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Iown of Colma Recreation Guide

Parks Marke Life Better! Summer Day Camp
Special Events
Adult & Senior Programs www.colma.ca.gov



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Employee Spotlight...



Daisy Esquivias, Senior Recreation Leader Colma Employee: 3 years

Why did you want to work with the Town of Colma? I lived in Colma as a kid as was able to see how close the community is. As an adult, I'm lucky to be able to know the community again and have fun while doing it!

What is your favorite part about working here?

I love our summer camp! Being able to plan and experience it along with the kids is a special thing for me. There is something amazing about seeing our vision come to life all while making a memorable summer for kids.

When you're not at work, what are some things you like to do?

I love reading and writing. I also enjoy exploring San Francisco because there's always something new to see.

What are your plans for the future? I hope to travel to as many beautiful places as possible.

What is your best tip for health and wellness? Go out on a nature walk or hike. The bay has beautiful views everywhere!

Fun Fact:

I collect copies of my favorite book, The Great Gatsby. I currently own 19. I'm always searching for editions to add to my collection!

Recreation Services Department

COLIMIA COMMUNITY CENTRER 1520 Hillside Boulevard

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

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

STREELING PARK RECREATION CENTRER

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 to August 2019:

May 27, 2019 July 4, 2019 September 2, 2019 Memorial Day Independence Day Labor Day

Follow Us!



@colmarecreation



@townofcolma

Recreation Services Dept. Mission Statement

The Town of Colma Recreation Services Department is committed to enriching and enhancing 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 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.

RECREATION MANAGER

Cynthia Morquecho (650) 985-5681 cynthia.morquecho@colma.ca.gov

RECREATION COORDINATOR

Angelika Abellana (650) 985-5682 angelika.abellana@colma.ca.gov

RECREATION COORDINATOR

Liz Tapia (650) 985-5691 liz.tapia@colma.ca.gov

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)	(N	/liddle Initial)	(Last N	ame)	
Address:						
		(C	City)	(Zip)		
Home:	Work	<:	E	mergency:		
Email:			c	ell:		
		1				1
Participant's Full Name	Grade/Age	Sex (M/F)	Birth Date	Program Date/Day	Activity Name	Program Fe

		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.



SUMMER 2019

MAY

4	Family Field Day
18	Town Wide Clean U

JUNE

- 15 Town of Colma Blood Drive
- 17 First Day of Summer Day Camp

Jp Day

JULY

13 Colma Community Fair

AUGUST

- **1** Summer Concert Series
- **3** Oakland Zoo and Fenton's
- 8 Summer Concert Series
- **15** Summer Concert Series
- **17** CPR & First Aid Training

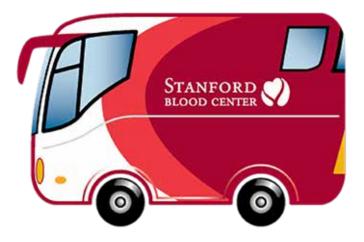
SEPTEMBER



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



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 15 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 15, 2019TIME:9:00am—1:00pmLOCATION:Colma Community CenterCOLMA RES. FEE:FREENON-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. Participants and staff will 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 give-away and an awesome BBQ lunch. Volunteers need to register for the Town Wide Clean Up Day at the Colma Community Center by May 17, 2019.

DAY/DATE:	Saturday, May 18, 2019
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 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, and recyclable materials. 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 18, 2018. All requests for large appliance pick up items must be made prior to Tuesday, May 15, 2018. For more information please call the Colma Community Center at (650) 985-5678.

DAY/DATE: Saturday, May 18, 2019

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

NEW! Puppy Play Day at Bark Park (All Ages)

Bring your pet out to Bark Park to enjoy fun social time with other neighborhood dogs! The event will feature a fun obstacle course for your pet and a pet photo area! There will also be fun board games to play while you let your pet socialize! We will also provide a yummy ice cream treat for both you and your pet! Please register by June 1, 2019 to avoid program being cancelled. For more information please contact us at (650) 985-5678. *All dogs must be:*

- Accompanied by an adult 18 & Older
- *Must* be current on all vaccinations

DAY/DATE:	Saturday, June 15, 2019
TIME:	10:00am—11:30am
LOCATION:	Bark Park, D Street, Colma
COLMA RES. FEE:	FREE

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

NEW! Get - A- Clue Pub Crawl & Scavenger Hunt

(21 years and Older)

Get-A-Clue[™] is a bar crawl scavenger hunt! Our entire group will travel together by bus and gather at the first bar location! You will break up into two teams. Each team will have a copy of a crawl guide with them. Our crawl master will then send each of your teams, via text message, a different bar clue puzzle. Each team must solve this puzzle to reveal the name and location of their next bar on the bar crawl.

Teams compete with one another in this trivia-challenge-clue dance, vying to be the first to reach the final bar and be declared the winners. But no matter who wins, everyone reunites at the final bar to share stories and photos of their adventures! Drinks, appetizers and transportation will be provided.



There is a lot of walking so be sure to wear some comfy shoes! If you are interested in signing up please contact the Colma Community Center at (650) 985-5678.

