



Parks  
Make  
Life  
Better!

# ACTIVITY GUIDE

PETALUMA PARKS AND RECREATION

FALL/WINTER 2021

Registration  
begins  
August 19!



## WHAT'S INSIDE

---

Recreation Classes

---

Senior Activities

---

Special Events



PARKSNREC@CITYOFPETALUMA.ORG  
707.778.4380

# TINY TOTS PRESCHOOL

This program provides a safe, nurturing environment to grow and learn. Your child is offered the opportunity to learn social skills, gain self-confidence, form friendships and gain the necessary skills to prepare them for TK and Kindergarten. In an age appropriate environment, they will develop fine and gross motor skills and expressive language. Educational presentations and field trips are also provided. Children must be potty trained.

## KinderReady

This program is designed for children who will be entering Kindergarten the following Spring. These children will work in small pullout groups with the "Get Set for School Program". The program offers integrated learning focused on children's cognitive, physical, social and emotional development. The curriculum provides learning opportunities for language development, reasoning, science, math, fine and gross motor skills. Teachers will continue to develop the curriculum throughout the year to meet the needs of the children. Children must be potty trained.

Instructors: Tiny Tot Staff

Location: Petaluma Community Center

## Tiny Tots/KinderReady Combo

Registration in this class will combine the Tiny Tot and KinderReady programs. Your child will be enrolled Monday through Friday and will be provided ample opportunities to learn and grow. Teachers will continue to develop the curriculum throughout the year to meet the needs of the children. Children must be potty trained.

Instructors: Tiny Tot Staff

Location: Petaluma Community Center



Program	Days	Times	Total for Semester	Due at Registration
Tiny Tots- AM	Tues/Thurs	8:30-12:00pm	\$520	\$104
Tiny Tots- AM	Tues/Wed/Thurs	8:30-12:00pm	\$790	\$158
KinderReady- AM	Mon/Wed/Fri	8:30-12:00pm	\$790	\$158
Combo- AM	Mon-Fri	8:30-12:00pm	\$1225	\$245

**View our Parent Handbook online at**  
**[cityofpetaluma.org](http://cityofpetaluma.org)**



# YOUTH PROGRAMS

## Learn to Ride a Bike for Kids

Is your child struggling to learn how to ride a bike? Through step-by-step engaging instruction, our patient instructors will help them learn to balance and get rolling. A maximum of 1 accompanying adult is required to provide support for the child (12 participants maximum 6 kids/6 adults). Children should arrive with their own bicycle with training wheels removed, and a helmet. They should be able to sit on their seat with their feet flat on the ground.

Instructor: The Sonoma County Bicycle Coalition is a non-profit that works to make Sonoma County the best place to ride a bicycle through education and advocacy. Our educators are League of American Bicyclist. Certified Instructors with vast experience teaching in local schools and in the community, who all possess a great love for bicycling.



**August 18, September 15, October 13, November 10**  
**3:30pm - 4:30pm**  
**Location: Petaluma Community Center, 320 N. McDowell Blvd**  
**Price: \$5.00**  
**Ages: 5 - 12 years old**

## The Art of Attachment: Art + Emotion

Art and Emotion! In this class you and your child will participate together! You will learn child friendly ways to help your child cope with and express big feelings during emotional moments. Using a variety of art media, group lessons focus on increasing confidence, emotion regulation skills, and family connection. Class art show and reception December 4th in downtown Petaluma. Please wear clothing that can get paint on it!

**Saturdays October 16 - November 20**  
**9:30am - 11:00am**  
**Location: Petaluma Community Center, 320 N. McDowell Blvd**  
**Price: \$310.00 (both child + parent)**  
**Ages: 6-11 years old**



## Rhythmic Gymnastics

Learn the basics of rhythmic gymnastics and dance with hoops, balls, ribbons, ropes. Classes focus on body awareness, coordination, musicality, flexibility, strength, basic acrobatic skills, and use of all rhythmic apparatus.

