

SAN RAFAEL

ONLINE ACTIVITIES GUIDE | FALL 2021

Youth and Adult Classes



Arts & Crafts Computers Dance Fitness

Language Martial Arts Personal Growth and more...



SAN RAFAEL
LIBRARY AND RECREATION

WWW.CITYOFSANRAFAEL.ORG/RECREATION

How to register:

REGISTER ONLINE

www.cityofsanrafael.org/recreation

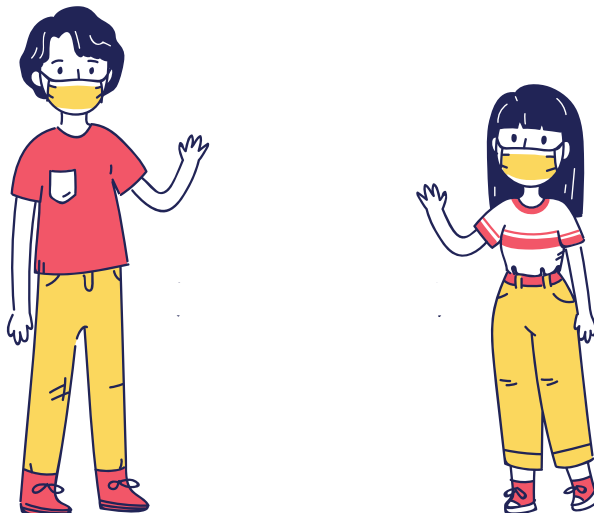
Please call (415) 485-3333 or email
recreation@cityofsanrafael.org
for more information about programs or registration.

If you would rather fill out, print and bring a registration form into one of our centers, please click on the link on our homepage.

To maintain the health and safety of our staff members and participants, we require that the evreyone wear face masks in our facilities.

As public health guidelines change, so might our requirements on face coverings and safety precautions.

Please contact us with any questions or for additional information.



Preschool

Language

Tiny Tot Fun with Spanish

In this class, students will learn about the rich and diverse cultures that make up the Spanish speaking countries. Our Pre-K class is specially designed to encourage learning and support daily use of the Spanish language in a fun way. Students learn words that are easy to remember and can be used at home. In an array of exciting and diversified classes, we role-play practical situations in everyday life, and use games, songs, and arts & crafts to enhance the curriculum. The student not only learns the language but embraces the culture as well. While our classes are not full immersion, they are inclusive of all ages and skill levels. Please Note: Children must be 3 years old and potty-trained for inclusion in this program! Classes are taught by Your Language & Cultural Center, Inc. Staff. No class 11/11 & 11/25.

Age: 3Y-4Y

San Rafael Community Center

\$624R/\$656NR

Tu /Th 9:30am-11:30am 9/7-12/9 16810



Youth

Arts & Crafts

TERRA LINDA CERAMICS

Instructor Nadia Tarzi-Saccardi was awarded the Best of Marin 2020 & 2021 for "Best Art Instructor" and "Best Art Studio". She first studied ceramics and sculpture thirty-five years ago in Strasbourg, France and for the last 14 years has been teaching ceramics to adults & children across the Bay Area. She has been the director for the Terra Linda Ceramics program since 2017.

Clay Time

Learn all about clay, pinch pot, slab building, coiling, sculpting and glazing. A fun new project is demonstrated each class and individual expression is encouraged. All levels are welcome. Per Marin Recovers, children are expected to wear a face covering and maintain physical distance until further notice. \$30 material fee is due to the instructor at the first class. No class November 23.

Age: 6Y-9Y

Terra Linda Community Center

\$110R/\$121NR

Tu 3:30pm-4:25pm 9/7-10/5 16148

Tu 3:30pm-4:25pm 11/2-12/7 16164

Mud Masters

Join this artistic group of teens and preteens who love creating in clay. Students learn all about clay, pinch pot, slab building, coiling, sculpting, and glazing. A fun new project is demonstrated each class and individual expression is encouraged. All levels are welcome. Bring a notebook with your ideas to first class. Per Marin Recovers, children are expected to wear a face covering and maintain physical distance until further notice. \$30 material fee is due to the instructor at the first class. No class November 23.

