



Town of Colma

RECREATION GUIDE



INSIDE...
SPECIAL EVENTS
YOUTH PROGRAMS
ADULT & SENIOR PROGRAMS



TOWN OF COLMA

Eggstravaganza

Sterling Park • April 20, 2019 • 9AM

9:00 AM: REGISTRATION

9:30 AM: 0-4 YEAR OLDS

9:40 AM: 5-8 YEAR OLDS

9:50 AM: 9-12 YEAR OLDS

RESIDENTS: FREE
NON-RESIDENTS: \$6



For more information, please call 650.991.3213

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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 January to April 2018:

- | | |
|-------------------|------------------------|
| January 1, 2019 | New Years Day |
| January 21, 2019 | Martin Luther King Jr. |
| February 12, 2019 | Lincoln’s Birthday |
| February 18, 2019 | President’s Day |

Employee Spotlight...



Vanessa Navarro, Facility Attendant
Colma Employee: 3 years

Why did you want to work with the Town of Colma?
 One of my friends was already working for the town and I saw how much she enjoyed working with the kids and I wanted to be in the same environment where I can work with people and the kids in the recreation program.




What is your favorite part about working here?
 Being able to be a part of a close-knit community and work environment.

What are you looking forward to?
 I am looking forward to my one month trip to Brazil over winter break.

What are your plans for the future?
 After graduating from college, I would like to attend dental school and pursue a career in orthodontics.

Fun Fact:
 I have 28 screws in my face from a surgery I had 2 years ago!

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

The City Council meets the second & fourth Wednesday of each month at 7:00pm. City Council meetings are held at the Colma Town Hall, 1198 El Camino Real.



TOWN OF COLMA RECREATION STAFF

RECREATION MANAGER

Cynthia Morquecho
(650) 985-5681
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RECREATION COORDINATOR

Angelika Abellana
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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 Pak Lin, ADA Coordinator, at (650) 997-8309 or pak.lin@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.

Activity Registration Form



If you are registering for multiple programs and need more room, please feel free to make copies of the registration form.

Payer Name: _____
(First Name) (Middle Initial) (Last Name)

Address: _____
(City) (Zip)

Home: _____ Work: _____ Emergency: _____

Email: _____ Cell: _____

Participant's Full Name	Grade/Age	Sex (M/F)	Birth Date	Program Date/Day	Activity Name	Program Fee
					Total Fees	

Liability Release: In consideration of the acceptance of my application for entry into each above activity, I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which I may have, or which hereafter accrue to me, against the Town of Colma as a result of my participation in the activity. This release is intended to discharge the Town of Colma, its officers, officials, employees and volunteers, any other involved municipalities or public agencies from and against any and all liability arising out of or connected in any way with my participation in the activity, even though that liability may arise out of the negligence or carelessness on the part of persons or Town of Colma. I further understand that accidents and injuries can arise out of the activity; knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or agencies mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

I am aware of the cancellation policy and the penalties involved for activities for which I have registered myself and family. I realize that while participating in any Town sponsored activities myself or a family member may be photographed and that photo may be used for a future Town of Colma publication, report, flier and/or advertisement.

Signature: _____ Date: _____

Parental Consent: (To be completed if participant is under 18 years of age). I give my consent for my son/daughter _____ to participate in the above activity and I execute the above liability release on his/her behalf.

CALENDAR OF EVENTS

Spring 2019

- January 3 Day in the Snow - Teens
- February 3 Super Bowl Party
- February 9 Queens of Colma Tea Party
- February 16 Minature Golf
- March 22 Colma Game Night
- April 20 Eggstravaganza
- April 22 Earth Day Celebration
- April 27 Town Wide Garage Sale
- May 4 Streets Alive- May the 4th Be With You
- May 10 Cookies and Canvas- Mothers Day
- May 18 Town Wide Clean Up



spring

Holiday House Decorating Contest

Colma residents, show your spirit and participate in this year's holiday house decorating contest! Winners will be selected from the Sterling Park, Villa Hoffman and Verano/Mission Road neighborhoods. All participating residents will be showcased on our Facebook page. Judging occurs between December 10 - 14, 2018, so make sure you have all your decorations up by the 11th of December. Residents with the most Festive looking homes will be recognized at the January 9, 2019 City Council Meeting.

A DAY IN THE SNOW—Snowboarding & Skiing

(Ages 12 - 20 years old)

You'll enjoy a snow-filled day with your friends experiencing Lake Tahoe's natural beauty. Participants will have an opportunity to go snow tubing, play in the snow, snowboard or ski. Beginner lessons including equipment will be provided to those with limited to no experience or would simply like to learn from a trained professional. Those who wish to opt out of the lessons and would like to ski or snowboard must bring their own equipment or rent it at the resort at their expense. Dinner is included in the participation fee, however, participants will be responsible for all other meals. Each Colma teen resident may bring one guest at the Colma resident fee. For more information, please contact Liz Tapia at 650-985-5691. Final registration date is December 18, 2018.

- DAY:** Thursday
- DATE:** January 3, 2019
- TIME:** 5:00am—9:00pm
- LOCATION:** Lake Tahoe, CA
- COLMA RES. FEE:** \$42, 12 -20 years old
- NON-RES. FEE:** \$140.00



Queens of Colma Tea Party *(Ages 4-14)*

Are you a queen who likes tea? Come join the ladies of our Colma Recreation staff for a tea party at Sterling Park. We will have breakfast pastries, tea, crafts and games. All guests are welcome to wear their most elegant tea party attire and hats. Please register by February 1, 2019 to avoid party cancellation.

- DAY:** Saturday
- DATE:** February 9, 2019
- TIME:** 10:00am to 12:00pm
- LOCATION:** Sterling Park Recreation Center
- COLMA RES. FEE:** \$3.00
- NON-RES. FEE:** \$10.00

Super Bowl Party *(All ages)*

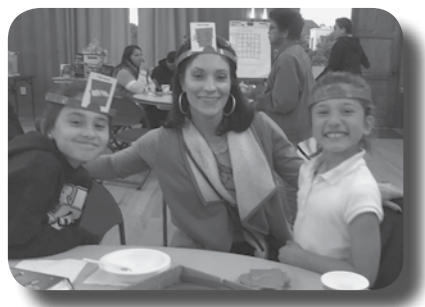
Celebrate Super Bowl 53 with your friends and neighbors at the Colma Community Center. Root for your favorite team, enjoy the game and eat some great Super Bowl fare; chicken wings, taco bar, sausages and more. We'll have games, activities and raffle prizes for the kids and whole family. Please register for this program by Monday, January 28, 2019.