Leotard- fitted shorts, leggings. No baggy pants or shirts. Bare feet or socks. Hair must be pulled back. No previous gymnastics experience is required.

**Beginner: Thursdays from 4:00pm - 5:00pm**  
**Intermediate: Tuesdays from 4:00pm - 5:30pm**  
**Location: The Liberty School, 170 Liberty School Road**  
**Price: \$12/class (Beginner) \$16/class (Intermediate)**  
**Ages: 4-12 years old**  
**Find more information online at [globalrhythmic.com](http://globalrhythmic.com)**



# YOUTH PROGRAMS

## Judo

Ages 6+: Location: Kenilworth Teen Center 150 Fairgrounds Dr  
Judo is a Martial Art that was developed in Japan from Jujitsu in the late 19th century. Judo translates to the “gentle way” and teaches the principle of flexibility in the application of technique. This includes the efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Learn skill, technique, and timing, rather than the use of brute strength to overcome a stronger opponent. All students must register with USJA or USJF.

Instructor Henry Kaku has a black belt from Kodokan Judo and has over 55 years of Judo experience and over 15 years of teaching experience. He has competed in High School Nationals, AAU National, and Collegiate Judo tournaments, placing in the top 3 numerous times. Henry is a member of USJA and USJF. All students are required to join either USJA or USJF national organization.



**Mondays 5:30pm - 7:00pm**

**Tuesdays/Thursdays 5:30pm - 8:30pm**

**Location: Kenilworth Teen Center, 150 Fairgrounds Dr**

**Price: \$50/month (one child), \$85/month (2 children), \$100/month (3 children)**

**Ages: 6 & up**

## Pre-Ballet

In this classical ballet class, your child will learn essential technique and musicality as we act and dance stories and as we listen to and count the rhythms of classical music. They will learn how to stretch, balance, pretend, imagine, and improvise while having lots of fun. Ms. Zoura's goal is to inspire the love of movement in your child through uplifting instruction as they discover their own unique artistry. Attire: Girls-leotard, tights and pink ballet slippers. Boys-shorts, t-shirt, ankle socks and black ballet slippers.

Instructor: Zoura O'Neill has taught all levels of ballet in Sonoma County for over 30 years. Her early training was from Petaluma School of Ballet. She went on to train at San Francisco Ballet and was a company dancer at Marin Ballet. She received a Bachelor of Arts Degree from Sonoma State University. She is the co-director of North Coast Ballet California and has choreographed many works throughout her career.

**Tuesdays**

**3 -4 year olds: 12:30pm - 1:15pm**

**4-5 year olds: 1:30pm - 2:15pm**

**5 -7 year olds: 3:30pm - 4:15pm**

**Location: Petaluma Community Center**

**Price: \$75 for 6 classes**





# YOUTH PROGRAMS

## Cooking, Yoga, Meditation, Fun!

Campers begin each day with a yoga and meditation, practicing gentle movements to balance the body and mind, learning breathing techniques to de-stress and recharge. Campers will then make simple, delicious, and nutritious meals, with vegetarian/gluten/nut-free and locally-sourced ingredients, learning kitchen sanitation, knife safety and fun ways to try new ingredients in a supportive team environment.

Instructor: Cyrelle McDonald is a certified natural foods chef from Bauman Holistic Nutrition College. She is a Culinary Teacher & Health Educator. Very passionate about serving the local communities, Cyrelle teaches hands-on vegetarian cooking classes with youth in schools in Marin & Sonoma County. She also works as a private chef for families and individuals that seek assistance with shopping/meal planning/ cooking/preparation.



**November 22 - November 24**

**Monday - Wednesday, 9:00am - 1:00pm**

**Location: Petaluma Community Center, 320 N. McDowell Blvd**

**Price: \$150**

**Ages: 6 - 8 years old**

## Ukulele Singing Camp

This camp introduces beginners to the Ukulele in a fun and relaxed setting. Activities may involve singing and games. Campers will strengthen rhythmic skills and pitch recognition and learn to tune and sing along with their instrument. Uke it up and have some fun with us! No prior experience necessary! Campers can bring own instrument or contact instructor for purchase.