Age: 9Y-12Y

Terra Linda Community Center

\$110R/\$121NR

Tu 4:30pm-6:00pm 9/7-10/5 16150

Tu 4:30pm-6:00pm 11/2-12/7 16166

Hang Out with Clay-Teen Class

This after school program is designed to give middle and high school youth the opportunity to express and explore their creative ideas through the amazing medium of clay. Students will be taught all the techniques that they need to create what they imagine and encouraged to develop their own style. There will be many opportunities to explore glazing and surface decorations as well as working on a portfolio if desired. Per Marin Recovers guidelines, children are expected to wear face coverings and maintain physical distance until further notice. \$30 material fee due to the instructor. No class November 22.

Age: 13Y-17Y

Terra Linda Community Center

\$115R/\$126NR

M 4:00pm-6:00pm 9/13-10/11 16147

M 4:00pm-6:00pm 11/1-12/6 16165

Arts & Crafts, cont.

Gingerbread House Decorating

It's time to get festive! Come decorate Gingerbread houses and take them home to share with your family and friends. Due to Covid-19 limitations, parent participation is not allowed. Please don't forget your face covering.

Terra Linda Community Center

\$25R/\$28NR

Age: 6Y - 9Y

W	3:00pm-5:00pm	12/8	16181
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Age: 9Y - 12Y

W	3:00pm-5:00pm	12/15	16182
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Personal Growth

Babysitter's Training

Learn how to be a role model for children! Discover how to be a great babysitter! Through the American Red Cross Babysitter's Training course, we will learn how to safely build your babysitting business as well as how to facilitate a safe play environment, prevent accidents, and respond to emergencies in this course. Basic care giving, age appropriate games, play, activities will be covered. We will also learn First Aid and CPR for infants and children, both of which will make you a knowledgeable babysitter. Please bring pen/pencil to class. Course fee includes babysitter handbook and certificate. Participants must pass a written and skills test to be certified in First Aid and CPR for Infants and Children.

Age: 11Y - 14Y

Terra Linda Community Center

\$140R/\$154NR

Tu/Th	4:30pm-6:30pm	10/19-10/28	16176
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Tu-W	4:30pm-6:30pm	11/9-11/17	16177
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Tu/Th	4:30pm-6:30pm	12/7-12/16	16178
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Dance

Kid Dance Brigade

The KDB Program is a dance party with fun and easy to follow dance routines to contemporary music, such as Chihuahua, Fox, and Hamilton. With this fast paced, active and fun, in-person class we will practice the skills of movement and self-expression that are unique to dance. No class November 27. Drop in \$15.00 per class. www.kiddancebrigade.com

Age: 6Y - 12Y

Terra Linda Community Center

\$96R/\$106NR

Sa	11:30am-12:30pm	9/11-10/30	16785
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\$60R/\$66NR

Sa	11:30am-12:30pm	11/13-12/18	16788
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Martial Arts

Canal Karate

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This international award-winning, self defense program will help students achieve improved focus and strength while having fun doing it. Various class levels to match student's Karate experience. \$10 discount for multiple siblings. Class taught primarily in Spanish. No class November 11 and 25.

Age: 5Y & Up

Albert J. Boro Community Center

\$80R/\$88NR

Youth/Beginning	5:00pm-6:00pm
Youth/Intermediate	6:00pm-7:00pm
Adult/Intermediate	7:00pm-8:00pm
Adult/Advanced	8:00pm-9:00pm

Tu/Th	8/17-9/23	14616
Tu/Th	9/28 -11/4	14617
Tu/Th	11/9-12/16	14618

TAEKWONDO CLASSES FOR YOUTH

The Taekwondo classes listed below are taught by Greg Le Moi who has been involved with Martial Arts for over 30 years. He has a background in Taekwondo, Jujitsu, and Karate and has taught children and adults of all ages including those with physical and/or developmental disabilities. Le Moi's Martial Arts strives to create tomorrow's leaders, one black belt at a time.

Taekwondo Tiny Tigers

Our Tiny Tigers program is designed to help children improve their motor skills and enhance their ability to pay attention and follow instructions. All students will experience a safe, fun and exciting learning environment. Members of this class are invited to attend Tuesday Sparring as it is scheduled. Speak to your instructor for more details. A \$40 uniform fee is due to the instructor.