DAY: Sunday
DATE: February 3, 2019
TIME: 2:00pm—9:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: FREE
NON-RES. FEE: \$25.00

Miniature Golf with the Family *(All ages)*

Looking for something to do on the weekend? Gather the whole family as we take a trip to Stagecoach Greens for some old fashion miniature golf fun! Located in the heart of the new and dynamic Mission Bay neighborhood! We will enjoy 18 rounds of fun at San Francisco's first outdoor miniature golf. After a family friendly game of miniature golf we will enjoy a light lunch. Please register for this program by February 3, 2019.

DAY: Saturday
DATE: February 16, 2019
TIME: 10:30am—3:00pm
LOCATION: San Francisco, CA
COLMA RES. FEE: \$27 Adult
 \$13 Senior, Youth & Disabled
NON-RES. FEE: \$45.00



Colma Game Night *(Ages 4 years & older)*

Join us at Colma Community Center for some old fashion fun at our annual Colma game night. The night will begin with classic, fun-loving board and card games for all residents of Colma. Then, get out your good luck charm and get ready for GREAT PRIZES for an exciting evening of Bingo! Food, snacks and drinks will be provided. Children under the age of twelve must be accompanied by an adult. Parents are encouraged to enroll and participate in this program with their children.

Please register by March 16 to ensure enough goodies for all!

DAY: Friday
DATE: March 22, 2019
TIME: 6:00pm—9:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: FREE
NON-RES. FEE: \$15.00



Arbor Day & Earth Day Family Celebration *(All Ages)*

Come celebrate Earth Day at the Sterling Park Recreation Center. Recreation Staff will host Arbor & Earth Day activities, refreshments, and giveaways will be provided. Please enroll for this program one week prior to the event date so we have enough goodies for everyone.

DAY: Monday
DATE: April 22, 2019
TIME: 3:30pm—5:30pm
COLMA RES. FEE: FREE
NON-RES. FEE: \$15.00



Eggstravaganza *(Egg Hunt for kids ages 1—12 years)*

Egg Hunt for kids ages 1-12 years. The Town of Colma Recreation Services Department presents the annual EGGSTRAVAGANZA! Join us at Sterling Park for our ever popular Egg Hunt! We'll have refreshments, treats and prizes for the kids.

- Egg Hunt Registration will begin at 9:00am
- 0-4 year olds will hunt at 9:30am
- 5-9 year olds will hunt at 9:40am
- 10 years and over will hunt at 9:50am

If you plan on attending the Eggstravaganza, please R.S.V.P. to the Colma Community Center (650) 985-5678 or Sterling Park Recreation Center (650) 991-3213 by Wednesday, April 17, 2019. Remember to bring your egg collecting basket. For more information, please contact the Town of Colma Recreation Services Department.

DAY: Saturday
DATE: April 20, 2019
TIME: 9:00am
LOCATION: Sterling Park Recreation Center
COLMA RES. FEE: FREE
NON-RES. FEE: \$6.00



Town Wide Garage Sale *(All ages)*

Sign up at the Colma Community Center for the 8th 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 address 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 participating addresses and their big ticket items to potential shoppers. There is no cost to the event; we just ask that everyone who intends on having a garage sale, sign up at the Colma Community Center. For more information please contact us at (650) 985-5678.

DAY: Saturday
DATE: April 27, 2019
TIME: 9:00am–5:00pm
LOCATION: Colma Residential Areas
COLMA RES. FEE: FREE



Town Wide Clean Up *(All ages)*

Do you want to do your part to help your community? Join us as we take the streets of Colma and do our part to help keep Colma clean. We will split into groups, and tackle the streets of Colma to ensure it is litter free. We will provide all the supplies needed for the day. After, we will enjoy a barbecue lunch and delicious treats for all the volunteers. Sign up at the Colma Community Center. For more information please contact us at (650)- 985-5678.

DAY: Saturday
DATE: May 18, 2019
TIME: 9:00am–2:00pm
LOCATION: Colma Residential Areas
COLMA RES. FEE: FREE

San Jose Sharks Tickets *(All Ages)*

Come out and root for your San Jose Sharks!! The Town of Colma has great seats! Watch your favorite Shark All Stars as they take on the Colorado Avalanche! Tickets will be sold at the Colma Community Center. Purchase line may form early, but ticket sales will not begin until 6pm. Transportation is not provided.



DATE/TIME:
 Friday, March 1, 2019, 7:30pm—Avalanche
 Tickets go on sale on February 6, 2019 at 6:00pm

LOCATION: SAP Center- San Jose, CA
COLMA RES. FEE: \$30 Adult
 \$15 Senior, Youth & Disabled
NON-RES. FEE: \$50.00

San Francisco Giants Tickets *(All Ages)*

Come on out and support the San Francisco GIANTS!! The Town of Colma has great seats! Watch Madison Bumgarner, Buster Posey, the Brandon's and all your favorite Giants! Tickets will be sold at the Colma Community Center. Purchase line may form early, but ticket sales will not begin until 6pm.



DATE/TIME:
 Friday, June 7, 2019, 7:15pm—Los Angeles Dodgers
 Tickets go on sale on May 8, 2019 at 6:00pm

LOCATION: AT&T Park
COLMA RES. FEE: \$18 Adult
 \$9 Senior, Youth & Disabled
NON-RES. FEE: \$30.00

Family Field Day- May the Fourth be with You

(All Ages)

Join us as we take over Sterling Park for Family Field Day! Come out and enjoy the outdoors with some fun-filled games, barbecue and lot more. We will have equipment for participants to use, and facilitate games throughout the day. We will have a bounce house, barbecue lunch and delicious treats for all.

DAY: Saturday
DATE: May 4, 2019
TIME: 11:00am–4:00pm
LOCATION: Sterling Park
COLMA RES. FEE: FREE

TOWNWIDE
GARAGE SALE & CLEAN UP DAY

APRIL 27
 9AM - 5PM
 GARAGE SALE LOCATIONS AND MAPS WILL BE MADE AVAILABLE ON FRIDAY APRIL 26, 2019 AFTER 6PM.
 LOCATIONS: STERLING PARK, VILLA HOFFMAN AND VERANO NEIGHBORHOODS

MAY 18
 9AM - 2PM
 COME JOIN THE FUN TO KEEP COLMA CLEAN!

