the Colma Community Center to receive your updated Colma ID Card, and new Log-in and password to the online registration web-site. This is important because, if you set up your own online account and password before you receive your new Colma ID card, your online account will not be linked to your Colma ID, and you will not be eligible to receive the Colma resident rate. Once your account has been set up, you may register for programs online at apm.activecommunities.com/colmarecreation. If you have any questions about the new system or online registration, please do not hesitate to contact us at 650-985-5678 or colmarecreation@colma.ca.gov.

RECREATION SERVICES DEPARTMENT

COLMA COMMUNITY CENTER

1520 Hillside Boulevard
Colma, CA 94014
(650) 985-5678
(650) 997-3796 Fax

Business Hours
Monday—Friday 8am—6pm
Saturday & Sunday 10am—3pm

STERLING PARK RECREATION CENTER

427 F Street
Colma, CA 94014
(650) 991-3213 (650) 991-3206 Fax

Business Hours
Monday—Friday 1pm—6pm
Saturday & Sunday 11am—4pm

Town of Colma Recreation Department Offices and Facilities will be closed on the following Holidays from April - August 2017:

May 29, 2017	Memorial Day
July 4, 2017	Independence Day

Follow Us!



@colmarecreation



@colmarecreationservices



@townofcolma

Recreation Services Dept. Mission Statement

The Town of Colma Recreation Services Department is committed to enrich and enhance the lives of Colma Residents through high quality, diversified programs, and well maintained facilities and parks, while striving to meet the needs of the community.

TOWN OF COLMA CITY COUNCIL

TOWN OF COLMA RECREATION STAFF

MAYOR

Helen Fiscaro

VICE MAYOR

Raquel "Rae" Gonzalez

COUNCIL MEMBERS

Joanne F. del Rosario

John Irish Goodwin

Diana Colvin

The City Council meets the second & fourth Wednesday of each month at 7:00pm. City Council meetings are held at the Colma Community Center, 1520 Hillside Blvd.

ADMINISTRATIVE SERVICES DIRECTOR

Brian Dossey

(650) 985-5690

brian.dossey@colma.ca.gov

RECREATION COORDINATOR

Cynthia Morquecho

(650) 985-5681

cynthia.morquecho@colma.ca.gov

RECREATION COORDINATOR

Liz Tapia

(650) 985-5691

liz.tapia@colma.ca.gov

Town of Colma Identification Cards

In order to participate in Town of Colma Recreation Programs at the Colma resident rate, residents must first obtain a Town of Colma Resident Card.

Town of Colma Resident Cards are free to residents and can be obtained at the Colma Community Center. Residents must show multiple proofs of residency when applying for a Town of Colma Resident Card (i.e., driver's license, utility bill, phone bill, bank statement, etc.)

For more information on obtaining a Town of Colma Resident Card, please call (650) 985-5678.

Program Participation Minimums

In order to provide a positive experience for residents, each class, program, or activity has a minimum participation requirement. From time to time, a program may be cancelled due to minimum participation numbers not being met. All participants are urged to enroll early to avoid programs being cancelled.

Reasonable Accommodations

Upon request, this publication will be made available in appropriate alternative formats to persons with disabilities, as required by the Americans with Disabilities Act of 1990. Any person with a disability, who requires a modification or accommodation to view the newsletter, should direct such a request to Brian Dossey, ADA Coordinator, at (650) 985-5690 or brian.dossey@colma.ca.gov. Please allow two business days for your request to be processed.

Program Registration & Facility Reservations

Registration for all programs listed begins upon receipt of the Recreation Guide, unless otherwise noted. You can register for programs in person, or online. Please remember, if you are a Colma resident you must come to the Colma Community Center to set up your online account. All facility reservations must be done in person. Accepted forms of payment are cash, checks or credit cards.

Participants may cancel recreation programs two weeks prior to the start of the program without penalty. If participants cancel recreation programs within two weeks of the start of the program, refunds will not be returned and participants may be responsible for paying the full cost of the program if prepayments to third parties have been made. Also, it is important that you attend recreation programs that you register for, if you fail to attend recreation programs you may also be responsible for the full cost of the program.

For department cancellation of programs, if eligible, your refund will be processed and check sent to you within three to four weeks.

Comcast Cable

In July 2015, the Town entered into a new contract for Comcast Cable services for the residents of Colma. For questions or concerns pertaining to your Comcast cable, internet or phone services please contact Comcast's Bulk Cable service provider at 1-855-307-4896.

Town Wide Garage Sale (All Ages)

Sign up at the Colma Community Center for the 6th annual Town Wide Garage Sale. Each Colma resident who signs up for the Town Wide Garage Sale will host their own sale at their address. Once the Recreation Services Department has received all the names and addresses of the participants, we will advertise our Town-Wide Garage Sale through various media outlets to all potential shoppers. At the time of sign-up, the Recreation Services Department will ask you for a list of each big-ticket item, such as a refrigerator, couch, television, etc. Prior to the day of the event we will provide a list of participant addresses and their big ticket items to potential shoppers. There is no cost to this event; we just ask that everyone who intends on having a garage sale signs up at the Colma Community Center. For more information please contact us at (650) 985-5678.



DAY/DATE: Saturday, April 29, 2017
TIME: 9:00am–5:00pm
LOCATION: Colma Residential Areas
COLMA RES. FEE: FREE

Town Wide Clean Up Day (All Ages)

Join in the Community Fun and sign up for our Town Wide Clean Up Day. The Town Wide Clean Up Day is your opportunity to take pride in your Town by helping fellow residents and staff in cleaning up the streets of Colma, including areas around the Colma Creek. That’s right, we’ll also be participating in National River Clean up Day when we pick up trash and recycling materials along the Colma Creek. Participants and staff will also walk various locations in Colma picking up trash and recycling materials, and afterwards we will celebrate our Clean Town with a family fun BBQ at Sterling Park. All participants will receive a giveaway and an awesome BBQ lunch. Volunteers need to register for the Town Wide Clean Up Day at the Colma Community Center by May 18, 2017.

DAY/DATE: Saturday, May 20, 2017
TIME: 9:00am–2:00pm
LOCATION: Sterling Park Recreation Center

Also, should you have leftover items from the Town Wide Garage Sale or just a bunch of stuff you want to get rid of, now is your chance to donate or dispose of them at our Town Wide Clean Up Day. The Town is partnering with local agencies setting up a collection point for Colma residents to dispose of E- waste, Green waste, Universal waste, documents for shredding, trash, recyclable materials and other items for donation. The collection point will be located at the Corp Yard at 601 F Street in the Sterling Park Neighborhood. All residents must show a current Colma ID Card when disposing of waste, recyclables or trash and each household will be limited to 2 Cubic Yards (1 standard pick up truck bed) of material to dispose. Residents can also call the Colma Community Center to schedule a pick up of one large appliance to dispose of on Friday, May 19, 2017. All requests for large appliance pick up items must be made prior to Tuesday, May 16, 2017. For more information please call the Colma Community Center at (650) 985-5678.

DAY/DATE: Saturday, May 20, 2017
TIME: Town Wide Clean Up Day Volunteers 8:30am–9:00am
 Residents who live on B, C and Clark Street 9:00am–10:00am
 Residents who live on D, E & F Street 10:0am–11:00am
 Residents who live at Verano, Hoffman, Creekside Villas, Mission Road, Hillside, and El Camino Real 11:00am-12:00pm
LOCATION: Corp Yard at 601 F Street in the Sterling Park Neighborhood



Town of Colma Blood Drive (18 years & Older)

Five percent of all hospitalized patients receive blood transfusions. The average use of each of these patients is about three pints. Leading users are patients with cancer, heart disease, gastrointestinal disease, fractures and trauma, anemia, bone and joint abnormalities, organ transplants, and lung, liver and kidney disease. Join fellow residents and give blood for those in need. The Stanford Mobile Blood Center will be visiting Colma on June 3 from 9am-1pm. No need to register, just stop by and donate. For additional information or questions, please call 650-985-5678.