Age: 4Y-6Y

Terra Linda Community Center

\$122R/\$134NR

Tu/Th	3:30-4:00	8/03-9/23	15373
Tu/Th	3:30-4:00	10/5-12/9	16171



Taekwondo Youth-Beginner

Youth Beginning is for ages 7 and up. There are many reasons to become involved in the Martial Arts. Our classes are based on a lifetime learning concept in addition to technical skills. The building blocks for our system are the Lifeskills, which we use as our monthly themes. Camo and Green Belt members are invited to sparring as scheduled. Speak to Instructor for more details.

Age: 7Y -14Y

Terra Linda Community Center

\$149R/\$164NR

Tu/Th	4:05-4:50	8/3-9/23	15385
Tu/Th	4:05-4:50	10/5-12/9	16172

Taekwondo Youth-Advanced and Black Belts

Youth Advanced and Black Belt program is for ages 7 & up. Purple-Black belt rank. Our classes are based on a lifetime learning concept in addition to advanced technical skills. The building blocks for our system are the Life skills, which we use as our monthly themes. This is a combined class due to COVID -19 restrictions. Youth will train until 5:40pm. Black Belts until 6:05pm. A \$40 uniform fee is due to the instructor. Free Week is held between each session. This allows for makeup of any class by the student or the instructor during the session. Even if no make-up classes are needed, Free Week is open for anyone enrolled in current session at no additional cost.

Age: 7Y-14Y

Terra Linda Community Center

\$149R/\$164NR

Tu/Th	4:55pm-6:05pm	8/03-9/23	15388
Tu/Th	4:55pm-6:05pm	10/5-12/9	16173



Virtual Coding Classes for Kids

Learn coding and have fun! Join the following award-winning, top-rated kids coding classes online. The small group classes with a maximum of five students each, along with a live video experience, and awesome teachers set every child up for success. This program was founded by tech experts who were at Google, Uber and Stanford. Call or contact Darcie for more information at (415) 485-3343 or falkirk@cityofsanrafael.org.

Junior Robotics

Learn to control electronic components like led light, speaker, and sThis Junior Robotics class will teach students how coding is used in robotics through fun, hands-on projects. Students will learn how to navigate robots through virtual worlds and gain a deeper understanding of how robots can be used to solve problems through discussions of real-world applications.

\$144R/\$158NR

Age: 7Y-10Y

W 8/25-10/13 4:00pm-4:55pm 16802

Scratch Junior

This series of fun classes use the Scratch Junior platform, developed by the same MIT team that built Scratch. While building interactive stories and games, your child will be introduced to the basics of coding concepts, solve problems, and most importantly, create! An iPad or a Tablet is required. No class November 11 and 25.

\$144R/\$158NR

Age: 5Y-7Y

Th 8/26-10/7 4:00pm-4:55pm 16805

Th 10/21-12/16 4:00pm-4:55pm 16804

Circuit Wizards: Intro to Arduino

Students will learn how to create circuits, use resistors, and get introduced to Ohm's law, while building a series of cool projects and experiments. We will also code Arduino to start building smart devices that can sense its environment and respond accordingly. Scratch coding experience recommended. Arduino not required.

\$144R/\$158NR

Age: 9Y-12Y

Tu 9/7-10/26 4:00pm-4:55pm 16806

Scratch Ninja

Students will learn core computer science and coding concepts such as loops, conditionals, motion, and sensing with Scratch. They will work on fun projects ranging from animation, games, to graphic design and storytelling. Kids will be challenged to be creative and solve tough problems while learning deeper computer science concepts. No class November 24.

\$215R/\$237NR

Age: 7Y-10Y

W 9/8-12/1 4:00pm-4:55pm 16801

AI Explorers

Would you like your kids to see what Artificial Intelligence (AI) is all about? This class will introduce them to key concepts in AI, and moreover, get first-hand experience with cutting edge AI applications in image recognition, chatbot, and machine learning, etc., all in an age-appropriate way. No class November 24. .

\$215R/\$237NR

Age: 9Y-12Y

W 9/8-12/1 4:00pm-4:55pm 16803

Lights and Beats with Micro:bit

Learn to control electronic components like led light, speaker, and sensors while building fun games and interactive experiments online. Review coding concepts such as loops, conditionals, and variables. Build games while exploring advanced Micro:bit features such as radio and button. Scratch coding experience recommended. Mico:bit device not needed.