GARAGE SALE

CLEAN UP DAY

Community Action Plan for Emergencies

(Ages 18 years & older)

C.A.P.E is a volunteer program that provides Colma Residents with the opportunity to train and assist the Colma Community in an emergency situation. Through this program you will learn essential emergency situation training. Four program workshops will take place starting in late January - March.

For more information on workshops and C.A.P.E program please contact Colma Community Center - 650-985-5678

Workshop Topics
Light, Search and Rescue
Advanced First Aid
Operation and Disaster Psychology

- DATES:** To Be Determined
- TIME:** 6:00pm - 9:00 pm
- LOCATION:** Colma Community Center
- FREE:** FREE



CALLING ALL SUPERHEROES...

BE A HERO FOR COLMA, JOIN C.A.P.E

COMMUNITY ACTION PLAN FOR EMERGENCIES

C.A.P.E IS A VOLUNTEER PROGRAM THAT PROVIDES COLMA RESIDENTS WITH THE OPPORTUNITY TO TRAIN AND ASSIST THE COLMA COMMUNITY IN AN EMERGENCY SITUATION.

WANT TO LEARN MORE ABOUT HOW YOU CAN HELP IN YOUR COMMUNITY?

*JOIN US FOR OUR UPCOMING EMERGENCY TRAINING WORKSHOPS:
 WORKSHOP LOCATION: 1520 HILLSIDE BLVD. COLMA, CA 94014
 WORKSHOPS WILL START IN LATE JANUARY - MARCH, 2019*

Interested in joining? Visit <http://bit.ly/ColmaCAPE> to fill out our interest form! You will receive the latest updates on upcoming workshop and training opportunities.

For more information or to sign up please contact Colma Recreation Services at 650-985-5678 or recreation@colma.ca.gov



Day Camp (Ages 5–12 years)

The Town of Colma Recreation Services Department is excited to offer President’s Week & Spring Camp. Day Camp will offer youth ages 5-12 years old a wide array of activities to occupy them during the school break. Children will enjoy arts & 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 the children in many team-based and developmentally oriented fun-loving games and activities that campers will enjoy individually and amongst their peers and Recreation Leaders.

For questions or comments, please call Recreation Coordinator, Liz Tapia at (650) 985-5691, during regular business hours, Monday through Friday, between 8:00am and 5:00pm.

President’s Week Session

DAY: Tuesday–Friday
DATE: February 19 to February 22, 2019
TIME: 10:00am–4:00pm
LOCATION: Sterling Park
COLMA RES. FEE: \$5 per day
NON-RES. FEE: \$30.00 per day

Spring Session

DAY: Monday–Friday
DATE: April 8–April 12, 2019
TIME: 10:00am–4:00pm
LOCATION: Sterling Park
COLMA RES. FEE: \$5 per day
NON-RES. FEE: \$30.00 per day

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

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 spring 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 March 8, 2019. LIT applicants will be interviewed and offered volunteer opportunities as needed. There is a 3-day minimum commitment for all volunteers. Interviews are tentatively set for March 14, 2019. A mandatory LIT orientation will be held March 29, 2019. LIT’s must attend orientation in order to begin volunteer assignments.



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 Basketball Camp over winter break and it costs \$175, the Town will pay up to 70% of the \$175. Please contact Liz Tapia at 650-985-5691 or liz.tapia@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, please call for details.

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 August 28, 2018 to all children ages 5 to 14 years, Monday through Friday, 3:00pm to 6:00pm through June 13, 2019.

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
1	1/7 - 1/18	\$10/\$23
2	1/22-2/1	\$11/\$26
3	2/4 - 2/15	\$10/\$23
4	2/25 - 3/8	\$11/\$26
5	3/11 - 3/22	\$10/\$23
6	3/25 - 4/5	\$11/\$26
7	4/16 - 4/26	\$10/\$23
8	4/29- 5/10	\$10/\$23
9	5/13 - 5/24	\$13/\$38
10	5/28 - 6/13	\$16/\$38

Modified Day	Dates	Program Hours
Minimum Day Adventures	- All Wednesdays - 3/5, 3/6, 4/5, 5/17, 5/23, 5/24, 6/13	1pm - 6pm
No School Escape Days	- 1/28	8am - 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. Let your kids enjoy our pajama party! We will have dinner, crafts and enjoy a movie on our new BIG SCREEN! Check out our great special PNO themes. Please bring sleeping bags and pajamas. Relax, see a movie, or go out to dinner. Just remember you have a 10:30pm 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–10:30pm
LOCATION: Sterling Park
COLMA RES. FEE: \$5 Youth
NON-RES. FEE: \$20.00

Date	Movie
January 12, 2019	Smallfoot
March 16, 2019	The Grinch
April 13, 2019	Goosebumps 2
May 11, 2019	The House with a Clock in its Walls



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
1/4/19	New Years Calendar
2/1/19	Valentine's Craft
3/8/19	Lucky Pot o' Gold crafts
4/19/19	Bunny Egg Collection Bag



Youth and Teen Cooking Classes (Ages 8-17 years old)

All classes will be taught at the Colma Community Center by Chef Cynthia. The Colma resident rate is \$8 for youth and the non-resident rate is \$48.00. Please register early, these classes will fill up fast. NOTE: Chef Cynthia will provide dairy free and gluten free options if notified in advance.

Fun with Fondue -

February 6, 2019 - 4:45pm – 6:15pm

Let's take a dip with Fondue! We'll create a tasty cheese fondue with meatballs, veggies and bread for something healthy, then move on to make some delicious dessert, we will make chocolate fondue with strawberries and marshmallows. YUM!

Chili Mac & Cheese and Quesadillas OH MY!-

March 6, 2019 - 4:45pm – 6:15pm

Learn some easy to make dinners and create yummy goodness with Chef Cynthia. These easy recipes include some packaged items from the store with tasty additions. For dessert, we'll have some peanut butter haystacks!

Ravioli Wonder! -

April 3, 2019 - 4:45pm – 6:15pm

Learn from the best! Chef Cynthia will teach you how to form and cut ravioli. After, learn how to create a delicious meat sauce to add to fresh cut ravioli! If you think your dinner is delicious, we will follow up with a strawberry parfait for dessert.

NEW! New York Life Teen Financial Workshop

(Ages 13 years & older)

Join us as we learn why a college education is worth every penny! You will learn about how much one year of college costs today and how much it will cost tomorrow. Get resources and guidance on where to find "free money"! New York Life guest speaker will also guide you on where to turn to for assistance and more information on how to start saving for college and planning for your future! Teen and parents are encouraged to sign up!