- DAY/DATE:** Saturday, June 3, 2017
- TIME:** 9:00am—1:00pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** FREE
- NON-RES. FEE:** FREE



Family Field Day & Barbecue - “Streets Alive” (All Ages)

Join Colma Recreation Staff as we participate in San Mateo County’s “Streets Alive” program. “Streets Alive” is a county wide collaborative program that encourages the public to get outside, enjoy public spaces and to participate in physical activity. In Colma, we will enjoy a day filled with field activities for you and your family at T.R. Pollicita Middle School. Play soccer, kickball, and field games. We will barbecue hot dogs and hamburgers, provide refreshments, and all the equipment needed for your family to enjoy the day. All participants are encouraged to enroll early to avoid programs being cancelled.

- DAY/DATE:** Saturday, May 6, 2017
- TIME:** 11:00am—3:00pm
- LOCATION:** T.R. Pollicita Field & Gym
- COLMA RES. FEE:** FREE
- NON-RES. FEE:** FREE

Six Flags (All Ages)

Enjoy a day at Six Flags Discovery Kingdom! Known as the Thrill Capital of Northern California, Six Flags features a unique combination of animal attractions, thrilling rides and exciting shows. You’ll experience a full day of fun and discovery as your adventure includes enjoyment of over 40 rides and attractions, plus wildlife encounters, with opportunities to feed a giraffe, sea lion or even touch a stingray. Please watch for the bus schedule in the July edition of LiveWire.

- DATE/TIME:** Saturday, August 5, 2017, 10am - 6pm
- LOCATION:** Six Flags, Vallejo, CA
- COLMA RES. FEE:** \$ 38 Adult
\$ 19 Senior, Youth & Disabled
- NON-RES. FEE:** \$ 63.00



Save the Date

San Mateo County

★ 13th Annual ★

DISASTER PREPAREDNESS DAY

Saturday, June 10, 2017

10AM-2PM, San Mateo County Event Center
1346 Saratoga Avenue, San Mateo

Arrive BEFORE 11am for
FREE Admission to the County Fair!

First-Aid, Police, Fire, Emergency Medical Services
and Equipment Demonstrations
★ Learn How to Put Together a Disaster Plan and Emergency Kit! ★

For more information:
Office of Emergency Services at (650) 363-4790
Office of Supervisor Carole Groom (650) 363-4568



Day Camp (Ages 5–12 years)

The Town of Colma Recreation Services Department is excited to offer Summer Day Camp! Youth ages 5-12 years old are invited to explore a wide range of activities to during the summer break. Children will enjoy art & crafts, outdoor games, indoor games, music, cooking projects, movies, and so much more. A session schedule will be given out on the first day of camp. Each day-camper should bring a bag lunch, a sweatshirt, and wear tennis shoes. Please be sure all personal items are clearly labeled with the camper's name. On-site, we have trained and dedicated staff leading developmentally oriented fun-loving games and activities that participants will enjoy individually and amongst their peers and favorite Recreation Leaders. For questions please call Recreation Coordinator, Liz Tapia at (650) 985-5691, during regular business hours, Monday through Friday, between 8:00am and 5:00pm.

Summer Session:

DAY: Monday–Friday
DATE: June 12 – August 18, 2017
TIME: 10:00am–4:00pm
LOCATION: Sterling Park
COLMA RES. FEE: \$5 per day
NON-RES. FEE: \$30.00 per day

Session	Dates	Notes
I	6/12 - 6/23	skip 6/21 field trip
II	6/26 - 7/7	skip 7/4 holiday & 7/5 field trip
III	7/10-7/21	skip 7/19 field trip
IV	7/24 - 8/4	skip 8/1 field trip
V	8/7 - 8/18	



Leaders in Training (Ages 13–17 years of age)

Become a Leader in Training (LIT) and learn valuable skills while assisting Recreation staff in our summer day camp. Colma teens who are interested in volunteering for the spring day camp should contact Liz Tapia at 650-985-5691 for a volunteer application.

Applications are due by May 1, 2017. LIT applicants will be interviewed and offered volunteer opportunities as needed. Interviews are tentatively set for May 9, 2017. A mandatory LIT orientation will be held June 2, 2017. New LIT's must attend orientation in order to begin volunteer assignments.



Day Camp Extended Care (Ages 5–12 years)

Extended Care is designed for parents who need additional care for campers who just can't get enough camp. Campers will participate in games, arts & crafts, and play at the park. Extended Care is open to children enrolled in Day Camp.

Early Morning Care: 8:00am-10:00am

Resident Fee: \$1.00 per day
Non-Resident Fee: \$6.00 per day

Afternoon Care: 4:00pm-6:00pm

Resident Fee: \$1.00 per day
Non-Resident Fee: \$6.00 per day

Alternative Camp program for Teens

(Ages 13-17 years old)

The Recreation Services Department offers teens the opportunity to participate in one session of an approved day camp program of their choice at the Colma resident fee. For example, if you are interested in going to a Baseball Camp over summer break and it costs \$175, the Town will pay up to 70% of the \$175. Please contact Brian Dossey at 650-985-5690 or brian.dossey@colma.ca.gov for this great opportunity to participate in the camp of your choice during the winter break. All requests for participation are accepted on a case by case basis and need to be turned in at least 30 days prior to the camp program. Also, there are additional rules and restrictions that apply, so please call for details.



Summer Day Camp Trips

Join us for fabulous Summer Day Camp Trips to some of the Bay Area's hot spots. All trips depart from the Sterling Park Recreation Center at 9:30am and will return to Colma at approximately at 5:00pm, unless otherwise indicated. Campers must register as soon as possible to ensure their space on the trip.

Santa Cruz Beach Boardwalk (Ages 5–12 years)

Join us for a day of fun in the Sun at Santa Cruz Beach Boardwalk! The Boardwalk is recognized as the best seaside park in the world. We will enjoy a day of unlimited thrilling rides! Be sure to bring a bag lunch and money if you wish to enjoy all the boardwalk goodies! Register before June 6, 2017 to avoid program cancellation.

DAY/DATE: Wednesday, June 21, 2017

COLMA RESIDENT FEE: \$20 Youth

NON-RES. FEE: \$69.00

Adventure Playground (Ages 5–12 years)

Back by popular demand! The Adventure Playground at the Berkeley Marina is a wonderfully unique outdoor facility where staff encourage children to play and build creatively. Come climb on the many unusual kid designed and built forts, boats, and towers. Ride the zip line or hammer, saw, and paint. Be sure to bring a bag lunch, long pants and close-toe shoes. Please note that this field trip is on a FRIDAY. Register before June 23, 2017 to avoid program cancellation.

DAY/DATE: Friday, July 7, 2017

COLMA RESIDENT FEE: \$11 Youth

NON-RES. FEE: \$35.00

Aqua Adventure in Fremont, CA (Ages 5–12 years)

Aqua Adventure is a newly opened water park in Fremont in the East Bay. It has 3 pools and a lazy river. There's a huge tower with 4 water slides! Be sure to bring your bag lunch, swimsuit, towel, sunblock and any other sun essentials! Register before July 3, 2017 to avoid program cancellation.

DAY/DATE: Wednesday, July 19, 2017

COLMA RESIDENT FEE: \$14 Youth

NON-RES. FEE: \$47.00



Don Castro Regional Recreation Area (Ages 5-12)

We will have a day splashing and swimming in the lagoon and have a BBQ picnic. Be sure to bring your swimsuit, towel, sunblock and any other sun essentials! There is a bathhouse, a vending machine, a sandy beach and large lawn areas. We will have a blast! Please note that this field trip is on a TUESDAY. Register before July 17, 2017 to avoid program cancellation.

DAY/DATE: Tuesday, August 1, 2017

COLMA RESIDENT FEE: \$11

Youth NON-RES. FEE: \$35.00





STEM FUNdamentals using

Lego®! (Ages 5–12 yrs.)

Power on your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects

such as Snowmobiles, Towers, Catapults, and Battletracks! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. There is no prerequisite for this course.

- DAY/DATE:** Monday - Friday, August 7–11, 2017
- TIME:** 9:00am–12:00pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$19 Youth
- NON-RES. FEE:** \$125.00



Junior Minecrafters (Ages 5–7 yrs.)