DAY/DATE:	Saturday, July 27, 2019
TIME:	5:00am—10:00pm
LOCATION:	San Francisco, CA
COLMA RES. FEE:	\$60.00 Adults & \$30.00 Senior & Disabled
NON –RES. FEE:	\$100.00

NEW! Oakland Zoo and Fenton's (All Ages)

Join us as we take a trip across the bay bridge to the Oakland Zoo! The zoo houses over 750 native and exotic animals. The Oakland Zoo had been recognized for their outstanding animal care. After monkeying around the zoo, we will enjoy lunch where adventures are guaranteed - Fenton's Creamery. Please register by July 12, 2019 to avoid program cancellation.

DAY/DATE:	Saturday, August 3, 2019
TIME:	10:00am—5:00p
LOCATION:	Oakland, CA
COLMA RES. FEE:	\$53 Adult,
	\$14 Senior, Youth & Disabled
NON-RES. FEE:	\$89.00

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 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 camper should bring a bag lunch, a sweatshirt, and wear closed-toed shoes. *Please note, we will not be offering the food program this summer.* Please be sure all personal items are clearly labeled with the camper's name. On-site, we have trained and dedicated staff leading games and activities that participants with enjoy with their peers and favorite Recreation Leaders. For questions please call Daisy Esquivias at 650-991-3213.

Summer Session:

DAY:	Monday—Friday	
DATE:	June 17 – August 16, 2019	
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	6/17 - 6/28	skip 6/26 field trip
II	7/1 - 7/12	skip 7/4 - 7/5 holiday skip 7/10 field trip
111	7/15 - 7/26	skip 7/17 & 7/23 -7/24 field trips
IV	7/29 - 8/9	skip 7/31 & 8/7 field trips
V	8/12 - 8/16	



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 summer day camp should contact Dinora Navarro at 650-991-3213 or dinora.navarro@colma.ca.gov for a volunteer application.

Applications are due by May 1, 2019. LIT's are required to commit to working at least 3 days per week (10am-4pm) and 5 out of 9 weeks of summer day camp. Applicants will be interviewed and offered volunteer opportunities as needed. Interviews are tentatively set for May 13, 2019. A mandatory LIT orientation is tentatively scheduled for May 25th, 2019. 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 of 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-10:00amResident Fee:\$1.00 per dayNon-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 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 summer 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 exciting 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.



MOCHA (Ages 5–12 years)

Join us for a day at the Museum of Children's Arts in Oakland. The museum offers a broad variety of programs including interactive exhibits, artists-in-residence, open studios, and hands-on art projects. Campers will be taking public transportation for this trip. Be sure to bring your bag lunch, camp shirt and walking shoes. Register before June 24, 2019 to avoid program cancellation.

DAY/DATE: Wednesday, June 26, 2019 COLMA RESIDENT FEE: \$6 Youth NON-RES. FEE: \$20

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

Aqua Adventure Water Park is 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 June 25, 2019 to avoid program cancellation.

DAY/DATE: Tuesday, July 9, 2019 COLMA RESIDENT FEE: \$12 Youth NON-RES. FEE: \$40





Santa Cruz Beach Boardwalk! in Santa Cruz, CA (Ages 5-12) 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 July 2, 2019 to avoid program cancellation.

DAY/DATE: Wednesday, July 17, 2019 COLMA RESIDENT FEE: \$20 Youth NON-RES. FEE: \$65

Overnight Camping (Ages 5-12)

Gather your sleeping bags and pajamas and join your fellow Summer Day Camp Campers for our 4th annual overnight adventure at the Colma Community Center. Campers will enjoy a fun-filled day of activities, then have a pizza dinner and movie night at our slumber party with Leaders! In the morning, leaders will provide a pancake breakfast and the fun will continue until parent pick up. Register by July 17, 2019 to ensure your spot.

DAY/DATE: Tuesday, July 23 at 8am to Wednesday, July 24, 2019 at 6pm COLMA RESIDENT FEE: \$13 Youth NON-RES. FEE: \$42

SUMMER DAY CAMP TRIPS (con't)

Don Castro Regional Recreation Area

(Ages 5-12)

We will spend the day splashing and swimming in the lagoon and enjoy 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! Register before July 16, 2019 to avoid program cancellation.

DAY/DATE: Wednesday, July 31, 2019 COLMA RESIDENT FEE: \$11 Youth NON-RES. FEE: \$35

SF Giants Game, San Francisco (Ages 5-12)

Enjoy a day at the ballpark watching our favorite The San Francisco Giants take on the Washington Nationals. Campers will be taking public transportation for this trip. Be sure to bring your bag

lunch (no glass or cans), camp shirt and walking shoes. Register before August 1, 2019 to ensure your ticket.

DAY/DATE: Wednesday, August 7, 2019 COLMA RESIDENT FEE: \$12 Youth NON-RES. FEE: \$40

Princess Dance Class—Duo Dance Academy

(Ages 3–7 years old)



Students will learn about full length ballet. 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 15–19, 2019
TIME:	9:30am—12:00pm
LOCATION:	Duo Dance Academy,
	12 Wellington Ave., Daly City
COLMA RES. FEE:	\$75 Youth
NON-RES. FEE:	\$250.00
INSTRUCTOR:	Duo Dance Academy Staff

Island Tube Fever! (Ages 5–12 yrs.)

Unbox your creativity at Challenge Island's® Island-Tube Fever Camp©! You and your tribe will build your own studio and take part in a whole haul of super tuber activities from pranks to parodies to exciting challenges; from slime to science experiments to kinetic sand; from DIY's to Q and A's to your favorite You-Tube stars! While no actual videos will be filmed or posted in compliance with the Children's Online Privacy Protection Rule. Don't miss out on this one-of-a-kind Kid's Choice Event! **\$15.00 materials fee is not included in registration fee**

and must be paid on the first day of program.