LOCATION:

Colma Community Center

DAY/DATE:

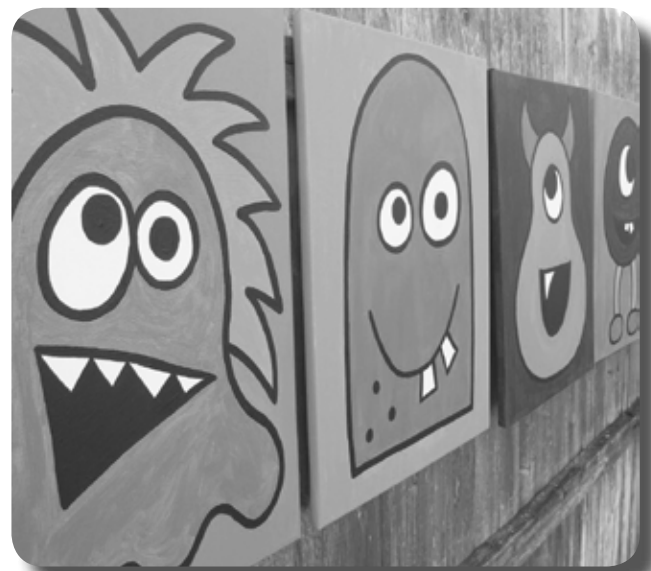
Friday, February 15, 2019

TIME:

5:00pm–6:00pm

FEE:

Free



NEW! Cookies & Canvas -Mothers Day

(Ages 6 years & older)

Cookies and Canvas is made up of step-by-step instructions to guide children in creating their own masterpiece. This class is great for youth ages 6-12. Cookies and Canvas not only instructs, but also teaches confidence in young artists! Parents are welcome to join, painting a memory with their child, or just observe their young artist in the creative process. Join us as we enjoy painting and socializing over cookies, while you let your inner artist out!

DAY:

Friday

DATE:

May 10, 2019

TIME:

5:00pm–8:00pm

LOCATION:

Colma Community Center

COLMA RES. FEE:

\$24.00 Adult

\$7.00 Youth, Senior & Disabled

NON-RES. FEE:

\$40.00

INSTRUCTOR:

Cookies & Canvas Artist



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.

DATE: Jan 30, Mar 6 & Monday, Apr 22 (Earth Day)
TIME: 4:00pm–5:00pm
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.

DATE: Feb 6, Mar 20 & May 8
TIME: 4:00pm–5:00pm
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.

DATE: Jan 9, Apr 10 & May 22
TIME: 4:00pm–5:00pm
LOCATION: Sterling Park
INSTRUCTOR: Project Read Staff

Fees for the Project Read Program are included in the After School and 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 January 1–31, 2019
 Session II February 1–26, 2019
 Session III March 1–29, 2019
 Session IV April 2–30, 2019
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



DAY IN THE SNOW



COLMA TEEN TRIP 2019

COME ENJOY A DAY IN THE SNOW WITH YOUR FRIENDS IN LAKE TAHOES NATURAL BEAUTY. PARTICIPANTS WILL HAVE AN OPPORTUNITY TO GO SNOW TUBING, PLAY IN THE SNOW, SNOWBOARD OR SKI. FOR PARTICIPANTS 12 TO 20 YEARS OLD.

Thursday, January 3, 2019

TIME: 5AM TO 9PM • LOCATION: LAKE TAHOE, CA

RESIDENT FEE: \$42 NON-RESIDENT FEE: \$140.00

FOR MORE INFORMATION PLEASE CONTACT LIZ TAPIA @ 650.985.5691



Colma Teen's L.E.A.P. (Law Enforcement Activity Program)

(Ages 12–18 years old)

Join us for our program in partnership with the Town of Colma Police Department. Teens will participate in community service projects, educational workshops, and social outings with Town Police Officers and Recreation Leaders. This program is completely free and open to teens 12 to 18. In order to participate in the social outings teens must register and attend at least 2 community service projects or educational workshops. All workshops will take place at Sterling Park. For more information on this program please contact Liz Tapia at 650-985-5691.

Pizza with Police

January 28, 2019 - 5:00pm - 7:00pm

Start the new year off right, join us for the first Colma Teen LEAP program of the new year! We will enjoy some fun board games with our favorite Colma Police Officers, and enjoy a delicious pizza dinner!

Financial Workshop

February 15, 2019 - 5:00pm - 7:00pm

Join us as we learn why a college education worth every penny! You will learn about how much one year of college costs today and how much it will cost tomorrow. Get resources and guidance on where to find "free money"!

Future Law Enforcement Program Workshop

March 25, 2019 - 6:00pm - 8:00pm

Teens will have the opportunity to meet one-on-one with law enforcement officers and learn about the possibilities for a future career in law enforcement, what it takes and how to prepare.

San Francisco Giants Game

April 29, 2019 - 6:00pm - 11:00pm

Join Officers and recreation staff on a trip to AT&T Park where the SF Giants will battle against their rival LA Dodgers! To attend this trip, prior participation in LEAP programs is required.

Teen Health Presentation

May 20, 2019 - 6:00pm - 8:00pm

This presentation will provide information on responsible decision making skills, contraception, prevention of STDs, how to obtain reproductive health services, healthy relationships, communication, and self-esteem.

Animal Shelter Volunteering

Date and Time - TBD

Participants will have the opportunity to volunteer in a local animal shelter. Project details and location is to be determined.

Santa Cruz Trip

June 24, 2019 - Time TBD

We will kick off the Summer with a trip to Santa Cruz. Join officers and recreation staff in a round of mini golf then enjoy the rest of the trip on rides!



Sandbox VR SF

(Ages 12–17 years old)

Sandbox VR is a hyper-reality escape experience, it combines the latest in VR hardware technology, movie quality real-time motion capture rigs and AAA-quality content experiences to create the best VR experiences on the planet. Period. All participants must register by March 20th, 2018 to avoid program cancellation.

Please watch for the bus schedule in the April edition of Livewire.

- DAY:** Thursday
- DATE:** April 11, 2019
- TIME:** 11:00am–3:00pm
- LOCATION:** San Mateo, CA
- COLMA RES. FEE:** \$15 Teen & Teen Guests
- NON-RES. FEE:** \$50.00



Open Teen Center Hours *(Ages 12 - 17 years old)*

This fall come to Sterling Park Recreation Center and enjoy some open recreation center time. We will have games to play, foosball, ping-pong, open black top, snacks and refreshments. Or come and let us know what you would like to do with your open recreation time.