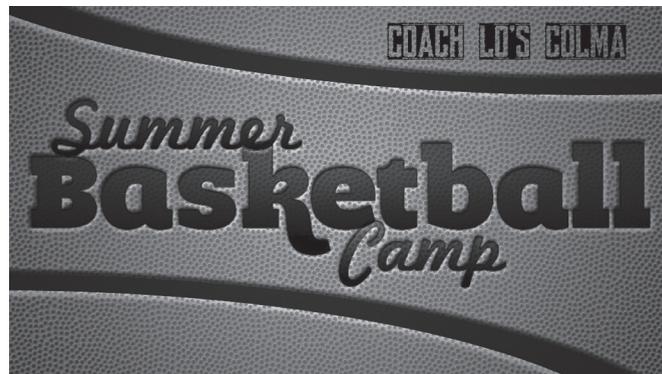
Come explore the world of Minecraft with us! Junior Minecrafters will have tons of fun as they learn the basics of the world famous game. We'll learn about the different game modes, how to craft some crazy contraptions, and even build an awesome house together! In between sessions of computer time, we'll do other fun Minecraft stuff like papercraft, a camp-made costume party, outdoor games, and on Friday, a Minecraft potluck party!

- DAY/DATE:** Monday - Friday, July 24–28, 2017
- TIME:** 9:00am–12:00pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$23 Youth
- NON-RES. FEE:** \$150.00

Minecraft Challenge (Ages 8–12 yrs.)

Spawn into the curious world of Minecraft! Learn the fundamentals of video game design as you create epic worlds with the help of your fellow campers and powerful tools like WorldEdit, make awesome screencasts like your favorite You-Tubers, and during free time, compete in Minecraft Hunger Games, Sky Wars, and more! This is the Minecraft summer camp you've been waiting for.

- DAY/DATE:** Monday - Friday, July 24–28, 2017
- TIME:** 1:00pm–4:00pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$26 Youth
- NON-RES. FEE:** \$175.00



NEW! Coach Lo's Basketball Camp

(Grades 4th–9th)

The Colma Recreation Department is excited to offer this new basketball program! This camp is geared towards improving student-athletes basketball skills and fundamentals. All committed and determined participants will be put through drills that encourage them to “think basketball”. In this camp we will emphasize ball handling, shooting form, defense, passing, footwork, conditioning, speed agility and quickness.

- DAY/DATE:** Monday - Friday, July 10–14, 2017
- TIME:**

Grades (entering)	Time
4th/5th	10am -11:30am
6th/7th	12noon -1:30pm
8th/9th	2pm -3:30pm

- LOCATION:** T. R. Pollicita Gym
- COLMA RES. FEE:** \$30 Youth & Teens
- NON-RES. FEE:** \$100.00
- INSTRUCTOR:** Lorenzo Hockaday

Princess Dance Class—Duo Dance Academy
(Ages 3–7 years old)

Students will learn about full length ballet, and this years theme will be Swan Lake. There will be arts & crafts, dance classes, story-time, and snacks included. On the last day of class, dancers will showcase what they have learned to family and friends. Students will a need uniform (tights, leotard or stretch pants and appropriate shoes). All participants are urged to enroll early for space is limited.

- DAY:** Monday–Friday,
- DATE:** July 17–21, 2017
- TIME:** 9:30am–12:00pm
- LOCATION:** Duo Dance Academy, 12 Wellington Ave., Daly City
- COLMA RES. FEE:** \$60 Youth
- NON-RES. FEE:** \$200.00
- INSTRUCTOR:** Duo Dance Academy Staff



Summer Teen Adventures (Ages 12–17 years)

All Summer Teen Adventures will depart from the Sterling Park Recreation Center. Please register early to ensure your space on the trip. Resident teens may bring one non-resident teen at the resident rate.



**WEDNESDAY,
JUNE 28, 2017**

11:00AM—4:00PM

**THE
RACE IS
ON!**

COLMA RESIDENT FEE: \$25 TEEN

NON-RES. FEE: \$85.00



**WEDNESDAY,
JULY 12, 2017**

9:30AM—3:00PM



GOTCHA!



COLMA RESIDENT FEE: \$10 Teen

NON-RES. FEE: \$32.00



Youth & Teen Cooking Classes

(Ages 10 - 17 years old)

All classes will be taught at the Colma Community Center. The Colma resident rate is \$8 for youths and the non resident rate is \$48.00. Please register early for these classes will fill up fast.

Fondue!!-June 7, 2017 - 4:45pm - 6:15pm

You'll enjoy the delicious flavor of fondue, as we make cheese fondue with potatoes, broccoli, cooked chicken, and bread. In order to satisfy your sweet tooth, we'll make chocolate fondue with bananas, angel food cake, strawberries.

Make a Picnic!- July 5, 2017 - 4:45pm - 6:15pm

Summer time is always a great time for a picnic, we'll make fried chicken fingers, macaroni salad, deviled eggs, and berry parfait. Everything you need for the perfect afternoon picnic!

Cajun Invasion!!- August 2, 2017 - 4:45pm - 6:15pm

We'll be cooking up the perfect Cajun meal as we make, corn dip, shrimp Po Boy sandwiches, and Banana Split Pie. Yum!

Friday Night Lights (Ages 12 - 17 years old)

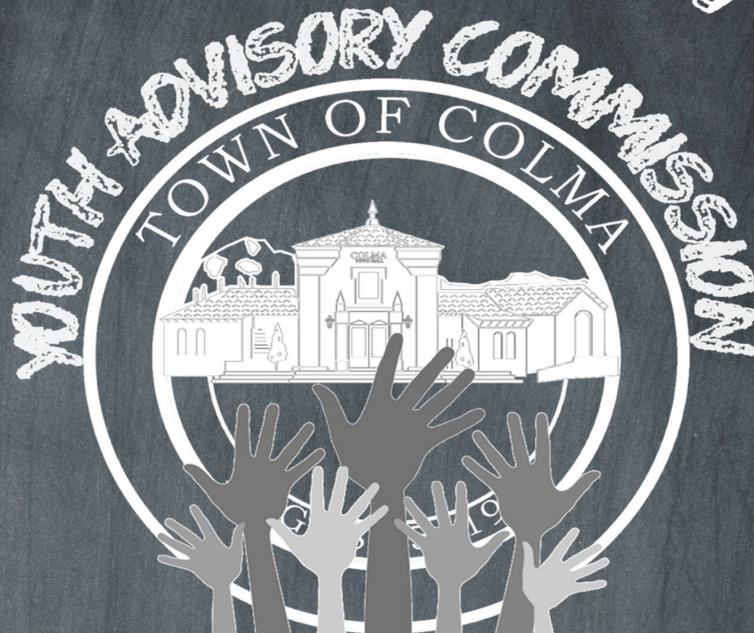
Come join Recreation staff on Friday nights as we keep the lights on a little longer and enjoy some extra shoot around time. Staff will organize pick up games and friendly competitions.

DAY:	Fridays
DATE:	April 7 - June 2, 2017
TIME:	6:00pm-7:30pm
LOCATION:	Sterling Park Recreation Center
COLMA RES. FEE:	FREE
NON-RES. FEE:	\$2.00



NEW!

GET INVOLVED!



Do you want to be an active member of your community? Are you interested in Local government? Do you want to make a difference as a Leader? Then The Town of Colma Youth Advisory Commission is for you!

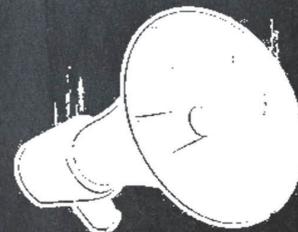
Why Should I Apply?

- ◆ Members will have the opportunity to earn community service hours while at meetings or events.
- ◆ Attend workshops and events with your peers.
- ◆ Have your voice heard and organize special events and trips for youth and teens in Colma.
- ◆ Participate in community events and Colma activities planned by the Recreation Department.
- ◆ There's so much more including fun memories, team building, and lasting friendships!

How do I apply?

Applications will be available on Monday, April 21, 2017 online at www.colma.ca.gov or at the Colma Community Center. Applications are due Monday, May 30, 2017.

For more details, contact Liz Tapia at 650-985-6591 or Liz.Tapia@colma.ca.gov



MAKE YOUR VOICE HEARD!

After School Program

Kids' Club After School Program (Ages 5–14 years old)

The Colma Recreation Services Department is excited to offer the KIDS' CLUB after-school program at the Sterling Park Recreation Center. This program starts on January 3, 2017 to all children ages 5 to 14 years, Monday through Friday, 3:00pm to 6:00pm through June 9, 2017. Recreation staff will lead participants in arts & crafts, athletics, board & team games, and provide help with homework. For more information please contact Liz Tapia at (650) 985-5691.