Instructor: Gary Vogensen is a guitarist, singer, harmonica player, bandleader and spent his career touring and recording with major artistes. He has taught individuals of all ages and levels and is also the Band Director at an elementary school.

**November 22 - November 24**

**Monday - Wednesday, 9:00am - 11:00am**

**Location: Petaluma Community Center, 320 N. McDowell Blvd**

**Price: \$220**

**Ages: 8 -12 years old**



## Roblox Intro to Game Design

Students will express their inner Game Designer by designing their own multi-player Roblox Game! The skills developed in this course will provide a great foundation for interacting in the digital world -- skills applicable to other aspects of life: collaboration, teamwork, problem-solving and analytical thinking. Students should have basic computer and typing skills in order to have the best class experience. Please note that this class is not a coding intensive class, although participants will be introduced to Lua scripting and use some coding to enhance their Game Design. This includes (but is not limited to): (1) knowing how to use their keyboard, identifying letters on their keyboard, (2) knowing how to use their mouse (right click and left click) and (3) being able to comfortably navigate the internet.

**Location: VIRTUAL**

**Ages: 8 -12 years old**

**Check [cityofpetaluma.org](http://cityofpetaluma.org) for dates and times**





# YOUTH SPORTS PROGRAMS

## All Sorts of Sports Junior Academy After School Club

This program gives children a fun, active & educational experience tailored to the abilities of their age group. Your child will have a blast learning motor skills and coordination while playing games with the other children that may include: tee-ball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more. Featuring structured simple activities, individual and team-building challenges along with small sided competitions to develop and engage small athletes.

**Location:** Miracle League Field, Lucchesi Park

**Age:** 4 - 6

**Tuesdays & Thursdays**

**3:30pm - 5:00pm**

<b>Session 1:</b> 8/31 – 9/23 (4 weeks)	<b>\$149</b>
<b>Session 2:</b> 10/5 – 10/28 (4 weeks)	<b>\$149</b>
<b>Session 3:</b> 11/30 – 12/16 (3 weeks)	<b>\$115</b>
<b>Session 4:</b> 1/4 – 1/27 (4 weeks)	<b>\$149</b>

## All Sorts of Sports After School Club

The All Sorts of Sports coed program by National Academy of Athletics is packed with fun. Whether your child is a beginner or more experienced player, this multi-sport camp is a perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games we play include, basketball, dodge ball, soccer, kickball, flag football, capture the flag, ultimate Frisbee & obstacle races and a whole lot more. Your children will learn new skills while having a blast and making new friends.

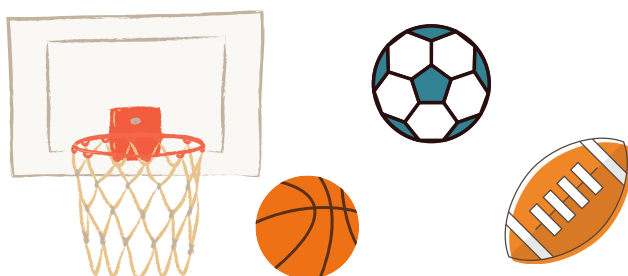
**Location:** Miracle League Field, Lucchesi Park

**Age:** 7 - 10

**Tuesdays & Thursdays**

**3:30pm - 5:00pm**

<b>Session 1:</b> 8/31 – 9/23 (4 weeks)	<b>\$149</b>
<b>Session 2:</b> 10/5 – 10/28 (4 weeks)	<b>\$149</b>
<b>Session 3:</b> 11/30 – 12/16 (3 weeks)	<b>\$115</b>
<b>Session 4:</b> 1/4 – 1/27 (4 weeks)	<b>\$149</b>



## Sunday Morning Basketball Development Program

This 4-week basketball club by the National Academy of Athletics is perfect for player who are interested in developing individual and team concepts. The program is designed to make you more confident with basketball in your hands. Ball handling drills, shooting fundamentals and many other skills based instructional programs will be combined with games and other small sided competitions. Come join our staff and walk away a better player! Includes handbook and t-shirt for all players.