DAY/DATE:	Monday - Friday, Aug. 5–9, 2019
TIME:	9:00am—12:00pm
LOCATION:	Colma Community Center
COLMA RES. FEE:	\$48 Youth
NON-RES. FEE:	\$160.00



Slime Squad Camp

(Ages 5–12 yrs.) Are you slime crazy? Do you love making squishy, squeezy stuff? Then Challenge Island® Slime Squad Camp is the place for you! You and a tribe full of friends will dive into a new slime-filled world every day, from alien ooze to ghostly goo to monster muck to lava, too. No matter how you stretch it, Challenge Island® Slime Squad Camp promises to be a STEAM-riffic adventure of a lifetime. **\$15.00 materials fee is not**

included in registration fee and must be paid on the first day of program.

DAY/DATE:
TIME:
LOCATION:
COLMA RES. FEE:
NON-RES. FEE:

Monday - Friday, Aug. 5–9, 2019 1:00pm–4:00pm Colma Community Center \$48 Youth \$160.00



SUMMER TEEN ADVENTURES...

Summer Teen Adventures are for teens ages 12 to 17. Trips 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. For questions regarding the teen program please call Daisy Esquivias at 650-991-3213.



SUMMER TEEN ADVENTURES... (con't)







California's Great America



RESIDENT FEE: \$22 NON-RES. FEE: \$76 AGES 12-17

Please make sure to bring money for lunch and dinner and a change of clothes if you wish to enjoy water attractions.

TEEN SPOTLIGHT

Open Teen Center Hours

(Ages 12 - 17 years old)

This Summer come to Sterling Park Recreation Center and enjoy some open recreation center time. We'll play foosball, ping-pong, open black top, have snacks and refreshments. We will also take occasional adventures! Come and let us know what you want to do!

DAY:	Thursdays
DATE:	May 16 to August 15, 2019 (skip 7/4)
TIME:	6:00pm—7:30pm
LOCATION:	Sterling Park Recreation Center
COLMA RES FEE:	FREE

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. Come out for a chance to win some goodies!

COLMA RES FEE:	FREE
LOCATION:	Sterling Park Recreation Center
TIME:	6:00pm—7:30pm
DATE:	May 17 - August 16, 2019 (skip 7/5)
DAY:	Fridays



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. Teens who are interested in volunteering for the summer day camp should contact Dinora Navarro at 650-991-3213 or dinora.navarro@colma.ca.gov for more information.

Applications are available online and are due by May 1, 2019. LIT's are required to commit to working at least 3 days per week (10am-4pm) and 5 out of 9 weeks of summer day camp. Applicants will be interviewed and offered volunteer opportunities as needed. Interviews are tentatively set for May 13, 2019. A mandatory LIT orientation is tentatively scheduled for May 25th, 2019. New LIT's must attend orientation in order to begin volunteer assignments.







Colma Recreation Services

THE COLMA POLICE DEPARTMENT AND COLMA RECREATION SERVICES HAVE TEAMED UP TO DEVELOP THE COLMA LAW ENFORCEMENT YOUTH PROGRAM (L.E.Y.P.). THE PROGRAM FEATURES MONTHLY WORKSHOPS, VOLUNTEER OPPORTUNITIES AND FIELD TRIPS WITH TOWN POLICE OFFICERS AND RECREATION STAFF.

MONTHLY MEETINGS ARE DESIGNED TO ENCOURAGE YOUTH PARTICIPATION IN A VARIETY OF EDUCATIONAL, RECREATIONAL AND ATHLETIC ACTIVITIES, HELPING YOUTH PREPARE FOR FUTURE ROLES IN THE COMMUNITY AS CITIZENS AND LEADERS. THIS FREE PROGRAM IS OPEN TO ALL TEENS AGES 12-17.

PARTICIPANTS MUST ATTEND 2 WORKSHOPS OR VOLUNTEER PROJECTS TO ATTEND FIELD TRIPS.

PROGRAM DATES AND DETAILS WILL BE ANNOUNCED ON A MONTHLY BASIS THROUGH EMAIL AND SOCIAL MEDIA.

> TO JOIN OUR EMAIL LIST FOR FUTURE PROGRAM DETAILS AND FOR MORE INFORMATION PLEASE CONTACT DESQUIVIAS@COLMA.CA.GOV OR 650-991-3213



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 is open to all children ages 5 to 14 years, Monday through Friday, 3:00pm to 6:00pm through June 14, 2018. 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	4/16 - 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 5/17, 5/23, 5/24, 6/13 	1pm - 6pm

Parent's 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 10:30pm curfew. All participants are urged to enroll at least one week prior to avoid program being cancelled. Children must be toilet trained in order to participate.

DAY:SaturdaysTIME:6:00pm-10:30pmLOCATION:Sterling ParkCOLMA RES. FEE:\$5 YouthNON-RES. FEE:\$20.00

Date	Movie
April 13, 2019	Goosebumps 2
May 11, 2019	The House with a Clock in its walls
August 10, 2019	Spider-man

Youth & Teen Cooking Classes (Ages 8-17 years)

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.