\$144R/\$158NR

Age: 7Y-10Y

W 9/27-12/15 4:00pm-4:55pm 16808

Minecraft Coding Quest

In this fun beginner coding class, kids learn foundational coding classes by solving interesting puzzles, building structure, and creating minigames all using code. Some core coding concepts covered include sequencing, conditional, events, loops, and more. Your kids will have tons of fun and learn!

\$144R/\$158NR

Age: 7Y-10Y

Tu 10/26-12/14 4:00pm-4:55pm 16807



Adult

Arts and Crafts

TERRA LINDA CERAMICS

Instructor Nadia Tarzi-Saccardi was awarded the Best of Marin 2020 and 2021 for "Best Art Instructor" and "Best Art Studio". She first studied ceramics and sculpture thirty-five years ago in Strasbourg, France and for the last 14 years has been teaching ceramics to adults & children across the Bay Area. She has been the director for the Terra Linda Ceramics program since 2017.

Ceramics - All Levels/Intermediate

Learn all about clay, in person and let your imagination soar! Whether you want to make functional ware, sculpt, use molds or the extruder, this class offers access to a wide variety of clays, underglazes, glazes, slips and more. Learn how to make work for low or mid-range firing. Participate in pit fires, luster firing and other fun workshops. Bring a notebook. All students are welcome to sign up to any class that fits their schedule and work on their own project, regardless of class topic, everyone gets support along the way. No classes on November 11, 23, 24, 25 and 27. \$50 material fee is due to the instructor 24 hours prior to or at the first class.

Age: 18Y & Up

Terra Linda Community Center

\$170R/ \$187NR

Tu	9:00am-12:00pm	9/7-10/26	16151
Tu	6:30pm-9:30pm	9/7-10/26	16153
W	1:00pm-4:00pm	9/8-10/27	16155
Th	6:00pm-9:00pm	9/9-10/28	16159
Sat	9:00am-12:00pm	9/11-10/30	16163

Advanced Ceramics on Wednesday Mornings

To register for this class, you must have approval from Nadia. For full class details, please visit www.terralindaceramicartists.com

Wed	9:00am-12:00pm	9/8-10/27	16157
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\$130R/ \$142N

Tu	9:00am-12:00pm	11/2-12/14	16152
Tu	6:30pm-9:30pm	11/2-12/14	16154
W	9:00am-12:00pm	11/3-12/15	16156
Th	6:00pm-9:00pm	11/4-12/16	16160
Sat	9:00am-12:00pm	11/6-12/18	16685

Advanced Ceramics on Wednesday Mornings

To register for this class, you must have approval from Nadia. For full class details, please visit www.terralindaceramicartists.com

Wed	9:00am-12:00pm	11/3-12/15	16158
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Terra Linda Ceramics – Mid Range Cone 5 building and firing

Learn the why and how to build and glaze for mid-range firing. This class is a prerequisite for anyone who wants to do mid-range firing at TLCA studio and does not have prior experience working with cone 5. No classes November 7, 11, 21, 25, 28 and December 5 & 12. \$50 material fee is due to the instructor 24 hours prior or at the first class.

Age: 18Y & Up

Terra Linda Community Center

\$170R/ \$187NR

TH	1:00pm-4:00pm	9/8-10/27	16161
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\$130R/ \$142NR

TH	1:00pm-4:00pm	11/3-12/15	16162
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Japanese Flower Arranging Sogetsu Ikebana

Develop your creative self-expression and explore the beauty of nature, through this exquisite art form. Each class includes a demonstration of upcoming Ikebana lessons, practice time for your own work, with individual assistance in a relaxed atmosphere. Required textbook, and additional supplies are available for purchase at class. Instructor Rachel Johnson, has more than 20 years' experience and is a certified member of the Sogetsu Teachers Association based in Tokyo, with the rank of Jonin Somu. She designs for homes, office, special events and public exhibitions, as well as teaching classes and workshops for people of all ages and interests. \$25 material fee paid to instructor at first class.

No class November 11 and November 25.