**Location:** Leghorns Park, 690 Sonoma Mountain Parkway

**Age:** 7 - 13

**Sundays**

**9:00am - 10:30am**

<b>Session 1:</b> 9/12 – 10/3 (4 weeks)	<b>\$75</b>
<b>Session 2:</b> 10/10 – 10/24 (3 weeks)	<b>\$57</b>

## Veterans Day Ball Handling & Shooting Clinic

This one day coed camp by National Academy of Athletics is designed to make you more confident with the basketball. Ball handling drills, shooting fundamentals, defense, passing, team concepts and many other skill based instructional programs will be combined with games and other small sided competitions. Come join our experienced staff and walk away a better player! This camp features a day filled with fun challenges, games and daily competitions in a positive and energetic environment.

**Location:** Leghorns Park, 690 Sonoma Mountain Parkway

**Age:** 7 - 13

**November 11**

<b>9:00am – 12pm</b>	<b>\$40</b>
<b>9:00am – 3:00pm</b>	<b>\$75</b>





# YOUTH SPORTS PROGRAMS

## Thanksgiving Break

### Basketball Ball Handling & Shooting Camp

This 3 day coed basketball camp by National Academy of Athletics is designed to make kids more confident with the basketball. Ball handling drills, shooting fundamentals, passing, team concepts. Many skill based instructional programs will be combined with games & other small sided competitions. Come join our experienced staff & walk away a better player! This camp features days filled with fun challenges, games & daily competitions in a positive and energetic environment. Includes t shirt, instruction, challenges & competitions.

**Location:** Leghorns Park, 690 Sonoma Mountain Parkway

**Age:** 7 -13

**November 22- 24**

**9:00am - 12:00pm**

**\$72 per player**

**9:00am - 3:00pm**

**\$125 per player**

## Winter Holiday Break

### Basketball Camp

This 4 day coed basketball camp by National Academy of Athletics is designed to help kids have tons of fun while developing their individual & team basketball skills. Each day will features skills, drills & small sided competitions focusing on ball handling, shooting fundamentals, defense, passing, team concepts & many other skills. Come join our experienced staff & walk away a better player! This camp features a positive & energetic environment. Includes t shirt, instruction, challenges & competitions.

**Location:** Leghorns Park, 690 Sonoma Mountain Parkway

**Age:** 7 - 13

**December 20 -23**

**9:00am - 3:00pm**

**\$165 per player**

## Martin Luther King Day

### Basketball Game Day

Basketball game day is a kid favorite. The one day coed camp by National Academy of Athletics is perfect for a fun day of basketball, this program is for you. It's play, play, play all day long! Games include One on One, Three on Three, three point contest, Around the World, Pepsi Hotspot, and more. Game day features competitions, contests and lots of fun! This camp features a day filled with fun challenges, games and daily competitions in a positive and energetic environment. Includes instruction, challenges, competitions and prizes.

**Location:** Leghorns Park, 690 Sonoma Mountain Parkway

**Age:** 7 - 13

**January 17**

**9:00am - 12pm**

**\$40**

**9:00am - 3:00pm**

**\$75**



Find more information about  
National Academy of Athletics  
online at  
**[nationalacademyofathletics.com](http://nationalacademyofathletics.com)**



# YOUTH/TEEN PROGRAMS

## Pencils to Paints

Future Hearts, Minds & Dreamers is proud to partner with the City of Petaluma Parks & Recreation!



3rd-8th | Mondays  
4:30-5:30pm

August 23rd-October  
11th

Number of Meetings:  
7

Cost Total: \$170.80  
per/student

Enroll Now!!!