DAYS: Monday–Friday
TIME: 3:00pm–6:00pm
LOCATION: Sterling Park Recreation Center

Session	Dates	Fee: Res/NR
7	4/17-4/28	\$10/\$23
8	5/1-5/12	\$10/\$23
9	5/15-5/26	\$16/\$38
10	5/30-6/9	\$11/\$26

Modified Day	Dates	Program Hours
Minimum Day Adventures	- All Wednesdays - 4/7, 5/19, 5/25-26, 6/8-9	1pm - 6pm



Parents' Night Out (Ages 3.5–10 years)

Parents, you deserve a night out! Don't let just anyone baby-sit your children; we'll do it. Yes, we are experienced, trustworthy and ready for fun. Check out our great special PNO themes. Please bring sleeping bags and pajamas. So relax, see a movie, or go out to dinner. Just remember you have a 10pm curfew. All participants are urged to enroll early to avoid program being cancelled. Children must be toilet trained in order to participate.

DAY: Saturdays
TIME: 6:00pm–10:00pm
LOCATION: Sterling Park
COLMA RES. FEE: \$5 Youth
NON-RES. FEE: \$20.00

Date	Movie
May 13, 2017	Trolls
June 3, 2017	Sing
July 8, 2017	Moana
August 12, 2017	Lego Batman



Ice Cream and Art & Crafts Night (Ages 5 - 12 years old)

Join Colma Recreation Department Staff as we help children learn and discover through the creation of age appropriate arts and craft projects. Participants will be provided with opportunities to socialize and share their projects with their peers and staff. All participants are urged to enroll early to avoid program being canceled.

DAY: Fridays
TIME: 6:00pm - 8:00pm
LOCATION: Sterling Park Recreation Center
COLMA RES. FEE: \$4 Youth
NON-RES. FEE: \$15 Youth

Date	Activity
4/14/17	Bunny Egg Baskets
5/5/17	Mother's Day Garden Stones
6/9/17	Father's Day Mugs
6/30/17	Fireworks Crafts

Project Read Science Club (Ages 5–12 years)

Join Project Read for Science, Discovery and Fun! Project Read’s Science Club teaches physical science through children’s literature and hands-on experiments. Topics include: magnetism, polymers, energy, and color. Young scientists take home free activities.

- DAY:** Tuesdays
- DATE:** June 15, July 6, and July 27, 2017
- TIME:** 10:00am - 11:00am
- LOCATION:** Sterling Park
- INSTRUCTOR:** Project Read Staff

Project Read Nutrition (Ages 5-12 years)

Project Read’s nutrition educator will present a series of fun, educational programs based on children’s literature. Learn about healthy eating with fun activities and new recipes. Each child will receive a free children’s book.

- DAY:** Tuesdays
- DATE:** June 22, July 13, and August 3, 2017
- TIME:** 10:00am - 11:00am
- LOCATION:** Sterling Park
- INSTRUCTOR:** Project Read Staff

Project Read Learning Wheels (Ages 5-13 years)

Calling 1st through 8th graders! Come to Project Read’s literacy van, Learning Wheels, for fun and educational activities. Have a snack, hear great stories, and pick out a free book! Experienced literacy staff will provide enthusiasm for reading and learning.

- DAY:** Tuesdays
- DATE:** June 29, July 20, and August 10, 2017
- TIME:** 10:00am - 11:00am
- LOCATION:** Sterling Park
- INSTRUCTOR:** Project Read Staff

Fees for the Project Read Program are included in the Summer Day Camp Program.



Kumon Learning Program (Ages 3-16 years old)

Kumon is an after-school learning program designed to help build confidence, increase self-discipline, improve concentration, and study habits. Kumon instructors will design individual lesson plans based on a student’s ability and understanding of the material in math or reading. The emphasis on individualized learning will help your child become more focused, motivated and self-reliant. Students will also learn to assume responsibility for their own progress and learn at a rate that is comfortable for them. For more information or if you would like to enroll your child in this program please call the Colma Community Center at 650-985-5678.

Math Program – Kumon Math is a comprehensive program that develops the necessary skills to help your children progress from counting through calculus. Kumon assignments allow students to discover specific math concepts and improve mental calculation, reasoning and problem solving skills.

Reading Program– Kumon’s assignments incrementally build on each subject to develop students’ comfort with and understanding of reading. Each worksheet not only covers a specific concept, but also helps students interpret information, expand their vocabulary, and enhance reading and writing ability and overall comprehension.

- DAYS:** Tuesdays and Fridays
- DATE:** Session I May 2-30, 2017
Session II June 2-30, 2017
Session III July 4-28, 2017
Session IV August 1-29, 2017
- TIME:** Classes are 45 minutes long and scheduled between 3:30pm–7:00pm
- LOCATION:** Kumon Learning Center, 207 Southgate Ave., Daly City
- COLMA RES. FEE:** Math Program - \$33 Youth per month
Reading Program - \$33 Youth per month
- NON-RES. FEE:** \$160.00
- INSTRUCTOR:** Kumon Tutoring Staff

Vibo Youth Ensemble (Ages 8–17 years)

For intermediate level students playing orchestral instruments with basic sight-reading skills. This weekly, 60 minute ensemble is highly focused to develop chamber, ensemble performance techniques and beginning orchestral performance ability as it opens the path for students to all forms of performance. Students will learn a variety of musical styles from baroque to contemporary, including orchestral excerpts, as well as explore techniques of individual performance skills needed to lead chamber, ensemble and orchestra. Please contact Vibo Music at (650) 844-0805 for a brief audition.

DAY: Fridays
DATE: June 2 - August 25, 2017
TIME: 6:00pm–7:00pm
LOCATION: Vibo Music Center, 488 San Mateo Ave, San Bruno
COLMA RES. FEE: \$62 Youth
NON-RES. FEE: \$260.00
INSTRUCTOR: Vibo Music Staff

ViBo Choir (Ages 6–18 years)

Vibo’s Choir allows children to explore and enjoy music since the very first class, doing vocal training and music theory. Students will learn how to have a solid vocal technique improving class to class. One of our goals is to provide individual attention that teaches students how to sing in a choir. The repertoire will vary in different styles such as Broadway, Latin American, pop and folk songs. As a result of the season, students will perform in a recital where they will be able to showcase their work as a choir.

DAY: Saturdays
DATE: Session I June 10 - July 29, 2017
 Session II August 12 - October 7, 2017 (Skip 9/2)
TIME: 5:00–6:00pm
LOCATION: Vibo Music Center
 488 San Mateo Ave, San Bruno
COLMA RES. FEE: \$38 Youth
NON-RES. FEE: \$160.00

ViBo Music Camp Allegro (Ages 10–18 years)

Join us at Camp Allegro, a one-week summer music camp offering an unparalleled creative experience for aspiring young musicians ages 6 and up! Campers explore the joy of playing music through fun classes, rehearsals and performance all within a fun and supportive environment. Beginners and intermediate level students alike benefit from a summer session at Camp Allegro. Camp Allegro’s staff is composed of professionally trained musicians in a variety of genres, inspiring students to explore new types of music. Students can perform in an all-camp chorus, a percussion ensemble, acoustic ensembles, rock bands, and more! The week culminates with a performance showcasing their newly learned skills for parents and friends. Available instruments (but not limited to) include guitar, piano, violin, cello, ukulele, woodwinds, and vocals. Extended hours service is available upon request.

Early Childhood Music Education (Ages 2 – 7 years old)

Join this fun, active music class for young children. The mission of this class is to help build a strong foundation for growth and learning through music education. The goal of this program is to foster curiosity, creativity, and a passion for music at an early age. The curriculum is designed to teach the following musical terms and skill sets; Rhythm, measures, and beats; Types of Notes - Whole, Quarter, and Half; and Bass and Treble Clef; The curriculum is also designed to familiarize students with various types of instruments they can play and observe; Drumsticks, Shakers, Piano/Keyboard, Guitar/Ukulele, Auxiliary Percussion Instruments, and Vocals.