- DAY:** Wednesdays
- DATE:** January 9 to April 17, 2018
- TIME:** 6:00pm–7:30pm
- LOCATION:** Sterling Park Recreation Center
- FEE:** FREE

Teen Ice Skating at Union Square

(Ages 12–17 years old)

Join us as we revel in an afternoon of Ice Skating at Union Square in the heart of San Francisco. Participants will have the opportunity to skate and enjoy the final days of the holiday season. BART transportation included in the participation fee. Youth & Teen residents may bring one non-resident guest at the resident rate. Please register at least one week in advance to avoid this program from being canceled.

- DAY:** Saturday
- DATE:** January 19, 2019
- TIME:** 1:00pm–5:00pm
- LOCATION:** Union Square, San Francisco
- COLMA RES. FEE:** \$8 Teen
- NON-RES. FEE:** \$25.00

Chamber Orchestra (Ages 10-17 years old)

The Vibo chamber orchestra is an ensemble that features strings, winds, keyboard and percussion. It focuses on a small group (around 10 -15 members) to develop chamber skills such as strong communication and personalized education. The repertory includes different styles mixing challenging with fun music for everyone.

DAY: Saturdays
DATE: Session I - Jan. 4- March 22, 2019 (12 - Weeks)
 Session II - March 29 - May 30, 2019 (10 - Weeks)
TIME: 7:00pm - 8:00pm
LOCATION: Vibo Music Center, 488 San Mateo Ave, San Bruno
COLMA RES. FEE: Session I \$57 Youth
 Session II \$48 Youth
NON-RES. FEE: Session I \$192
 Session II \$160
INSTRUCTOR: Vibo Music Staff

Performance and Stage Class (Ages 8 & Older)

Ever get those butterflies just as you're about to walk on stage or even at the mere thought of it? This workshop is for all students interested in confronting stage fright, exploring their unique expression and finding their individual style and dynamic class. Students learn and practice essential relaxation techniques, theatrical movement, natural expression, basic choreographed movement, vocal projection, and awareness of self through drama games, vocal exercises, improvisation and individually selected songs. By the end of this workshop, students will have developed skills to look and feel more comfortable on stage, to connect with their audience, and embody their own unique expression.

DAY: Tuesdays
DATE: Session I - Jan. 22- March 12, 2019
 Session II - March 26 - May 14, 2019
TIME: 7:00pm - 8:00pm
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



Private Lessons (All Ages)

Private music lessons provide you the opportunity to get one-on-one help to take your music playing to the next level. Music teachers will provide private lessons for instruments including: Piano, Violin, Guitar, Vocals, Ukulele, drums Woodwinds and Brass. Private lessons will offer you the chance to work on music comfortably until you are ready to play in public or in front of others. Upon signing up with the Town of Colma, please contact Vibo at 650-877-0805 to set up your lessons and schedule. This program includes 8 hourly private sessions.

DAY: Contact ViBo to set up (1) 8 - Week Session schedule
DATE: Session I February - March, 2019
 Session II April - May, 2019
TIME: TBD with instructor
LOCATION: Vibo Music Center
 488 San Mateo Ave, San Bruno
COLMA RES. FEE: \$223 Adults, \$111 Youth, Seniors, & Disabled
NON-RES. FEE: \$371.00
INSTRUCTOR: Vibo Music Staff



Traditional Hawaiian Ukulele for Beginners

(Ages 8 & Older)

Participants will learn traditional strumming techniques, and work on singing and playing Hawaiian songs. Learn finger picking, chords and chord progressions as well have opportunities to perform in public and accompany dancers. Ukulele's can be purchased at Vibo music, please call (650) 844-0805 for details.

DAY: Tuesdays
DATE: Session I Jan. 22 - March 12, 2019
 Session II March 26 - May 14, 2019
TIME: 4:00pm-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
INSTRUCTOR: Vibo Music Staff



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
Sunday (SF)	Jan. 27 - March 24 (Skip 2/17)	1:00-2:00pm
Sunday (SF)	March 31- May 19	1:00-2:00pm

COLMA RES. FEE: \$76 Adult, \$38 Youth, Senior & Disabled
NON-RES. FEE: \$160.00

Vibo Youth Ensemble (Ages 10–17 years)

VIBO Youth Ensemble is a hybrid of rock band and classical ensemble. While keeping the typical rock band elements (vocals, guitar, bass, drums, keys), we added strings and woodwinds. Our curriculum emphasizes on ear training, by showing most parts by ear. Members have the opportunity to create a music arrangement from scratch and learn how to apply their instrument(s) into the song-making process. Our repertoire consists of songs chosen by the teachers and the members, as well as the members' original songs and music arrangement. VIBO Youth Ensemble performs frequently throughout the bay area. An audition is required before joining this program. Please call (650) 877-0805 for an appointment.

DAY: Fridays
DATE: Jan. 4 - March 22, 2019 (12 Weeks)
 Mar. 29 - May 30, 2019 (10 Weeks)
TIME: 6:00pm–7:00pm
LOCATION: Vibo Music Center, 488 San Mateo Ave, San Bruno
COLMA RES. FEE: Session I \$ 57 Youth
 Session II \$48 Youth
NON-RES. FEE: Session I \$192.00
 Session II \$160.00
INSTRUCTOR: Vibo Music Staff

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	January 26 - March 23 (Skip 2/16)	1:00-2:00pm
Saturdays	March 30 - May 18	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	January 26 - March 23, 2019 (Skip 2/16)	2:00-3:00pm
Wednesdays	February 13 - April 3, 2019	7:00-8:00pm
Saturdays	March 30 - May 18, 2019	2:00-3:00pm
Wednesday	April 10- May 29, 2019	7:00-8:00pm

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 I January 1–31, 2019
 Session II February 1–28, 2019
 Session IV March 1–30, 2019
 Session V April 1–30, 2019
 Session VI May 1–30, 2019

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 January 1, 2019, and end in June. 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