Rock n' Roll Sushi

May 1, 2019 - 4:45pm - 6:15pm

Are you to ready to rock and roll? Enjoy an exciting class as you learn the art of sushi. Chef Cynthia will teach youth how to make sushi rolls with rice, avocado, chicken and vegetables. The fun will continue as they also roll their way through dessert and learn to make a yummy fruit roll.

Pizza Party!

July 10, 2019 - 4:45pm - 6:15pm

Are you ready to party pizza style? Join in as Chef Cynthia provides dough for you to rollout and top with your favorite ingredients! You will have a choice of: sauce, mushrooms, pepperoni, sausage, cheese. The party doesn't stop there, get ready to enjoy making a delicious chocolate peanut butter bar!

Fiesta! Fiesta! - Tacos August 7, 2019 - 4:45pm – 6:15pm

There is no better way to end the summer than with a Fiesta! Chef Cynthia will show youth the traditional style of Mexican tacos. Youth will have the option of two types of tortillas to fill with beans, salsas, cheese, vegetables, chicken and other toppings. We'll finish with chocolate dipped bananas.



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:	Thursdays
DATE:	June 20, July 11, & August 1, 2019
TIME:	10:00am - 11:00am
LOCATION:	Sterling Park
INSTRUCTOR:	Project Read Staff

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.

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DAY:		Thursdays
DATE:		June 27, July 25 & August 8, 2019
TIME:		10:00am - 11:00am
LOCATION:		Sterling Park
INSTRUCTOR	t:	Project Read Staff

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:	Thursdays
DATE:	July 18 and August 18, 2019
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 1-31, 2019 Session II June 1-29, 2019 Session III July 2-31, 2019
 - Session IV August 1-31, 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





ViBo Music Camp Allegro (Ages 10–18 years)

Join us at Camp Allegro, a one-week or two-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. Available instruments (but not limited to) include guitar, piano, violin, cello, ukulele, woodwinds , and vocals. 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.

For the first time ever, we added an advanced camp for the 3rd week for more experienced students. Extended hours service is available upon request.

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 17 - 21, 2019	
Session II	July 8 - 12, 2019	
Session III	July 15 - 29, July 22 - 26, 2019	
TIME:9:00 am- 3:00 pmLOCATION:Vibo Music Center - 488 San Mateo Ave. San BrunoCOLMA RES. FEE:Session I & II \$104 Youth/ Session III \$188NON-RES. FEE:Session I & II \$435 Session III \$820		
U#GUTTIN #JAPTING U#GUTTIN #JAPTING MUSIC CAMP		

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:	June 1- August 24, 2019	
	(Skip 7/6)	
TIME:	11:00—11:45am	
LOCATION:	Vibo Music Center	
	488 San Mateo Ave, San Bruno	
COLMA RES. FEE:	\$57 Youth	
NON-RES. FEE:	\$240.0	
INSTRUCTOR:	Vibo Music 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.

Fridays
June 7 - August 30, 2019
(Skip 7/5)
6:00pm—7:00pm
Vibo Music Center
488 San Mateo Ave, San Bruno
\$57 Youth
\$240.00
Vibo Music Staff

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:	Fridays
DATE:	June 7 - August 24, 2019 (Skip 7/5)
TIME:	5:00pm -6:00pm
LOCATION:	Vibo Music Center, 488
	San Mateo Ave, San Bruno
COLMA RES. FEE:	\$57 Youth
NON-RES. FEE:	\$240.00
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).

(SF) San Francisco Location- 1490 Ocean Ave. #2, SF (SB) San Bruno Location- 488 San Mateo Ave. San Bruno Keyboard Workshop (Ages 7 years & Older)

Time	Dates	Day	
00-4:00pm	June 1 - August 24, 2019	Saturday (SB)	
00-2:00pm	June 2- August 25, 2019	Sunday (SF)	
)0-2:0	June 2- August 25, 2019	Sunday (SF)	

(Skip Dates 7/6 and 7/7)

COLMA RES. FEE: \$115 Adult, \$57 Youth, Senior & Disabled NON-RES. FEE: \$240.00

Pop Vocals Ensemble (Ages 6–14 years)

Join the fun-filled weeks of discovering your voice and learn how to sing with a group in the Pop Vocals Ensemble! Students are introduced to musical skills to become careful listeners, better singers, and build confidence in an environment that emphasizes cooperation, teamwork and fun. Pop Music Ensemble guides children and youth to explore and enjoy music through vocal training and music theory. The class will include a variety of songs from today's popular music and musical theater with additional a capella songs. The singing is combined with choreography to prepare students to perform at the recital at the end of the course.

Come find your new musical family, create a lifetime of memories and get ready to be a pop star!

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DAY:	Saturdays
DATE:	June 1 - August 24, 2019 (Skip 7/6)
TIME:	5:00pm—6:00pm
LOCATION:	Vibo Center, 488 San Mateo Ave, San Bruno
COLMA RES. FEE:	\$57 Youth
NON-RES. FEE:	\$240.00
INSTRUCTOR:	Vibo Music Staff

Jazz and Pop Harmony Choir (Ages 14 and Older)

Learn repertoire from jazz standards, to Bossa Nova, to Beatles and Simon & Garfunkel in 2-4 part harmony. Learn how to blend and balance harmonies, beginning vocal improvisation, and basic vocal technique. This class is for singers with some group singing experience.