[www.fhmdfhmd.com/enrollnow-1](http://www.fhmdfhmd.com/enrollnow-1)

This course will be an exploration of visual arts. We will utilize various mediums, including pencils, charcoal and paints. Ultimately, students will be able to choose which medium suits them best, and begin to use it for self expression. Creativity will be encouraged. Students will also learn about color mixing and various techniques. This course is geared toward **3rd-8th**. Self expression is of the utmost importance, as we move through the class. Material lists will be sent to participants 3 days prior to start date.

**For Questions Contact:**  
**FUTUREHEARTSMD@GMAIL.COM**

## Junk to Art

Future Hearts, Minds & Dreamers is proud to partner with the City of Petaluma Parks & Recreation!



K-5th | Thursdays  
4:15-5:15pm

August 25th-October  
6th

Number of Meetings:  
7

Cost Total: \$170.80  
per/student

Enroll Now!!!

[www.fhmdfhmd.com/enrollnow-1](http://www.fhmdfhmd.com/enrollnow-1)

Future Hearts, Minds & Dreamers is proud to offer the Junk to Art class to **grades K-5th**. This is a project based class where students design and create their own pieces of artwork, recycling and up cycling discarded items.. Students will have hands-on guidance from professional artists. Students will learn skills like: creative exploration, observation skills, color and layout design, communication skills and problem solving skills. Material lists will be sent to participants 3 days prior to start date.

**For Questions Contact:**  
**FUTUREHEARTSMD@GMAIL.COM**

## Photography

Future Hearts, Minds & Dreamers is proud to partner with the City of Petaluma Parks & Recreation!



3rd-8th | Mondays  
5:30-6:30pm

August 23rd-October  
11th

Number of Meetings:  
7

Cost Total: \$170.80  
per/student

Enroll Now!!!

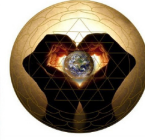
[www.fhmdfhmd.com/enrollnow-1](http://www.fhmdfhmd.com/enrollnow-1)

Looking for a photography workshop without the need to use fancy camera's or complicated terms? These workshops focus on 'seeing' and 'fun'. A combination of some theory, looking at images and a lot of practice! It doesn't matter which camera you have if you know what you want to capture. What makes a picture interesting? And how do you make an image special? It is more important to shoot pictures that tell something about yourself than just capturing snapshots. In this workshop, kids are encouraged to express their authentic selves and go home full of inspiration. Fun for all ages! We offer a variety of concentrations from storytelling, portraits, press to publicity! Does your child have a knack for capturing the world through the lens of a camera, or is your cell phone full of pictures from a kid's POV? We have a class for your child! In photography students work on self motivated projects as a photojournalist. Students will learn such skills like: shooting techniques, history, terminology, science of a photograph, recognition of famous photographers and project management skills. **Students must provide a digital device to take pictures with!** (IE. Digital

**For Questions Contact:**  
**FUTUREHEARTSMD@GMAIL.COM**

## Fashion Fiber Studio

Future Hearts, Minds & Dreamers is proud to partner with the City of Petaluma Parks & Recreation!



3rd-8th | Wednesdays  
5:30-6:30pm

August 25th-October  
6th

Number of Meetings:  
7

Cost Total: \$170.80  
per/student

Enroll Now!!!

[www.fhmdfhmd.com/enrollnow-1](http://www.fhmdfhmd.com/enrollnow-1)

Fashion and Fiber Studio Online introduces young designers **3rd-8th**, to tailoring, mending, embellishments, and reuse experimentation with an emphasis on updating and personalizing existing wardrobe pieces and an in-depth look at the science and construction of the textiles that exist in our closets. While learning foundational skills in garment construction and exploring materials, students build skills in fashion research and drawing, altering existing garments, hand sewing, embroidery, and traditional textile techniques from across the globe. In order to develop a complex and broad view of possibilities for creating clothing and using textiles, explorations will focus not only the professional fashion world, but on fashion in everyday life--how people communicate through clothing and how we use fashion to express ourselves. Fashion and Fiber Studio Online will culminate in an online fashion exhibition for friends and family, and a digital exhibition of completed works and in-process images for the public. **Note: Sewing machines will not be used in the planning, demonstration or completion of any projects. No previous experience is required. Material lists will be sent to participants 3 days prior to start date.**