DAY: Saturdays
DATE: Session I June 10 - July 29, 2017
 Session II August 12 - October 7, 2017 (Skip 9/2)
TIME: 10:30am–11:15am
LOCATION: Vibo Music Center
 488 San Mateo Ave, San Bruno
COLMA RES. FEE: \$38 Youth
NON-RES. FEE: \$160.00
INSTRUCTOR: Vibo Music Staff



Each session’s schedule includes the following activities:

- Studying a primary instrument of the student’s choice
- Exploring different instruments
- Playing many styles of music as solos and ensembles
- Performing in a talent show on the final day

Session	Dates
Session I	July 10 -14, 2017
Session II	July 17 - 21, 2017

TIME: 10:00 am- 3:00 pm
LOCATION: Vibo Music Center - 488 San Mateo Ave. San Bruno
COLMA RES. FEE: \$91 Youth
NON-RES. FEE: \$380.00

Beginning Keyboard (Ages 7 years & Older)

Learn to play keyboard/piano in a small-sized class. The instructor will guide the students through a fun and easy way to learn playing music on the piano. They will receive a lot of individual attention and benefit from group playing activities. The class will cover how to read music, basic piano technique, rhythm, easy songs and chords. Students may be required to purchase a textbook to participate (approximately \$10 paid to Vibo Music Center at the first class).

San Francisco Location- 908 Paris St. San Francisco

Keyboard Workshop (Ages 7 years & Older)

Day	Dates	Time
Saturday	June 10 - July 29, 2017	2:30-3:30pm
Sunday	June 11- July 20, 2017	1:00-2:00pm
Saturday	August 12- Oct. 7, 2017	2:30-3:30pm
Sunday	August 13- Oct. 8, 2017	1:00-2:00pm

(Skip Dates 9/2 and 9/3)

COLMA RES. FEE: \$76 Adult, \$38 Youth, Senior & Disabled

NON-RES. FEE: \$160.00

Jazz Guitar and Musicianship Workshop (Ages 10–18 years)

Learn to improvise solos, play through jazz tunes, and make yourself an overall better musician! This intermediate level class is great for those who have some prior experience playing contemporary style guitar and want to expand their knowledge and skill set on their instrument. The course material includes lessons on music theory, jazz standards, cultural perspectives of jazz music, practice techniques, performance etiquette, and much more. Whether you're completely new to jazz, or an experienced player, this eight week workshop is guaranteed to provide an interesting and musically growing experience in a community of like-minded musicians.

.DAY: Sundays

DATE: Session I June 11 - July 30, 2017
Session II August 13 - October 8, 2017
(Skip 9/3)

TIME: 4:00–5:00pm

LOCATION: Vibo Music Center
488 San Mateo Ave, San Bruno

COLMA RES. FEE: \$38 Youth

NON-RES. FEE: \$160.00



Violin Workshop for Beginners (Ages 8 years & older)

This class is for beginners. Students will learn how to tune and hold a violin along with proper bow technique to produce nice sound on the instrument. Instructor will teach participants many fun tunes including well-known classical themes, fiddle tunes and popular tunes. If you do not have a violin, Vibo Music Center will rent participants a violin for \$30 for the session. Violin rental fees will be collected at the first class. Please contact Vibo music staff at 650-877-0805 if you need to rent a violin for this class. Fee does not include violin rental. Students may have to purchase a textbook to participate (approximately \$10 paid to Vibo Music Center at first class).

Day	Dates	Time
Saturdays	June 10 - July 29, 2017	1:00-2:00pm
Saturdays	August 12 - Oct. 8, 2017 (Skip 9/2)	1:00-2:00pm

LOCATION: Vibo Music Center

488 San Mateo Ave, San Bruno

COLMA RES. FEE: \$76 Adult, \$38 Youth, Senior & Disabled

NON-RES. FEE: \$160.00

INSTRUCTOR: Vibo Music Staff



Guitar Workshop for Beginners (Ages 8 years & older)

Learn all the basics for the guitar. This 8 week hourly class is designed for beginners. You will learn posture, fundamental chords, strumming patterns, and well known songs from different genres. Learn scale and chord formations and how to apply them to the guitar. Also learn how to read guitar music and how to interpret sheet music downloaded from the internet. Students must have their own guitar, or may rent one from Vibo music. For information on guitar rentals please call Vibo at 650-877-0805. Students maybe required to purchase a textbook to participate (approximately \$10 paid to Vibo Music Center at the first class).



Guitar Workshop	Dates	Time
Saturdays	June 10- July 29, 2017	4:00-5:00pm
Wednesdays	July 5- August 23, 2017	6:00-7:00pm
Saturdays	August 12 - October 7, 2017 (Skip 9/2)	4:00-5:00pm

LOCATION: Vibo Music Center, 488 San Mateo Ave, San Bruno

COLMA RES. FEE: \$76 Adult, \$38 Youth, Senior & Disabled

NON-RES. FEE: \$160.00

Tae Kwon Do

(Ages 4 years & older)

Learn the art of Tae Kwon Do. Basic exercise, self-defense and fun will be taught in this program. DeLuca's School of Tae Kwon Do promotes family values and character building. Their staff has trained and developed Tae Kwon Do teaching skills together for over 13 years. First time participants will receive a free uniform.

- DAY:** Monday–Saturday
- DATE:** Session II May 1-31, 2017
Session III June 1-30, 2017
Session IV July 1-31, 2017
Session V August 1-31, 2017
- TIME:** Monday, Wednesday & Friday—4:00pm–5:00pm
Tuesday & Thursday—7:00pm–8:00pm
Saturday—10:30am–11:30am
- LOCATION:** Serramonte Del Rey, 699 Serramonte Blvd., Daly City
- COLMA RES. FEE:** \$60 Adult, \$30 Youth, Senior & Disabled
- NON-RES. FEE:** \$129.00
- INSTRUCTOR:** DeLuca's School of Tae Kwon Do Staff

Ballet, Tap, Jazz and Hip Hop Dancing

(Ages 3–Adult)

The Duo Dance Academy and the Town of Colma Recreation Services Department are working together to bring Classical Ballet, Jazz, Tap and Hip Hop Dancing to the residents of Colma. Duo Dance Academy is a Dance Studio that provides the best quality of dance instruction in an uplifting environment. The intent of each class is for every student to gain knowledge of the body through movement, as well as performing ability, while developing self-esteem. Classes start the week of August 7, 2017, and end in December. Classes will meet once a week during the 5-month session. Brochures with specific class schedules are available at the Colma Community Center. All classes will be held at Duo Dance Academy, 12 Wellington Ave, in Daly City.

- COLMA RES. FEE:** \$219 Adult, \$110 Youth
- NON-RES. FEE:** \$365.00 per session

Golf Lessons *(Ages 8 years & older)*

The Cypress Golf Learning Center features a short game area and practice facility. Instruction is provided in stance, grip, putting, chipping, and full swing. All participants are required to wear athletic shoes. Students will purchase golf balls at the range (\$10) at 2 of the 4 lessons.

- DAY:** Saturday
- DATE:** Session II May 6–27, 2017
Session III June 3–24, 2017
Session IV July 8–29, 2017
Session V August 5–26, 2017
- TIME:** Adult—9:00am–10:00am
Youth—10:00am–11:00am

- LOCATION:** Cypress Golf Learning Center
- COLMA RES. FEE:** \$84 Adult, \$42 Senior, Youth & Disabled
- NON-RES. FEE:** \$140.00
- INSTRUCTOR:** Tommy Kim



Vinasay Bhakti Yoga *(Ages 14 years & older)*

Vinasay is a term that covers a broad range of yoga classes. The Sanskrit word Vinyasa means “to place in a special way and is generally used to describe yoga practices which focus on breath or an exhale. This technique is also called Vinyasa Flow, or just Flow because of the smooth transition that the poses run together and become like a dance. This class is for everyone, beginners to advanced.