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DAY:	Saturdays
DATE:	July 13 - August 17, 2019
TIME:	4:30pm–5:30pm
LOCATION:	Vibo Center, 1490 Ocean Ave. #2, SF
COLMA RES. FEE:	\$72 Adult, \$36 Youth, Sr & Disabled
NON-RES. FEE:	\$150.00
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	June 1 - August 24, 2019 (Skip 7/6)	1:00-2:00pm
LOCATION: COLMA RES. FEE		Vibo Music Center 488 San Mateo Ave, San Bruno FEE: \$115 Adult, \$57 Youth, Senior & D EE: \$240.00	isabled
NON—RES. FEE: Instructor:			

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 1 - August 24, 2019 (Skip 7/6)	2:00-3:00pm
Wednesdays	July 10 - August 28, 2019	7:00-8:00pm

LOCATION: Vibo Center, 488 San Mateo Ave, San Bruno COLMA RES. FEE: Sat.- \$115 Adult, \$57 Youth, Sr & Disabled Wed. - \$76 Adult, \$38 Youth, Sr & Disabled

NON-RES. FEE: Saturdays \$240 Wednesdays \$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. DeLucca'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.

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DAY:	Monday	/—Saturday
DATE:	Session	I May 1-31, 2019
	Session	II June 1-29, 2019
	Session	III July 1-31, 2019
	Session	IV August 1-31, 2019
TIME:	Monday	v, Wednesday & Friday–4:00pm–5:00pm
	Tuesday	/ & Thursday—7:00pm—8:00pm
	Saturda	y—10:30am—11:30am
LOCATIO	N:	Serramonte Del Rey, 699 Serramonte
		Blvd., Daly City
COLMA	RES. FEE	\$60 Adult, \$30 Youth, Senior & Disabled
NON-RE	S. FEE:	\$129.00
INSTRU	CTOR:	Delucca's School of Tae Kwon Do Staff

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.

Tange (
DAY:	Saturday	Ĺ
DATE:	Session II May 4–25, 2019	
	Session III June 1–22, 2019	6
	Session IV July 6–20, 2019	A
	Session V August 3–24, 2019	1
TIME:	Adult-9:00am-10:00am	
	Youth-10:00am-11:00am	
LOCATI	DN: Cypress Golf Learning Center	4
COLMA	RES. FEE: \$84 Adult, \$42 Senior, Youth & Disabled	3
NON-RE	S. FEE: \$140.00	
INSTRU	ctor: Tommy Kim	

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!

non our cool and interference and meet out of now parente.		
DAYS:	Fridays	
DATES:	April 19 - May 31, 2019	
	June 14 - August 23, 2019 (Skip 7/5)	
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	

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 5, 2019, 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	
DAY	TIME	CLASS
Monday	5:30p - 6:20p	Ballet III
Monday	6:30p-7:20 p	Pointe
Tuesday	4:30p-5:20p	Combo II/III (Ages 4-7)
Tuesday	5:30p-6:20p	Ballet I
Tuesday	6:30p-7:20p	Jazz (Beg./Inter.)
Tuesday	7:30p-8:20p	Hip Hop (Beg./Inter)
Wednesday	4:30p-5:20p	Combo II (Ages 4-7)
Wednesday	5:30p-6:20p	Ballet II (Intermediate)
Thursday	5:30p-6:20p	Tap II (Intermediate)
Thursday	6:30p-7:00p	Tap III (Advanced)
Friday	5:30p-6:20p	Hip Hop (Beg./Inter)
Friday	6:30p-7:20p	Lyrical (Beg./Inter)
Saturday	9:00a-9:50a	Combo I (Ages 3-5)
Saturday	10:00a-10:50a	Combo II (Ages 4-6)
Saturday	11:00a-11:50a	Combo III(Ages 5-7)
Saturday	12:00p-12:50p	Tap I (Beginning)

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.

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DAY:	Mondays
DATE:	April 15–June 24, 2019 (Skip 5/27)
	July 1–September 9, 2019 (Skip 9/2)
	September 16–November 18, 2019
	(Skip 10/7, 11/11)
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





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'd 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 April 16 – June 18, 2019
	Session II June 25 – August 27, 2019
	(Skip 7/23)
	Session III September 10 - November 12, 2019
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 Sr, Teen & Disabled
NON-RES. FEE:	\$240.00 Drop in—\$12.50
INSTRUCTOR:	Madhuri Fiona Flynn

Active Adult Chair Yoga (Ages 21 years & older) Designed for active adults who are young at heart, this yoga class leads you though 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 exercise 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:	June 6 — August 1, 2019
	August 8 – September 26, 2019
TIME:	9:45am—10:50 am
LOCATION:	Colma Community Center
COLMA RES. FEE:	\$60 Adult, \$15 Sr., Teen & Disabled
	Drop In - \$ 7.50 Adult
	\$1.80 Senior, Teen & Disabled
NON-RES. FEE:	\$100.00
	Drop In - \$12.50
INSTRUCTOR:	Vanessa Mosqueda Velez

Zumba Toning & Palango Combo!

(Ages 15 years & older) 9:15 – 10:30 am 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:	April 13 – June 29, 2019 (Skip 5/4, 6/15)
	July 6 — September 21, 2019
	(Skip 7/13, 9/14)
TIME:	9:15am—9:30am—Zumba
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

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!