**For Questions Contact:**  
**FUTUREHEARTSMD@GMAIL.COM**



# ADULT FITNESS



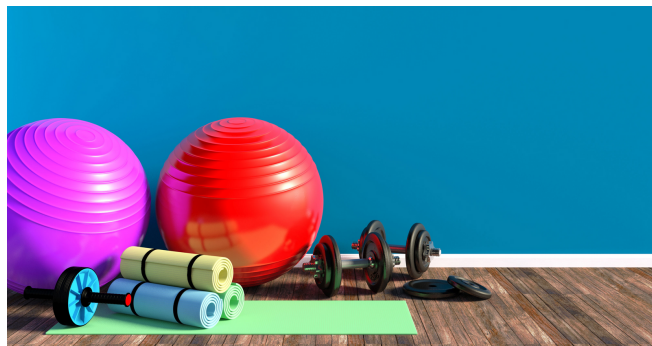
## Fitness with Andrea Anderson

Instructor: Andrea Anderson is a member of IDEA (International Dance & Exercise Association), a national certified Zumba, Sentao Zumba, Pilates, Personal Trainer, ACE (American Council on Exercise) and AFAA group fitness instructor.

## Total Body Fitness

This is an all encompassing program. Every class varies to provide cross training, high intervals, and step training. Pilates are incorporated to help you burn fat and kick up your metabolism. All levels of fitness welcome in a fun and supportive environment.

Please wear cross training athletic shoes, and bring a water bottle and a mat.



## Yoga/Pilates Fusion

This combination class helps develop strength, flexibility, balance and inner awareness. Improve core strength, posture, and condition the entire body. Use

Stability Balls, resistance bands and mini ab balls make this class fun and challenging. Bring mat and water. This is a barefoot class.

## Zumba

Zumba is a cardio based dance workout with sculpting exercises designed to tone the entire body. International Latin based music is combined with fun, simple dance steps. All ages and fitness levels welcome! Athletic dance shoes with smooth soles are recommended. Please remember to bring water!

### Fall/Winter 2021:

Session 1: August 16 - September 3  
 Session 2: September 7 - September 22  
 NO CLASS: September 23 - October 6  
 Classes Held: October 7 & 8  
 Session 3: October 11 - October 29  
 Session 4: November 1 - November 19  
 Classes Held: November 22 - 24  
 Session 5: November 29 - December 17  
 Classes Held: December 20 - 22

### Prices:

\$9.00 Drop In  
 \$70.00 Fit Pass- 9 classes  
 2 classes/week: \$50.00/session  
 3 classes/week: \$75.00/session  
 Unlimited pass: \$80.00/session

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am -10:00am TBF: Cardio/Tone + Stability Ball	9:00am -10:00am Zumba	9:00am -10:00am TBF: Cardio + Core/Sculpting	9:00am -10:00am Zumba	9:00am -10:00am Cardio Mix
5:30pm -6:30pm Zumba	5:30pm - 6:30pm Cardio/Tone + Stability Ball	5:30pm -6:30pm Zumba	5:30pm - 6:30pm Cardio + Core Sculpting	
	6:45pm - 7:45pm Yoga/Pilates Fusion		6:45pm - 7:45pm Yoga/Pilates Fusion	

# ADULT SOFTBALL

## Adult Softball

After a successful return to the softball fields this past Summer, we are excited to offer a Fall Adult Softball League! Games are played on various weeknights at Prince Park in Petaluma. ASA rules govern play, with modified "Petaluma House Rules" in affect as well. For more information or to register, visit our Adult Sports website: <https://www.teamsideline.com/sites/petaluma/home>.