Age: 18Y & Up

San Rafael Community Center

\$300R/\$318NR

TH	10:00am-11:00am	9/23-12/9	16574
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Sogetsu Ikebana - Free Demo

Are you interested in learning more about the art of Japanese Flower Arranging? Join Sogetsu Ikebana Flower Arranging instructor, Rachel Johnson for a morning of floral well-being.

Please see informational flyer.

FREE EVENT: Introduction to Ikebana



SAN RAFAEL
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Enjoy a morning of floral well-being, all welcome to attend
Watch dynamic floral designs being made in front of your eyes
Learn about the techniques, skills and design approach of Sogetsu Ikebana
Understand why “less is more” is so much more!
Meet the instructor and find out about the next class series starting in September



Japanese Flower Arranging
with Rachel Johnson

Sogetsu Ikebana

Thursday August 19th • 10am-11am

For more information call (415) 485-3333

San Rafael Community Center, 618 B Street, San Rafael, CA

Register for Course #16822: <https://www.cityofsanrafael.org/classes/>

Arts and Crafts cont.

Tole Painting

This open lab for acrylic painters is an opportunity to paint and be inspired by other painters.

Lab Director Shirley Macpherson has run the tole painting lab for over 30 years at the Terra Linda Community Center. She is a member of the National Society of Decorative Painters and attends seminars and conferences throughout the United States to keep up with new trends and ideas. Four of her original designs are part of the permanent collection of the Smithsonian Institute.

Drop In: \$5.00

Age: 18Y & Up

Terra Linda Community Center

Fridays 9:30am-12:30pm

Beginning September 10

Intermediate Watercolor – In-Person

Through a combination of review and practice with fundamentals, students will explore the ways to make watercolor paintings interesting, dynamic, fresh, and appealing. Each day's lesson will be a part of a student paint-along with the instructor. We'll review and discuss how the lesson for that day is a part of the painting's challenges, whether by technique, composition or whatever a given painting requires us to handle. After class, students are encouraged to email a picture of their piece to the instructor for feedback. Students must have taken at least one prior class with the instructor before enrolling in intermediate OR permission to enroll based on experience. Please e-mail falkirk@cityofsanrafael.org for the materials list. This in-person class will be held outdoors on the Wedding Lawn and move indoors depending on weather. No class November 18, 25 and December 2.

Age: 18Y & Up

Falkirk Cultural Center

\$110R/\$121NR

Tu	10:00am-1:00pm	8/5-8/26	13441
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Tu	10:00am-1:00pm	10/7-10/28	16239
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Tu	10:00am-1:00pm	11/4-12/16	16240
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Half Session

\$55R/\$61NR

Tu	10:00am-1:00pm	9/23-9/30	16236
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Intermediate Watercolor – Virtual/ZOOM

Through a combination of review and practice with fundamentals, students will explore the ways to make watercolor paintings interesting, dynamic, fresh, and appealing. Each day's lesson will be a part of a student paint-along with the instructor. We'll review and discuss how the lesson for that day is a part of the painting's challenges, whether by technique, composition or whatever a given painting requires us to handle. After class, students are encouraged to email a picture of their piece to the instructor for feedback.

With Zoom, everyone has a 'front seat' to see the instructor's demonstration. Students can paint along in real-time or simply watch and make notes. They can also record the class and make their painting later. Students must have taken at least one prior class with the instructor before enrolling in intermediate OR permission to enroll based on experience. Please e-mail falkirk@cityofsanrafael.org for the materials list. No class November 16, 23 and 30.

Age: 18Y & Up

Virtual

\$110R/\$121NR

Tu	10:00am-1:00pm	8/3-8/24	13438
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Tu	10:00am-1:00pm	10/5-10/26	16445
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Tu	10:00am-1:00pm	11/2-12/14	16446
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Half Session

\$55R/\$61NR

Tu	10:00am-1:00pm	9/21-9/28	16444
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Athletics

Albert J. Boro Community Center Open Gym Sports

Beginning September 8th, the ABCC gymnasium will be open on Monday, Wednesday and Friday evenings for drop-in basketball and/or volleyball. There will be no program on City holidays. The gym will be closed on September 6, November 8 and 26 and December 20 -31. Schedule is subject to change.

Daily admission fee is \$3 cash/per person.