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DAY:	Saturdays
DATE:	Session I March 23 – June 1, 2019
	(Skip 4/20, 4/27, 5/18)
	Session II June 8 – August 3, 2019 (Skip 7/13)
	Session III August 10 – Oct. 5, 2019 (Skip 9/7)
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





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.

Mother's Day Lunch

May 1, 2019 - 6:30pm - 8:30pm

Chef Cynthia will demonstrate the best way to celebrate Mom with a wonderful mid morning meal. Roasted Asparagus and Ricotta Tart, Crustless Quiche Lorraine and Raspberry "Cheesecake" French Toast. Chef Cynthia will also supply some different non-alcoholic "Champagne" cocktail recipes that you can use to make Mom her special beverage of choice..

Provençal Recipes

July 10, 2019 - 6:30pm - 8:30pm

Chef Cynthia will bring back recipes from her trip to Southern France. She'll demonstrate appetizers such as green olive tapenade toasts. Our main courses will be ratatouille, the sunny eggplant and pepper side dish, along with a simple bouillabaisse, the classic fish stew. Our dessert will be clafoutis, a puffy pancake with fresh cherries.

Summer Picnic Favorites!

August 7, 2019 - 6:30pm – 8:30pm

Chef Cynthia will demonstrate some updated versions of picnic classics. She will offer 3 different versions of deviled eggs, overnight pickled green beans followed by salt and pepper chicken wings, salmon nicoise salad and no bake s'mores bars!



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: DATE: TIME: LOCATION: COLMA RES. FEE: NON-RES. FEE: INSTRUCTOR: Saturday August 17, 2019 10:00am–3:00pm Colma Community Center \$30 Adult, \$8 Senior, Teen & Disabled \$50.00 Rachel Daly



Colma Community Chorus (Ages 12 years & older) If you often find yourself humming a tune or singing in your car, the Colma Community Chorus is for you! This new program will give you an opportunity to express yourself through music. With the direction of instructor Teena

Rodriguez, the Chorus will work as a group to collaborate to create one sound. This chorus program welcomes all ages and singing abilities. And will provide the opportunity to perform in front town residents at several town events! Don't



miss out on a fun opportunity to sing your heart out!!

DAY:	Saturday
DATE:	June 6 - August 1 (Skip 7/4)
	August 8 - September 26
TIME:	6:00pm—7:30pm
LOCATION:	Colma Community Center
COLMA RES. FEE:	Free
INSTRUCTOR:	Teena Rodriguez

Financial Seminar by Legend Leadership Development

(Ages 12 years & older)

Join the discussion as we dive into finance and learn from industry mentors about cash flow, college funds, proper asset protection and estate preservation. In addition, receive valuable information and opportunities by the top brokers in the Bay Area.

Saturday June 8, 2019 2:30pm -4:30pm Sterling Park Recreation Center Free

Safety Preparedness Programs

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 May - September 2019. Session topics and dates are to be determined. To sign up for the C.A.P.E email list, and receive the latest information on the C.A.P.E program, please contact Caitlin Corely at: caitlin.corley@colma.ca.gov

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

DATES:
TIME:
LOCATION:
FEE:

To Be Determined 6:00pm - 9:00 pm Colma Community Center FREE



NEW! Tech Talks Series (Ages 18 years & older)

The Town of Colma Recreation Services Department is offering a new workshop series that focuses on the ongoing changes in the tech world. In this 45 minute workshop series you will learn about different trends, learn how to use the latest devices and apps. You will also gain very useful information on how to stay safe online!

Dates	Activity
May 15, 2019	iPhone Vs. Android
June 19, 2019	Cyber Security- Staying Safe Online!
July 17, 2019	Go Go Grandparent - Uber & Lyft made easy!
September 25, 2019	Cellphone Photography Tips
TIME: 1:30am–2:15pm	

COLMA RES. FEE: Free

Saturday, September 21, 2019 County of San Mateo DISASTER PREPAREDNESS DAY

10AM-2PM, San Mateo County Event Center 1346 Saratoga Avenue, San Mateo * See website for parking and transportation options *

www.smcdisasterprep.org

Explore fire trucks, SWAT & other emergency response vehicles Venture into the Smoky Hall & Shake House Check out Bomb Squad Robots Attend classes on CPR, First Aid & more Learn about school & community safety resources A EDEE days of functions who whole formited

A FREE day of fun for the whole family!



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: DATE: TIME: LOCATION: COLMA RES. FEE:	Saturday June 8 & June 15, 2019 11:00am–12:30pm Sterling Park FRFF
INSTRUCTOR:	Sean Duarte
INSTRUCTOR.	Scall Dualte



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: DATE:

> TIME: LOCATION: COLMA RES. FEE:

Wednesday May 1, 2019 (at Sterling Park) June 5, 2019 July 3, 2019 August 7, 2019 10:00am–1:00 pm Colma Community Center 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	Rating/Genre
May 3, 2019	Green Book	PG-13 (Drama/Comedy)
June 7, 2019	Vice	R (Drama/Comedy)
July 5, 2019	Bohemian Rhapsody	PG-13 (Drama/Biography)
Aug. 2, 2019	The Favourite	R (Drama/Comedy)
Sept. 6, 2019	Apollo 11	G (Documentary)

DAY:FridaysTIME:11:30am-2:30pmLOCATION:Colma Community CenterCOLMA RES. FEE:\$4 Adult, \$2 Senior & DisabledNON-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!