**Length of Season:** 7 games per team  
**Price:** \$420 per Men's team / \$350 per Co-Rec team  
**Registration Period:** August 9 - August 27  
**Season Begins:** Week of September 20



# ADULT PROGRAMS

## Yuan Qi Gong

Come to relax and energize in a new way! Flowing movements that restore energy and flexibility in the body. Mind exercises that help to increase focus and clarity, relief for anxiety and stress. By doing simple movements with awareness, you can stimulate healing and clear blockages throughout the body. Relief for anxiety, stress, blood pressure and immune system problems. Certain postures and meditations help to cultivate a state of calm and deeper state of well-being. Qi Gong is safe, easy and effective and can be adjusted for all levels of ability.

Please wear comfortable, loose clothing and socks or supportive footwear. Layers of clothing to adjust for warmth or coolness as needed. Please leave cell phones or other distractions behind!

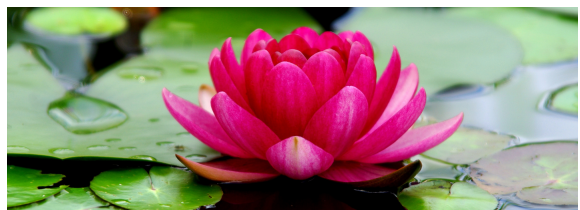
**For more information and updated schedules, check [cityofpetaluma.org](http://cityofpetaluma.org).**

## Feldenkrais

This guided movement class invites you to interrupt old patterns of movement that perpetuate discomfort and keep you from performing at your best. By reducing effort in your system, you will dramatically increase strength and flexibility and discover movement options which will support exercise, general movements, and even desk work. Renew your sense of playfulness, curiosity, and self-acceptance!

Please wear comfortable clothing and bring a couple of folded towels to use for head support, as some of the lessons will be done in side lying.

**For more information and updated schedules, check [cityofpetaluma.org](http://cityofpetaluma.org).**





# ADULT PROGRAMS

## Gentle Hatha Yoga

Mary Tappan, Occupational Therapist (OT), teaches traditional Hatha Yoga poses that are appropriate for beginners, those with physical challenges, or those who are looking for a gentle yoga class. We incorporate slow yoga breathing with poses while stretching and strengthening the body, as well as techniques to relax the mind. Poses are adapted to match each person's abilities and goals. Each class ends with a guided meditation/relaxation to reduce stress. Students leave the class feeling energized, yet relaxed.

Please join us by dropping-in or signing up for a 3 or a 4-week series. Be sure to bring your own yoga mat.

Mary has been teaching various types of Hatha Yoga for over 30 years. She continues to work as an Occupational Therapist with 20 years of experience.

**Mondays 5:30pm - 6:45pm**

**Saturdays 10:00am - 11:15am**

**Location: Petaluma Community Center**

**Price: \$20 Drop In, \$60/month**

## Bridge

Social event for all ages! Duplicate Bridge sanctioned by the American Contract Bridge League. Keep your mind sharp while having fun with other bridge enthusiasts!

Instructor: Petaluma Bridge Club

**Thursdays**

**12:00pm - 4:00pm**

**Location: Petaluma Community Center**

**Price: \$10 Drop In**



## Listening Bench Program

The Listening Bench will provide a safe place for seniors who would like to talk to someone about things on their mind, a situation, ideas, concerns, or anything they want to bring up to the listener on the bench.

**Who Can Volunteer:** Anyone who is 55 and older who is able to attend a 6 hour training (in 3 parts) in the art of listening. Volunteers should be willing to commit to one hour per week to sit on the listening bench, and to participate in occasional discussions about their experience as a listener.

**Why Volunteer:** This is an opportunity to add meaning to your life, to help build connections in our community, and to witness another person's story. Your job is to show up, be present, and walk with others on their journey.