DAY	TIME	CLASS
Monday	4:30p-5:20p	Ballet I
Monday	5:30p-6:20p	Ballet III/IV
Monday	6:30p-7:20p	Pointe
Tuesday	5:30p-6:20p	Ballet II
Tuesday	6:30p-7:20p	Pre-Pointe
Wednesday	4:30p-5:20p	Combo III/IV
Wednesday	5:30p-6:20p	Lyrical (Beg./Inter.)
Wednesday	6:30p-7:20p	Jazz (Beg./Inter.)
Thursday	5:30p-6:20p	Tap II (Inter.)
Thursday	6:30p-7:20p	Tap III (Adv.)
Friday	5:30p-6:20p	Hip Hop (Beg./Inter.)
Saturday	9:00a-9:50a	Combo I
Saturday	10:00a-10:50a	Combo II
Saturday	11:00a-11:50a	Combo III
Saturday	12:00p-12:50p	Tap I/II (Beginning)

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 I January 5–26, 2019
 Session II February 2–23, 2019
 Session IV March 2–23, 2019
 Session V April 6–27, 2019

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



Dragon Boat Paddling for Beginners

(Ages 12 years & older)

Dragon Boating began over 2,500 years ago. Its popularity has grown immensely over the past 30 years. Today, recreational paddlers as well as staunch competitors engage in the sport of dragon boating around the world. Now, you can try it too and paddle in a 40-foot long, 20-seat Dragon Boat. You will learn basic paddling techniques, water safety, fitness preparation, team work, and the organizational structure of a Dragon Boat team. Each session includes three 90-minute classes with land and water training. Participants who complete the entire session will receive a Certificate of Completion. Come join the Oyster Point Dragons (OPD) as we paddle on the Bay. Paddles Up! Students have the option of joining OPD as a full member after completion of the session. See you on the water! <http://www.oysterpointdragons.org>

DAY: Saturdays

DATE: February 16–March 2, 2019
 June 1–June 16, 2019

TIME: 8:30am–10:00am

LOCATION: 95 Harbor Master Rd., South San Francisco; Oyster Point Marina Gate #7

COLMA RES. FEE: \$33 Adult, \$17 Senior, Youth & Disabled

NON-RES. FEE: \$55.00

INSTRUCTOR: Oyster Point Dragons

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 Nov 17 - Jan.12, 2019 (Skip 12/8)
 Session II Jan 19 - March 16, 2019 (Skip 2/9)
 Session III Mar. 23 - June 1, 2019 (Skip 4/20, 4/27, 5/18)
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

Active Adult Chair Yoga (Ages 21 years & older)

Designed for active adults who are young at heart, this yoga class 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. Experience restorative breathing exercises that help with balance, injury and alignment, for the mind, body and spirit. Active Adult Chair Yoga, sets you on a journey for a healthier lifestyle by reducing stress and increasing relaxation!

DAY: Thursdays
DATE: December 13 2018 - January 31, 2019
 Feb. 7- March 28, 2019 (2/14, 3/7, 3/14 at Sterling Park)
 April 4- May 23, 2019 (4/5, 5/2, 5/9 at Sterling Park)
TIME: 9:45am—10:50 am
LOCATION: Colma Community Center
COLMA RES. FEE: \$25 Adult, \$15 Senior, Teen & Disabled
 Drop In - \$ 2.50 Adult \$1.50 Senior, Teen & Disabled
NON—RES. FEE: \$100.00
 Drop In - \$10.00
INSTRUCTOR: Vanessa Mosqueda Velez

Gentle & Invigorating Yoga for All Bodies

(Ages 16 years & older)

All are welcome at this mindful movement and deep breathing practice. Come for a full body tune up: standing, sitting, and laying on the floor (if you wish, and are able). Bring a mat or towel and any props you like to use; wear loose clothes, and come ready to relax. No prior experience nor flexibility is needed, just openness and the ability to show up. Kids interested in coming are welcome, or may happily hang out quietly in the room while their parents practice, too.

DAYS: Tuesdays
DATES: Session I Oct. 30- Jan. 15 2019 (Skip 12/25 & 1/1)
 Session II Jan. 29 - April 9, 2019
 Session III April 16 - June 18, 2019
TIME: 6:45pm—8:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: \$66 Adult, \$16.50 Senior, Teen & Disabled
 Drop in—\$6.60 Adult, \$1.65 Senior, Teen & Disabled
NON—RES. FEE: \$120.00 Drop in—\$12.50
INSTRUCTOR: Madhuri Flynn



Parent and Baby Yoga (All Ages)

This class gives an opportunity for parents to practice yoga in a space where your child can participate too! Some practices will be done while babies are laying on their blanket, while other poses include your baby. Poses are geared to counter the physical challenges of holding and carrying a child, feeding and also to recover after child birth. Parents will also get to enjoy a non stressful environment and meet other new parents!

DAYS: Fridays
DATES: Session I Feb. 1- March 29, 2019 (Skip 2/22)
 April 19 - May 31, 2019
TIME: 9:30am—10:30am
LOCATION: Sterling Park Recreation Center
COLMA RES. FEE: \$66 Adult, \$16.50 Senior, Teen & Disabled
 Drop in—\$6.60 Adult, \$1.65 Senior, Teen & Disabled
NON—RES. FEE: \$120.00 Drop in—\$12.50
INSTRUCTOR: Madhuri Flynn



Zumba Toning!

(Ages 15 years & older)

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.

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: Oct. 20 - January 5, 2019 (Skip 12/1, 12/8)
 Jan. 12– March 30, 2019 (Skip 2/9, 3/9)
 April 13 - June 29, 2019 (Skip 5/4, 6/15)
TIME: 9:15am–10:30am
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

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: April 6, 2019
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



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: October 22–Jan. 21, 2019
 (Skip 11/12, 12/3, 12/24, 1/14)
 Jan 28-April 9, 2019 (Skip 2/18)
 April 15 - June 24 (Skip 5/27)
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



Town of Colma Biggest Loser Contest

(Ages 13 years & older)

Start your New Year's Resolution off right! Join our 4th round of the Biggest Loser Town Contest! You and your fellow residents are on a mission to get fit! The Town of Colma will be awarding prizes to the top male, female and team "losers" (with sufficient participation). Weekly prizes will be awarded to the top loser of the wee. Contest will run from January 14th to February 11th. To participate in the contest you must weigh-in at the Colma Community Center by January 14th. Final weigh-in must be completed in person by 3:00pm, Sunday, Febaury 10th at the Colma Community Center. Winners will be announced by Friday, February 15th. For questions please contact Liz Tapia at 650-985-5691.