DAY:ThursdaysTIME:12:00pm—1:00pmLOCATION:Colma Community CenterCOLMA RES. FEE:\$4 Senior & DisabledNON_PESFEE:\$22.00

NUN-RES.FEE: \$22.00				
	Dates	Destination		
	June 13, 2019	Venezuela		
	September 12, 2019	Philippines		

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.

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:WednesdayCOLMA RES. FEE:\$5 Adult, \$3 Senior & DisabledNON-RES. FEE:\$20.00

Dates Theme May 15, 2019 Fiesta likes there's no Mañana! - Join the festivities as we enjoy some food and great company. After the festivities we will play a few games of Loteria! June 19, 2019 Good Times Any Way You Slice it Up! -Enjoy a delicious savoury pie for lunch, and end the meal with more pie a la mode! July 17, 2019 Sweet Sweet Summer - Celebrate National Ice Cream month with us. First we will enjoy a scrumptious lunch and end our meal with a good old fashion sundae bar! August 21, 2019 Breakfast at Tiffany's - Join us for a delicious brunch and glamorous decorations. After brunch we will play a matinee showing of the classic film Breakfast at Tiffany's. Sept. 18, 2019 Tailgate Party - Enjoy some of your delicious BBQ favorite as one of our Recreation Staff cooks up some delicious hamburgers and sausages. Wear your favorite sports gear and enjoy the company of your fellow neighbors.



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 program will include a light lunch or snack. Participants are encouraged to enroll early to avoid this program from being cancelled.

Dates	Activity
May 22, 2019	Homemade Spices
June 26, 2019	Floating Tea Cup
July 24, 2019	Colorful Yarn Bottles
August 28, 2019	Painting
September 25, 2019	Sock-topus

TIME:11:30am-1:00pmCOLMA RES. FEE:\$5 Adult, \$3 Senior & DisabledNON-RES. FEE:\$17.00



Breakfast Bingo (Ages 55 years & older)

It's time for Breakfast and Bingo! Rise & shine and kick off your day with delicious breakfast pastries, some friendly competition, and the change to win great prizes. Join us on the 4nd Friday of each month for the classic game of Bingo with a twist. Along with all your Bingo supplies, we will provide you with a delicious variety of morning time treats and bottomless coffee or tea.

Dates	Location	
May 17, 2019	Colma Community Center	
June 21, 2019	Creekside	
July 19, 2019	Colma Community Center	
August 16, 2019	Creekside	
September 20, 2019	Colma Community Center	

DAY: TIME: LOCATION: COLMA RES. FEE: NON-RES. FEE: Fridays 10:00am—11:00 am Colma Community Center \$3 Senior & Disabled \$20.00



Pizza and Puzzles (Ages 18 years & older)

Join us as we tackle a 1,000 piece puzzle as a team. Lets take the challenge to finish the puzzle in two workshops. We will provide a light pizza lunch, coffee and tea. Please register early to avoid program cancellation.

DAY: DATE: TIME: LOCATION: COLMA RES. FEE: NON-RES. FEE: Mondays August 12, 2019 August 19, 2019 August 26, 2019 11:00am—1:00 pm Colma Community Center Free \$10.00

S-W-E-E-T Scrabble (Ages 18 years & older)

Ready for a friendly game of scrabble? Join us as we host a few games of scrabble for you and your neighbors. Please feel free to BYOL (Bring Your Own Lunch) to munch on during the game. We will provide a sweet and delicious treat, coffee and tea.

DAY:					
DATE:					
TIME:					
LOCATION:					
COLMA RES. FEE:					
NON-RES. FEE:					

Fridays June 28, 2019 July 26, 2019 11:00am–1:00 pm Colma Community Center Free \$10.00



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

San Francisco Japanese Tea Garden (*18 year and older*) Enhance your Zen! Immerse yourself as we take an self-guided tranquil stroll through San Francisco's famous Japanese Tea Garden in Golden Gate Park. Developed in 1894 as part of San Francisco's World Fair, the Japanese Tea Garden was permanently established shortly after and many of its attractions are still present today. After peaceful time at the garden, we will eat at a local restaurant favorite!

DAY: DATE: TIME: LOCATION: COLMA RES. FEE: NON—RES. FEE: Walking Rater: Wednesday May 29, 2019 10:00am—3:00pm San Francisco, CA \$44 Adult, \$11 Senior, Disabled \$74.00





Mission San Francisco de Asis (Ages 18 years & older) Join us as we take a trip to one of the local missions, Misión San Francisco de Asís. This is the 6th mission and was founded on October 9, 1776. The settlement was named for St. Francis of Assisi, the founder of the Franciscan Order, but was also commonly known as "Mission Dolores" owing to the presence of a nearby creek named Arroyo de los Dolores, or "Creek of Sorrows." The Mission has been a steadfast witness to the span of San Francisco's history including the California Gold Rush and the 1906 San Francisco Earthquake. After our tour we will enjoy lunch a local favorite.

DAY/DATE: TIME: LOCATION: COLMA RES. FEE: NON—RES. FEE: Walking Rater: Wednesday, July 31, 2019 9:00am–3:00pm San Francisco, CA \$45 Adult, \$13 Senior & Disabled \$75.00



Cheese Tasting at Marin French Cheese

(Ages 18 years & older)

Marin French Cheese is the longest contintually-operating cheese company in America. They've been hand crafting traditions, and original soft-ripened cheese for over 150 years with milk sourced locally from the creamery. Join us as we enjoy the scenery and some cheese. After sampling cheese, we will head to downtown to enjoy lunch at a local restaurant! Please bring money if you'd like to purchase cheese outside of tasting. Please register by July 30, 2019 and watch for the bus schedule in the July LiveWire.