For more information, contact:  
Jennifer Laporte, Committee Chair:  
(707) 315-1170

Railey Album, Program Manager: (  
707) 766-7056

## SENIOR ACTIVITIES



The Petaluma Senior Center is located at 211 Novak Drive, and is currently open on **Tuesdays and Thursdays from 8:00am -12:00pm**

(707) 778-4399

[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)

### **Tuesday:**

Knitting Group - 9:00am - 11:30am

Quilting Group- 9:00am - 11:30am

Fall Proof Class- 10:00am - 11:00am

Billiards Room- 8:30am - 11:30am

Chess- 9:00am - 12:00pm

TOPS Group (Take Off Pounds Sensibly): 9:30am - 11:30am

### **Thursday:**

Line Dancing- 8:30am - 9:45am

Billiards- 8:30am - 11:30am

Pinochle- 9:00am - 11:30am

Dementia Caregivers Group- 10:00am - 11:30am

Bridge- 10:00am - 12:00pm

Music Group- 9:00am - 11:00am



# RENTAL INFORMATION



The Petaluma Community Center offers multiple meeting rooms, activity rooms, and a large banquet hall fit to host any event, large or small. Tables and chairs are included with all reservations. Additional space is available at the Kenilworth Teen Center, located next to the library. We also rent out our various picnic areas. For applications and more information, visit our website at

**[www.cityofpetaluma.org](http://www.cityofpetaluma.org).**



We have a variety of athletic fields that are available to rent for multi-sport use. Field use applications can be found on our website: [www.cityofpetaluma.org](http://www.cityofpetaluma.org). For more information, please contact Kevin Hays, Recreation Coordinator at 707-778-4519, and [khays@cityofpetaluma.org](mailto:khays@cityofpetaluma.org)



## Petaluma Swim Center is OPEN!



Check out  
[petalumaswimcenter.com](http://petalumaswimcenter.com) for  
information and schedules



Petaluma Historical Library & Museum  
Visit [petalumamuseum.com](http://petalumamuseum.com)  
for more information!



## Imagination Dance

Future Hearts, Minds & Dreamers is proud to partner with the City of Petaluma Parks & Recreation!



All Ages | Thursdays  
4-5pm

August 26th-October  
7th

Number of Meetings:  
7

Cost Total: \$170.80  
per/student

Enroll Now!!!

[www.fhmdfhmd.com/enrollnow-1](http://www.fhmdfhmd.com/enrollnow-1)

The liberating experience of improvisational dance is necessary to all dancers. Improvisation is a very important tool in every aspiring dancer's set of skills. Students are encouraged to think on the spot and play off of their peers in a collaborative work space. This class will leave students feeling accomplished and inspired every time. Students will acquire such skills like: critical problem solving skills, inventiveness, brainstorming, pattern & sequencing recognition, body, ensemble & music awareness, as well as basic terminology.

For Questions Contact:

[FUTUREHEARTSMD@GMAIL.COM](mailto:FUTUREHEARTSMD@GMAIL.COM)

# Interested in teaching a class?

Find more information at  
[cityofpetaluma.org](http://cityofpetaluma.org) or contact  
us at 707-778-4380  
[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)




**PETALUMA PARKS AND RECREATION  
PRESENTS...**

## SUMMER/FALL 2021 DRIVE-IN MOVIE SERIES

<p><b>FRIDAY JULY 16TH</b></p>  	<p><b>FRIDAY AUGUST 20TH</b></p>  
<p><b>FRIDAY SEPTEMBER 17TH</b></p>  	<p><b>FRIDAY OCTOBER 22ND</b></p>  

**WHERE: SONOMA-MARIN FAIRGROUNDS**  
**COST: \$25 ADMISSION FEE PER VEHICLE**  
**TICKETS: [SECURE.REC1.COM/CA/PETALUMA-CA/CATALOG](https://secure.rec1.com/ca/petaluma-ca/catalog)**