DATES: January 14 - February 11, 2019
TIME: Community Center Hours
LOCATION: Colma Community Center
COLMA RES. FEE: FREE
NON-RES. FEE: \$10.00





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. NOTE: Chef Cynthia will provide dairy free and gluten free options if notified in advance.

Valentine's Food Affair -

February 6, 2019 - 6:30pm - 8:30pm

Enjoy a Valentine's Day meal fit for royalty! Chef Cynthia will demonstrate and offer a romantic and red themed dinner for two including Beet and Blue Cheese Salad, Pepper Steak for 2 with buttered noodles and braised greens. We'll finish with chocolate fondue with angel food cake and fruit.

Noodles Around the World -

March 6, 2019 - 6:30pm - 8:30pm

Love Noodles? Chef Cynthia will provide recipes for Udon Noodle Soup, Pad Thai with Shrimp and Rice Noodles + Bacon Mac and Cheese We'll finish with Cous Cous Pudding with Caramelized Nuts!

Spring Fling Food Classics -

April 3, 2019 - 6:30pm - 8:30pm

Chef Cynthia will celebrate the arrival of Spring produce by demonstration Asparagus and Ricotta Dumplings with green garlic, Poached Salmon with Pea Pancakes. We'll finish with Strawberry-Rhubarb Crisp and whipped creme fraiche.



Wine & 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 worries at the door and dive in to the paint party!

DAY: Friday
DATE: April 19, 2019
TIME: 7:00pm—10:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: \$30.00
 \$8 Senior & Disabled
NON-RES. FEE: \$50.00
INSTRUCTOR: Wine & Canvas Artist

NEW! Let's Talk About It! - Life, Liberty and the Pursuit of Happiness! (Ages 18 years & older)

Discussions are a valuable learning tool that can help to expand your mind and your resources. Join, Let's Talk about it! - Life, Liberty and the Pursuit of Happiness! An open discussion workshop series facilitated by community advocate, Marta Bookbinder. During this workshop series you will have the opportunity to engage in a variety of topics with members from your community! Topics such as Education, Resources and Health will be facilitated to open a dialogue and help members of the community get to know each other and help to guide one another with valuable with information.

DAYS: Fridays
DATES: March 15-29, 2019
TIME: 6:00pm—7:30 pm
LOCATION: Colma Community Center
FEE: FREE



Cyber Safety Training (18 years and older)

As technology becomes a larger part of our lives, safety is a main concern. This series of workshops will provide students with basic awareness training to recognize and respond to cyber safety situations. You will learn how to be safe with technology on your smartphone, your computer, and the internet. The instructor will review best practices and provide a visual presentation. Please bring your smart phone or laptop if you would like a more in-depth experience. Following the presentation, the Instructor will provide 1-on-1 assistance and answer all your cyber security questions.

DAY: Saturday
DATE: March 16 & 23, 2019
TIME: 11:00am—12:30pm
LOCATION: Sterling Park
COLMA RES. FEE: FREE
INSTRUCTOR: Sean Duarte



Colma Ladies Social (Ages 18 years & older)

Calling all ladies of Colma! Are you new to town or want some good company? Join the lovely ladies of Colma and meet new people. Hot Beverages and snacks will be provided.

DAY: Wednesday
Date: January 2, 2019
 February 6, 2019
 March 6, 2019 (at Sterling Park)
 April 3, 2019 (at Sterling Park)
 May 1, 2019
TIME: 10:00am–1:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: FREE



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.

Dates	Movie Titles	Genre
January 4, 2019	Mama Mia! Here We Go Again!	PG-13 (Musical/Comedy)
February 1, 2019	A Star is Born	R (Drama/Romance)
March 1, 2019	The 15:17 to Paris	PG-13 (Drama/Thriller)
April 5, 2019	First Man	(Action)

DAY: Fridays
TIME: 11:30pm–2:30pm
LOCATION: Colma Community Center
COLMA RES. FEE: \$4 Adult, \$2 Senior & Disabled
NON-RES. FEE: \$10.00



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!

Dates	Destination
January 10	Jamaica (at Sterling Park)
February 7	Peru
April 11	Thailand

DAY: Thursdays
TIME: 12:00pm–1:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: \$4.00 Senior & Disabled
NON-RES. FEE: \$22.00

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 neighbourhood. Please register at least one week prior to the date of the luncheon.

Monthly Birthday Celebrations (Ages 18 years & older)

We will be hosting a mini celebration during Senior Luncheon. Each birthday celebrant will receive a birthday party hat and a delicious treat.

DAY: Wednesday
COLMA RES. FEE: \$5 Adult, \$3 Senior & Disabled
NON-RES. FEE: \$20.00

Dates	Theme
January 16, 2019	Japanese Tea Garden - Enjoy a traditional cuisine and serene decorations.
February 20, 2019	Buon Appetito! - Join us as we bring a little bit of Italy to Colma. Enjoy some delicious Italian cuisine. After lunch we will enjoy a matinee showing of Eat, Pray, Love.
March 20, 2019	Backyard Barbecue - Come on over to the Colma Community Center as we get ready for a great barbecue bash. Enjoy some tasty barbecued meats, hearty sides and refreshing beverages.
April 17, 2019	Senior Eggstravaganza Brunch - Come join the fun as we celebrate the spring time with delicious food. After lunch we will hide treat filled eggs around the Colma Community Center for the children at the after-school program to find!
May 15, 2019	Fiesta like there's no Mana! - Join the festivities as we enjoy some food and great company. After the festivities we will play a few games of Loteria!



NEW! New York Life Financial Workshops

(Ages 18 years & older)



Tuesday, January 22, 2018 -
Strategies for Building a Better Retirement Discuss the challenges retirees face when it comes to managing their retirement income and how New York Life and it's affiliate can help meet those challenges.

Tuesday, March 19, 2018 -
Planning For Your Long Term Care Options Make the most of tomorrow by making smart choices today. As we age our needs to live day to day often increase and they may be costly for you and your family. Now is the time to start planning, who will take care of you when you need it most.

LOCATION: Colma Community Center
DAYS: Tuesdays
TIME: 4:30pm—5:30pm
FEE: Free

Creekside Villas Activities (Ages 18 years & older)

The Town of Colma Recreation Services Department is offering senior programs during the Spring 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 cancelled.