DAY: DATE: TIME: LOCATION: COLMA RES. FEE: NON-RES. FEE: Walking Rater: Tuesday August 13, 2019 9:00am – 4:00pm Sonoma, CA \$39 Adult, \$10 Senior & Disabled \$65.00

Santa Cruz Follies (Ages 18 years & older)

Experience the one of a kind Santa Cruz Follies, 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 the annual musical production full of comedy, singing and dancing. This years "Fasintain' Rhythms from Broadway to Hollywood... to YOU" brings an arrangement of tunes and performances that are sure to be a hit! This musical tribute is directed by Kris Wheeler. Please register by September 1, 2019 and watch for the bus schedule in the September edition of LiveWire.

DAY/DATE: TIME: LOCATION: COLMA RES. FEE: NON—RES. FEE: Walking Rater: Saturday, September 14, 2019 9:00am–5:00pm Santa Cruz, CA \$45 Adult, \$23 Senior, Disabled \$75.00

Adult and Senior Calendar of Events

MAY

COLMA COMMUNITY CENTER

- **1** Ladies Social
- 3 Friday Films Green Books
- **15** Senior Luncheon Tech Talk- Android vs. iPhone
- 24 Breakfast and Bingo

STERLING PARK

18 Town Wide Clean Up Day

CREEKSIDE VILLAS

22 Creekside Villa Activities

FIELD TRIP

29 San Francisco Japanese Tea Garden

JUNE

COLMA COMMUNITY CENTER

- 5 Ladies Social
- 7 Friday Films Vice
- **13** Arm Chair Travel Venezuela
- **19** Senior Luncheon Cyber Security- Stay Safe Online
- 28 S-W-E-E-T Scrabble

CREEKSIDE VILLAS

- 26 Creekside Villa Activities
- 21 Breakfast and Bingo

JULY

COLMA COMMUNITY CENTER

- 3 Ladies Social
- 5 Friday Films Bohemian Rhapsody
- **13** Colma Community Fair
- **17** Senior Luncheon Go Go Grandparent- Uber & Lyft
- **19** Breakfast and Bingo
- 26 S-W-E-E-T Scrabble

JULY (cont'd)

24 Creekside Villa Activities

FIELD TRIP

31 Mission San Francisco de Asis

AUGUST

COLMA COMMUNITY CENTER

- 2 Friday Films The Favourite
- 5 Pizza and Puzzles
- 7 Ladies Social
- **19** Pizza and Puzzles
- **14** Senior Luncheon
- **17** First Aid & CPR Training
- 21 Senior Luncheon
- 26 Pizza and Puzzles

CREEKSIDE VILLAS

- 28 Creekside Villa Activities
- 23 Breakfast and Bingo

FIELD TRIP

31 Marin French Cheese

SEPTEMBER

COLMA COMMUNITY CENTER

- 4 Ladies Social
- 6 Friday Films Apollo 11
- **12** Arm Chair Travel
- **18** Senior Luncheon Cellphone Photography Tips
- 27 Breakfast and Bingo

STERLING PARK

7 Annual Town Picnic

CREEKSIDE VILLAS

25 Creekside Villa Activities

FIELD TRIP

31 Santa Cruz Follies

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, 2019 - May 1, 2019 – April 30, 2020 June 1, 2019 - June 1, 2019 – May 31, 2020 July 1, 2019 - July 1, 2019 – June 30, 2020 August 1, 2019 - August 1, 2019 – July 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 May 1, 2019- May 1, 2019–July 31, 2019 June 1, 2019 - June 1, 2019–August 31, 2019 July 1, 2019- July 1, 2019–September 30, 2019 August 1, 2019- August 1, 2019–October 31, 2019

Sterling Park Picnic Site

The Sterling Park picnic site has 5 tables with BBQ adjacent to the playground and can accommodate up to 20-25 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	h (650) 301-8434
Sustainable SMC	Seeks to create a broader awareness of the sustainability concept.	sustainablesanmateo.org	(650) 638-2323





THURSDAYS IN AUGUST FROM 6PM TO 8PM

CONCERT

town of colma SUMMER

AUG 1

CARAVANSERAI (SANTANA TRIBUTE BAND)

AUG 8 EDGARDO & CANDELA (SALSA BAND)

AUG 15 CALIFORNIA COWBOYS

FREE EVENT!

BRING YOUR PICNIC BASKETS, BLANKETS, AND LAWN CHAIRS!

COLMA COMMUNITY CENTER 1520 HILLSIDE BLVD COLMA, CA

SAVE THE DATE!









PLEASE JOIN US FOR OUR

ANNUAL HOLIDAY PARTY



Saturday September 7, 2019 Sterling Park Recreation Center 427 F Street Colma, CA 94014



DECEMBER 7 | 6:00 PM SOUTH SAN FRANCISCO, CA



Town of Colma Recreation Services 1198 El Camino Real Colma, CA 94014 Presorted First Class Mail U.S. Postage Paid Permit #1433 Colma, CA



Colmarecreation



@colmarecreationservices



@townofcolma