- DAY:** Mondays
- DATE:** June 5–August 14, 2017
August 21–November 6, 2017 (Skip 9/4, 10/9)
- TIME:** 10:00am–11:05am
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$27.50 Adult, \$16.50 Senior & Disabled
\$13.50 Youth
- Drop In** \$2.70 Adult, \$1.65 Senior & Disabled \$1.35 Youth
- NON-RES. FEE:** \$110.00, Drop In \$11.00
- INSTRUCTOR:** Vanessa Mosqueda





Yoga to Reduce Stress (Ages 16 years & older)

Everyone benefits from the practice of yoga. Stress is reduced, energy is increased, the mind is relaxed and the body becomes more flexible. Come and enjoy a practice that will increase your overall sense of well-being. Open to all levels and no experience necessary. Don't wait, try it today! Please wear comfortable clothing and bring a yoga mat to class. It is advised to wait at least two hours after a meal before practicing Yoga.

- DAYS:** Tuesdays & Thursdays
- DATES:** Session I May 16 –July 25, 2017 (Skip 7/4)
Session II August 1– October 3, 2017
- TIME:** 6:45pm–8:00pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$132 Adult, \$33 Senior, Teen & Disabled
Drop in—\$6.60 Adult, \$1.65 Senior, Teen & Disabled
- NON-RES. FEE:** \$240.00 Drop in—\$12.50
- INSTRUCTOR:** Ian Waisler

BOOT Camp Fitness (Ages 15 years & older)

Start off the new year right and get your heart pumping & gain strength by this full body workout. This class accommodates all fitness levels and we use nothing but body weight exercises and a mat! By using your own body weight you will be sure to get a great workout that is just right for you. Please wear comfortable workout clothing, bring an exercise mat, towel and water bottle. Sign up with friends and get FIT now!

- DAY:** Saturdays
- DATE:** Session I May 27–July 15, 2017
Session II July 22–September 16, 2017 (Skip 9/9)
- TIME:** 8:30am –9:30am
- COLMA RES. FEE:** \$24 Adult, \$16 Senior, Teen & Disabled
Drop In—\$3 Adult, \$2 Senior, Teen & Disabled
- NON-RES. FEE:** \$88.00
Drop In—\$11.00
- LOCATION:** Sterling Park Recreation Center
- INSTRUCTOR:** Erin Malia Cus



Zumba Toning & Palango Combo! (Ages 15 years & older)

9:15 - 9:50 am 35 minutes

Zumba Toning Program is to create a light resistance training fitness experience that is FUN, SAFE, & Effective! Zumba Toning utilizes muscles toning and sculpting exercises and combines them with the dance-fitness movements and rhythms from Zumba Basics. The toning and body sculpting exercises either uses body resistance movements and/or utilizes light hand weights or Zumba toning sticks.

9:55 - 10:30 am 35 minutes

High intensity Palango is SIMPLE / FUN / INTENSE cardiovascular, toning and endurance workout. It incorporates steps from Kickboxing, Capoeira and boxing. In addition, you're in for Plyometrics, squats, lunges, running and a great core workout. Both programs are all to the Latin-Style rhythms; full 35 non-stop workout.

Wear loose comfortable clothing, old worn-out workout shoes, towel and bottle water. Light hand weight 1.0 lb or 2.0 lb optional. Bring families and friends to enjoy the Summer Body Trimming experience. Please register early so the program does not get cancelled.

DAY: Saturday
DATE: March 4—May 20, 2017 (Skip 3/11, 3/25)
 May 13—July 22, 2017 (Skip 6/3, 7/15)
 July 29—October 21
 (Skip 8/19, 9/9, 9/16)

TIME: 9:15am-9:50am—Zumba
 9:55am—10:30am—Palango

LOCATION: Colma Community Center
COLMA RES. FEE: \$50 Adult, \$10 Senior, Teen & Disabled
 Drop in—\$5 Adult, \$1 Senior, Teen & Disabled

NON-RES. FEE: \$70.00, Drop in—\$7.00
INSTRUCTOR: Margie Luna-Sevilla



Zumba (Ages 15 years & older)

Zumba is a fun, Latin inspired easy to follow, calorie burning dance fitness workout. Class format combines fast and slow rhythms that will tone and sculpt the body. Low impact style along with easy routines will have you moving and grooving, you'll never want to stop. Please wear comfortable loose clothing, and bring a water bottle and towel. Also, please register early so the program does not get cancelled.

DAY: Mondays
DATE: April 10—June 19, 2017
 (skip 5/29)
 June 26—August 28, 2017
TIME: 6:15pm—7:15pm
LOCATION: Colma Community Center
COLMA RES. FEE: \$36 Adult, \$9 Senior, Teen & Disabled
 Drop in—\$3.60 Adult
 \$.75 Senior, Teen & Disabled
NON-RES. FEE: \$60.00 , Drop in—\$6.00
INSTRUCTOR: Margie Luna-Sevilla



First Aid & CPR Training (Ages 16 years & older)

This American Red Cross course offers Cardiopulmonary Resuscitation (CPR) techniques used on adults, children, and infants, as well as how to respond to injuries and sudden illness in a systematic manner. Fees include certification cards.

DAY: Saturday
DATE: August 19, 2017
TIME: 9:00am—2:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: \$30 Adult, \$8 Senior, Teen & Disabled
NON-RES. FEE: \$50.00
INSTRUCTOR: Rachel Daly



Get trained. Save a life. You'll be glad you did.

Cellphone Photography (Ages 16 years & older)

Learn tips and tricks to understand and manage color, lighting, and composition while creating images with photographic power. We will explore the distinctive and more popular apps to help you choose the ones to compliment your personal style. Whether you are into the candid, classic, still life, landscape or the urban documentary landscape, explore the impact of this medium during a photo walkabout or a still life activity in class. You will end up with a great library of apps and learn to tap into your personal style creating wonderful images through hands on activities and artistic experimentation.

- DAY:** Fridays
- DATE:** June 16–July 7 , 2017
- TIME:** 7:00pm–9:00 pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$36 Adult, \$12 Senior & Disabled
- NON-RES. FEE:** \$60.00



Wine and Canvas (Ages 21 years & older)

Wine and Canvas is not just a paint class; it is Art Entertainment at its finest. Awesome local artists, and beautiful surroundings make for an amazing experience that you can't find anywhere else. Sipping delicious wine, letting your inner artist out to create a masterpiece is what we have planned for you! Leave your cares at the door and dive in to the paint party! A little nervous to paint? Don't be! No talent or experience is necessary. The talented instructors will guide you step-by-step! You will be amazed at your very own work of ART!

- DAY/DATE:** Friday, July 21, 2017
- TIME:** 6:30pm–10:00pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$30 Adult, \$8 Senior & Disabled
- NON-RES. FEE:** \$50.00



Adult Cooking Classes (Ages 18 years & older)

All classes will be taught at the Colma Community Center by Chef Cynthia. The Colma resident rate is \$28 for adults, \$8 for seniors and the non-resident rate is \$48.00. Please register early, these classes will fill up fast.

Caribbean- June 7, 2017 - 6:30pm - 8:30pm

Enjoy a taste of the Caribbean! We will make Pepperpot soup, Jamaican Cabbage Salad, Jerk Chicken with red beans and rice; Banana Fritters with cinnamon sugar and rum.

Make a Picnic- July 5, 2017 - 6:30pm - 8:30pm

Learn how to make Watermelon lemonade, Oven baked chicken, spinach and bacon salad with bacon dressing, French potato salad, roasted stone fruit shortcakes. Perfect for a summer time picnic!

Cajun Invasion!- August 2, 2017 - 6:30pm - 8:30pm

Learn how to make great food with a Cajun flair. We'll make Salad with Avocado and Crab Mousse, Crayfish Etouffée with rice, Chicken Gumbo, Chocolate Pie!



Senior Luncheon (Ages 18 years & older)

Join us at the Colma Community Center at 11:30am for a great lunch and lots of fun. Meet new friends, or catch up with old pals from the neighborhood. Please register at least one week prior to the date of the luncheon.

DAY: Wednesday

DATE:

June 14, 2017 – “Summer BBQ” – A Senior lunch favorite, enjoy a BBQ cooked by Recreation Staff!

August 16, 2017 – “Beat the Heat”- Enjoy a delicious lunch, and beat the heat with refreshing drinks and a “cool” dessert. Then stay for a few games of Bingo!

COLMA RES. FEE: \$5 Adult, \$3 Senior & Disabled

NON-RES. FEE: \$20.00

Creekside Villas Activities (Ages 18 years & older)

The Town of Colma Recreation Services Department is offering senior programs during the summer months at the Creekside Villas Complex Recreation Room, 1180 El Camino Real. Programs run from 11:30am to 1:00pm. The cost for each activity is \$5.00 for adults and \$3.00 for seniors. The program will include a light lunch or snack. Participants are encouraged to enroll early to avoid this program from being canceled.