Dates	Activity
January 23, 2019	Valetine's Day Card
February 27, 2019	Flower Petal Candle Holder
March 27, 2019	Tie Dye Eggs
April 24, 2019	Spring Time Flowers
May 22, 2019	Homemade Spices

TIME: 11:30am—1:00pm
COLMA RES. FEE: \$5 Adult, \$3 Senior & Disabled
NON-RES. FEE: \$17.00



Breakfast Bingo (Ages 55 years & older)

It's time for Breakfast Bingo! Rise & shine and kick off your day with a delicious breakfast pastries, some friendly competition, and the chance to win great prizes. Join us on the Fourth Friday of each month for the classic game of Bingo with a twist. Along with all your Bingo supplies, we'll provide you with a delicious variety of morning time treats and bottomless coffee or tea.

Dates	Location
January 25, 2019	Colma Community Center
February 22, 2019	Creekside Villas
March 22, 2019	Colma Community Center
April 26, 2019	Creekside Villas
May 24, 2019	Colma Community Center

DAY: Fridays
TIME: 10:00am—11:00 am
COLMA RES. FEE: \$3.00
NON-RES. FEE: \$20.00



Field Trips- Walking Rater



1= Easy: Little to no walking

2=Moderate: walking, some stairs

3=Challenging: includes walking, stairs

Trip Policies

- **To ensure field trips are not cancelled please register at least 2 weeks before scheduled trip date.**
- **To receive refunds or credits you must cancel your trip at least 2 weeks in advance.**
- **Returns times are approximate and subject to traffic.**
- **Efforts will be made to make reminder calls, but they are not guaranteed.**
- **Bus will leave 5 minutes after scheduled pick up times.**
- **All buses will have a restroom.**

For more information or questions about Adult and Senior Trips please contact the Colma Community Center at (650) 985-5678

A Day at the Movies *(Ages 18 years & older)*

Find out what all the Hollywood buzz is about, join us as we venture out to the Tanforan Movie theater to watch the latest films that have been nominated for an Academy Award. You'll have the opportunity to choose any matinee movie (prior to 11:30 am.) Afterward, we'll head over to Jack's Restaurant, across the street from the Tanforan Shopping Center, for a leisurely lunch before returning back to Colma. Please watch for the bus schedule in the January edition of LiveWire.

DAY/DATE: Friday, January 18, 2019
TIME: 10:00am—4:00pm
LOCATION: Colma Community Center
COLMA RES. FEE: \$30 Adult, \$15 Senior & Disabled
NON-RES. FEE: \$50.00



Walking Rater:



Museum of African Diaspora *(Ages 18 years & older)*

Join the fun, as we take a trip to the Museum of African Diaspora located in the heart of the Yerba Buena Arts District. The museum showcases the history art and cultural richness that resulted from the migration of Africans throughout the world! After we will enjoy lunch at a local favorite restaurant. Please register by January 29, 2019.

DAY/DATE: Wednesday, February 13, 2019
TIME: 10:00am—4:00pm
LOCATION: San Francisco, CA
COLMA RES. FEE: \$34 Adult, \$8 Senior & Disabled
NON-RES. FEE: \$58

Walking Rater:





California Mission Series - Mission Santa Clara de Asis (Ages 18 years & older)

Don't miss our second stop of the California Mission Series as we take a trip to Santa Clara De Asis. Mission Santa Clara de Asis is the 8th mission in California. The mission is located at Santa Clara University. Join us on a self-guided tour through the mission. After we will enjoy lunch at a local favorite. Please register by February 26, 2019 in order to avoid trip from being cancelled. Please look for bus schedule in your March issue of Livewire.

DAY/DATE: Tuesday, March 12, 2019

TIME: 9:30am—4:00pm

LOCATION: San Francisco, CA

COLMA RES. FEE: \$39 Adult,
\$10 Senior, Disabled

NON-RES. FEE: \$65.00

Walking Rater:



Golden Gate Fields (Ages 21 & older)

We're off to the races at Golden Gate Fields, where we will enjoy a lavish luncheon buffet at the elegant glass-enclosed Turf Club and watch the horse racing on the table TV monitors. The Turf Club features an expansive viewing area which embraces the true heritage of the sport! Please register at least 2 weeks before the trip, and watch for the bus schedule in the April edition. Please watch for the bus schedule in the April edition of LiveWire.

DAY: Friday

DATE: April 12, 2019

TIME: 10:00am—6:00pm

LOCATION: Golden Gate Fields, CA

COLMA RES. FEE: \$33 Adult, \$17 Senior & Disabled

NON-RES. FEE: \$55.00

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 or visit our website at <https://www.colma.ca.gov/park-facilities/> for additional details and fees. 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:

- January 1, 2019:** January 1, 2019–December 31, 2020
- February 1, 2019:** February 1, 2019–January 31, 2020
- March 1, 2019:** March 1, 2019–February 28, 2020
- April 1, 2019:** April 1, 2019–March 31, 2020

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:

- January 1, 2019:** January 1, 2019–March 31, 2019
- February 1, 2019:** February 1, 2019–April 30, 2019
- March 1, 2019:** March 1, 2019–June 30, 2019

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
ALLICE	Promoting healthier relationships, homes and communities through education.	allicekumares.com	(650) 992-9110
Clinic By the Bay	Provides healthcare to low income, working uninsured adults.	clinicbythebay.org	(415) 405-0222
Colma/Daly City Chamber	Provides support to the business communities of Colma and Daly City.	dalycity-colmachamber.org	(650) 755-3900
Community Gatepath	Helps people of all ages with special needs & disabilities.	gatepath.org	(650) 259-0650
Daly City Peninsula Partnership	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
Jefferson Union High School District	Educational experiences by offering leadership opportunities.	juhsd.net	(650) 550-7847
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 Conservation District	Provides services addressing wildlife, water, climate, and agriculture.	sanmateorcd.org	(650) 712-7765
SMC Community College Foundation	Makes, affordable higher education available to members of our community.	smccfoundation.org	(650) 738-4111
SMC Jobs for Youth	Provides youth with services in gaining job skills.	hsa.smcgov.org/jobsforyouth	(650) 301-8434
Sustainable SMC	Seeks to create a broader awareness of the sustainability concept.	sustainableanmateo.org	(650) 638-2323



QUEENS OF COLMA TEA PARTY

SATURDAY FEBRUARY 9

**STERLING PARK RECREATION CENTER
10AM TO 12NOON
AGES 4 TO 14**

**\$3 - RESIDENTS & \$10 - NONRESIDENTS
FOR MORE INFORMATION PLEASE CALL 650.991.3213**



*The Town of Colma Recreation team
wishes you a Wonderful Holiday Season
and Happy New Year!*



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

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