Dates	Activity
April 26, 2017	Mod Podge Photo Canvas
May 24, 2017	Yarn Art- Octopus Doll
June 21, 2017	BBQ- Outdoor Games & Lunch
July 26, 2017	Flower Pin Cushion Organizer
August 23, 2017	Mosaic Pebble Trivet

TIME: 11:30am–1:00pm

COLMA RES. FEE: \$5 Adult, \$3 Senior & Disabled

NON-RES. FEE: \$17.00



Color Me Mine (Ages 18 years & older)

Spend time with old friends or get to know new ones and enjoy bringing out your creative side. Choose your ceramic piece, paint and have fun getting creative. The best part is you get to take your piece home to enjoy. Please sign up early to avoid cancellation of this program. Van Transportation will be provided, please contact Cynthia Morquecho at (650)-985-5678 to set pick up time.

DAY: Friday

DATE: June 23, 2017

TIME: 11:00am–2:00 pm

LOCATION: Color Me Mine
445 Westlake Center
Daly City, CA 94015

COLMA RES. FEE: \$18 Adult, \$9 Teen, Senior & Disabled

NON-RES. FEE: \$30.00



Friday Films (Ages 18 years & older)

Colma Recreation is providing all the drama you could want. Sit back, relax and enjoy a movie on the big screen. Movie snacks and refreshments will be provided and feel free to bring lunch! Please register early to avoid program from being cancelled.

DAY: Fridays

Dates	Movie Titles	Genre
May 5, 2017	Enough	(Suspense)
June 2, 2017	Passengers	(Adventure)
July 7, 2017	A Dog's Purpose	(Drama/Comedy)

TIME: 11:30pm–2:30pm

LOCATION: Colma Community Center

COLMA RES. FEE: \$4 Adult, \$2 Senior & Disabled

NON-RES. FEE: \$10.00



Chair Senior Yoga (Ages 55 years & older)

Designed for seniors and older adults, Yoga for Seniors is a class that leads you through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises, helps with balance, injury and alignment, body mind and spirit. Final relaxation helps promote stress reduction and health.

- DAY:** Thursdays
- DATE:** May 25 - August 3, 2017 (Skip 7/27)
August 3 - October 12, 2017 (Skip 9/28)
- TIME:** 9:45am–10:50 am
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$25 Adult, \$15 Senior & Disabled
- NON-RES. FEE:** \$100.00



Arm Chair Travel (Ages 55 years & older)

Do you love to travel but don't want to deal with the long lines at the airport? Have you ever wanted to see places such as Ireland, Jamaica, Hawaii, Morocco, and Thailand? Join us on an adventure, Thursday afternoons at the Colma Community Center, as we visit wonderful destinations throughout the world through video tours. Enjoy the beautiful sites and taste samples of food native to the area we explore!

- DAY:** Thursdays

Dates	Destination
April 13	Vietnam
May 11	Sweden
June 8	Nepal
July 13	Korea

- TIME:** 12:00pm–1:00pm
- LOCATION:** Colma Community Center
- COLMA RES. FEE:** \$4 Senior & Disabled
- NON-RES. FEE:** \$22.00



Create Your Own Craft (Ages 55 years & older)

Do you enjoy working on Arts and Craft projects, while enjoying the company of friends. Well join us as we gather once a month at creekside villas to work our own projects together. Bring your own personal project and supplies and spend time listening to music, talking with friends and enjoying a few snacks. Whether you are working on a knitting project or a painting. Bring it over and spend time in a fun space with positive people!

- DAY:** Fridays
- DATE:** May 12, June 9, July 14 and Aug. 11, 2017
- TIME:** 10:00am–12:00 pm
- LOCATION:** Creekside Villas
- COLMA RES. FEE:** Free
- NON-RES. FEE:** \$10.00



Field Trips- Walking Rater



1= Easy: Little to no walking

2=Moderate: walking, some stairs

3=Challenging: includes walking, stairs

Charles M. Schulz Museum (Ages 21 & older)

Join us as we head north for a day full of FUN! Get acquainted with Charles M. Schulz and his loveable cast of characters during a docent led tour of the museum and grounds. We will learn about the history of the peanuts characters. After, we will head over to a local restaurant favorite for lunch! Please watch for the bus schedule in the May edition of LiveWire.

DAY/DATE: Wednesday May 17, 2017
TIME: 9:00am—4:00pm
LOCATION: Santa Rosa, CA
COLMA RES. FEE: \$40 Adult, \$19 Senior & Disabled
NON-RES. FEE: \$66.00



Walking Rater:



AT&T Park "Behind the Scenes" Tour (Ages 18 years & older)

We will start our day with a delicious lunch at a nearby restaurant. Then head over to the AT&T Ball Park, where homeruns can be "splash hits." The breathtaking Bay views rival the action on the field. Where one of baseball's most hallowed franchises play inside an architectural landmark. On your behind-the-scenes tour of sensational AT&T Park, home of the San Francisco Giants, you'll go places only the players and coaches go: the Giants' dugout, the Visitors' clubhouse, even the field. Watch for the bus schedule in the May edition of LiveWire.

DAY/DATE: Saturday, June 3, 2017
TIME: 11:00am—4:00pm
LOCATION: San Francisco, CA
COLMA RES. FEE: \$47 Adult, \$23 Senior & Disabled
NON-RES. FEE: \$78.00

Walking Rater:



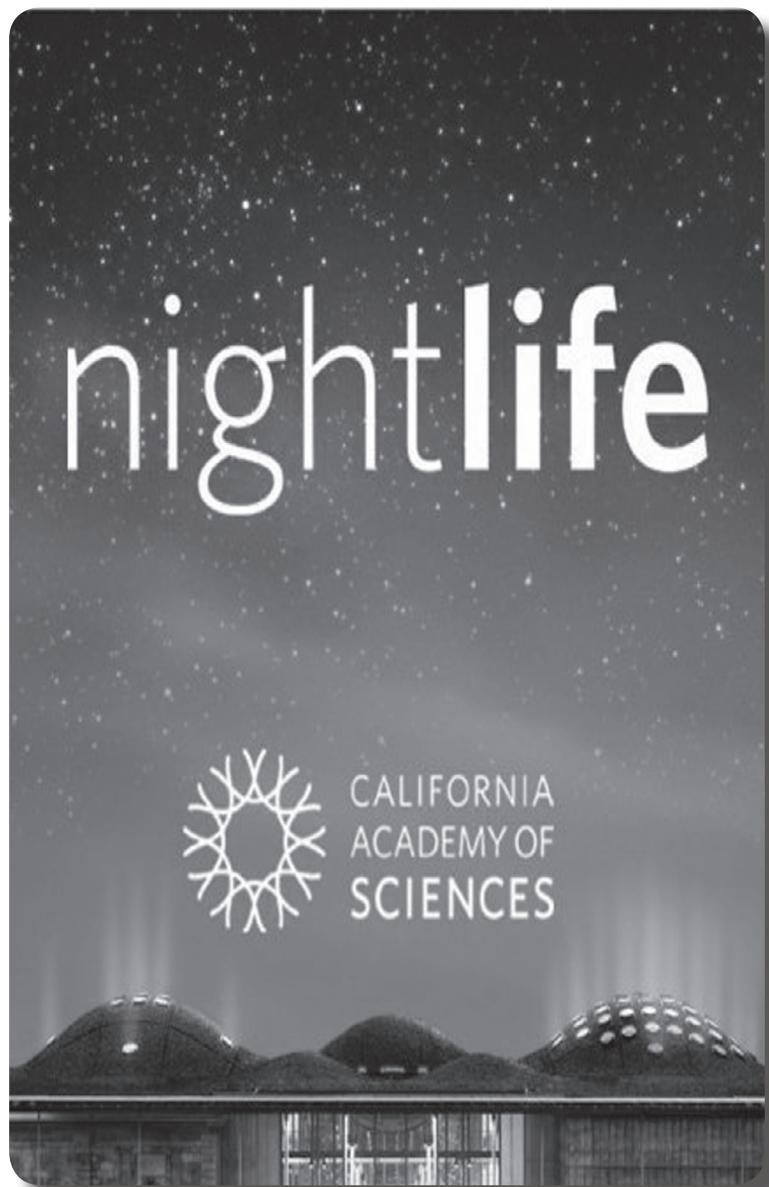
Nightlife at the California Academy of Sciences

(Ages 21 years & older)

Every Thursday, the California Academy of Science is transformed into a lively venue filled with music, provocative science, mingling, and cocktails. This activity is for 21+ years and older only. Join us as we enjoy a night of museum magic and dancing. Admission and transportation are included to and from the museum. Please bring money in order to purchase food & drinks. Please watch for the bus schedule in the July edition of LiveWire.

DAY: Thursday
DATE: July 13, 2017
TIME: 9:30am - 4:00pm
LOCATION: San Francisco, CA
COLMA RES. FEE: \$33 Adult, \$17 Senior & Disabled
NON-RES. FEE: \$55.00

Walking Rater:





Roaring Camp Railroad (Ages 18 years & older)

Departing from the Santa Cruz Mountains, travel through Henry Cowell Redwoods State Park, down the scenic San Lorenzo River Gorge, across a 1909 steel truss bridge and through an 1875 tunnel before arriving at the Santa Cruz Beach Boardwalk. After the train ride, you will have time to explore the beautiful Santa Cruz Board Walk, and find a local restaurant to dine in, then enjoy your free time shopping, and taking in the beautiful sights.

DAY/DATE: Wednesday July 12, 2017
TIME: 9:00am—4:00pm
LOCATION: Santa Cruz, CA
COLMA RES. FEE: \$38 Adult, \$19 Senior, Disabled
NON-RES. FEE: \$63.00

Walking Rater:



Santa Cruz Follies (Ages 18 years & older)

Experience the “Best of Broadway” and join us as we head to the Santa Cruz coast! We will begin our day with a delicious lunch at a local favorite. Then head over to the Santa Cruz Civic Center where we will enjoy a classic show as they celebrate the “Best of Broadway!” Santa Cruz Follies brings a classic arrangement of tunes and performances that are sure to be a hit! This musical tribute directed by Bari Lee will bring “The Best of Broadway, Now and Then” Please watch for the bus schedule in the September edition of LiveWire.

DAY/DATE: Saturday, September 13, 2017
TIME: 9:00am—5:00pm
LOCATION: Santa Cruz, CA
COLMA RES. FEE: \$45 Adult, \$23 Senior, Disabled
NON-RES. FEE: \$75.00

Walking Rater:



Colma Community Center

The Colma Community Center can accommodate receptions, parties, reunions, and events accommodating up to 150 people. The Colma Community Center has a commercial kitchen, banquet room with adjoining outdoor decks, conference room, restrooms, tables and chairs, and has audio visual equipment for rent.

The Colma Community Center can be rented throughout the week and on weekends. A six hour minimum is required, and rental fees range from \$50—\$850 plus a refundable \$300 cleaning/security deposit. Please call 650-985-5678 for additional details. All reservations must be made in person.

Colma residents can rent the Colma Community Center 1 year in advance:

Earliest date to reserve Available dates to rent:

- May 1, 2017** - May 1, 2017—April 30, 2018
- June 1, 2017** - June 1, 2017—May 31, 2018
- July 1, 2017** - July 1, 2017—June 30, 2018
- August 1, 2017** - August 1, 2017—July 31, 2018

Sterling Park Recreation Center

Sterling Park Recreation Center is a 1,200 square foot facility with restrooms, small kitchenette, TV/DVD player, and tables and chairs to accommodate a party of 50 for a sit down event. Sterling Park Recreation Center can be rented by Town of Colma residents on Saturdays and Sundays from 11am—6pm for \$150 plus a refundable \$50 cleaning/security deposit. Please call 650-985-5678 for additional details. All reservations must be made in person. Residents can rent the Sterling Park Recreation.

Center up to 3 months in advance:

Earliest date to reserve Available dates to rent

- May 1, 2017** - May 1, 2017—July 31, 2017
- June 1, 2017** - June 1, 2017—August 31, 2017
- July 1, 2017** - July 1, 2017—September 30, 2017
- August 1, 2017** - August 1, 2017—October 31, 2017

Sterling Park Picnic Site

The Sterling Park picnic site has 3 tables with BBQ adjacent to the playground and can accommodate up to 15-20 people. The picnic site can be rented for \$34 for residents and \$45 for non-residents with a \$30 deposit. The Sterling Park Picnic Site accepts reservations up to 3 months in advance, please see the Sterling Park Recreation Center rental schedule above. For more information, please call 650-985-5678.

Community Resources

Organization	Purpose	Website	Phone Number
Clinic By the Bay	Provides healthcare to low income, working uninsured adults.	clinicbythebay.org	(415) 405-0222
Community Gatepath	Helps people of all ages with special needs & disabilities.	gatepath.org	(650) 259-0650
Daly City Peninsula Partnership Collaboration	Provides emergency safety net services, education & mental health programs	dcpartnership.org	(650) 301-3330
Daly City Public Library Associates	Contributes resources to the four branch libraries in Daly City	dcpla.org	(650) 224-2356
Daly City Youth Health Center	Provides safe, respectful, comprehensive health services to underserved youth	dalycityyouth.org	(650) 985-7000
HIP Housing	Improves the housing and lives of people.	hiphousing.org	(650) 348-6660
LifeMoves (formerly InVision)	Shelter & supportive services for homeless families and single adults.	lifemoves.org	(650) 685-5880
North Peninsula Food Pantry	Provides nutrition and sustenance to anyone in need.	fooddc.org	(650) 994-5150
Peninsula Conflict Resolution Center	Facilitates dispute resolution groups & trains people in conflict resolution.	pcrcweb.org	(650) 513-0330
Rebuilding Together Peninsula	Improves homes and lives of low income homeowners.	rebuildingtogetherpeninsula.org	(650) 366-6597
Sitike Counseling Center	Outpatient substance abuse services.	sitike.org	(650) 589-9305
SMC Jobs for Youth	Provides youth with services in gaining job skills	hsa.smcgov.org/jobsforyouth	(650) 301-8434
West Bay Alano Club	Provides safe and sober environment for people in recovery from addiction	alanoclubs.org	(650) 756-3322

Parks
Make
Life
Better!

town of colma
**SUMMER
CONCERT**
series 2017



Coming Soon

THURSDAYS IN AUGUST FROM 6PM TO 8PM

AUG 3

NEON VELVET

AUG 10

LIVEWIRE

AUG 17

DREW HARRISON
-OF THE SUN KINGS'

AUG 24

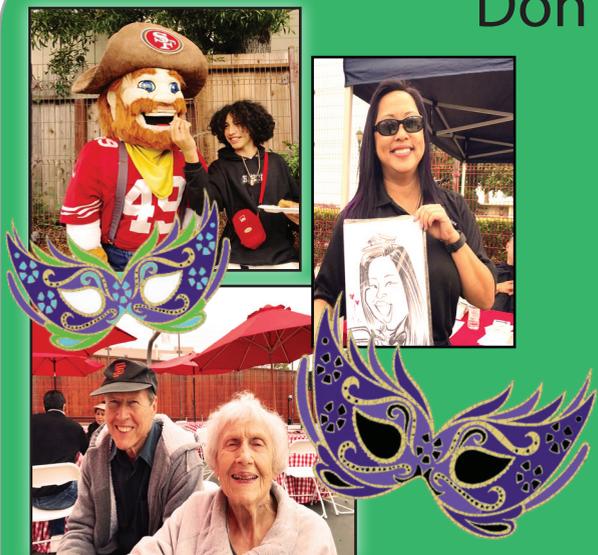
NATIVE ELEMENTS

**FREE
EVENT!**

BRING YOUR PICNIC
BASKETS, BLANKETS, AND
LAWN CHAIRS!

**COLMA COMMUNITY
CENTER
1520 HILLSIDE BLVD
COLMA, CA**

Don't Forget to mark
your calendar for the...



Annual Town Picnic
on Saturday, September 9, 2017 at the
Sterling Park Recreation Center



Town of Colma Recreation Services
1198 El Camino Real
Colma, CA 94014

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