14 yrs and up

Basketball

Mondays 6:30pm – 9:30pm

Wednesdays 5:45pm – 7:15pm

Fridays 5:45pm – 9:30pm

Volleyball

Wednesdays 7:30pm – 9:30pm

Computers

The following classes are taught by *Technology 4 Life* at the Albert J. Boro Community Center and are for adults 18 years and older. Classes are primarily taught in Spanish. Each one-day class is \$30/residents and \$33/non-residents.

Computer Basics, Security and Recommendations / Computación Básica, Seguridad y Recomendaciones para usar la Tecnología

You will learn the basics of the world of technology and how to use it incorporating security measures. You will also receive recommendations as to the use of technology for a more beneficial and pleasant experience.

Aprenderá lo que es la computación y como usarla incorporando medidas de seguridad. Recibirá recomendaciones para facilitarle el uso de la tecnología y obtener una experiencia más beneficiosa y agradable.

M 5:00pm-6:30pm 9/13 15585

M 5:00pm-6:30pm 11/1 15586



E-Mail (G-Mail) on iPhone / Correo Electrónico (G-Mail) en iPhone

You will learn to use all the basic email program functions using the Google app on your iPhone.

Aprenderá a usar todas las funciones básicas del programa de correo electrónico usando la aplicación de Google en su iPhone.

M 5:00pm-6:30pm 9/20 15587

M 5:00pm-6:30pm 11/8 15588

E-Mail (G-Mail) on Android / Correo Electrónico (G-Mail) en Android

You will learn to use all the basic email program functions using the Google app on your Android.

Aprenderá a usar todas las funciones básicas del programa de correo electrónico usando la aplicación de Google en su teléfono Android.

M 5:00pm-6:30pm 9/27 15589

M 5:00pm-6:30pm 11/15 15590

How to use Zoom / Cómo usar Zoom

Download the Zoom app and learn to use it to organize meetings or participate in them successfully from any of your devices.

Bajará la aplicación gratis de Zoom y aprenderá a usarla para organizar reuniones o participar en ellas con éxito en cualquiera de sus dispositivos.

M 5:00pm-6:30pm 10/4 15591

M 5:00pm-6:30pm 11/22 15592

How to use Google Suite: Drive and Docs / Cómo usar Google Suite: Drive y Docs

Learn to use these two valuable applications from the Google Suite. Drive and Docs (Documents) are free and are very useful in a work or school environment.

Aprenderá a usar estas dos valiosas aplicaciones de la colección de Google. Drive y Docs (Documentos) son gratis y muy útiles en el trabajo o la escuela.

M 5:00pm-6:30pm 10/11 15593

M 5:00pm-6:30pm 11/29 15594

Excel Basics / Conocimiento Básico de Excel

You will learn to organize your information/data in an efficient and accurate manner, to be able to manipulate according to your needs.

Aprenderá a organizar su información de un modo eficiente y certero para poder manipularla de acuerdo a sus requisitos.

M 5:00pm-6:30pm 10/18 15595

M 5:00pm-6:30pm 12/6 15596

Word or Docs Formatting / Formateo con Word o Docs

You will learn to format documents using the programs Word from Microsoft or Docs from Google.

Aprenderá a formatear documentos usando el Programa Word de Microsoft o Docs de Google.

M 5:00pm-6:30pm 10/25 15597

M 5:00pm-6:30pm 12/13 15598

Fitness

Beginning Pilates Mat Class by Nancy Fox

Accessible, approachable, and fun, no matter what shape you're in, you will benefit from doing Pilates. Your balance and posture will improve as you strengthen your core. Classes are taught on multiple levels so it remains a challenge as you progress without being overwhelmed. Bring a yoga mat or large towel. Instructor Nancy Fox has been a certified Pilates instructor for over eight years and teaches mat Pilates in Marin County. Drop-in fee is \$15.

Age: 15Y-85Y

Terra Linda Community Center

\$99R/\$109N

W	6:00pm-7:00pm	9/1-10/27	16168
W	6:00pm-7:00pm	11/3-12/15	16169

Jazzercise

Get to Know the New Jazzercise! Dance Mixx classes are held ongoing at Terra Linda Community Center. Jazzercise classes are for all levels and incorporate HIIT cardio dance moves with strength training for the ultimate full-body workout that can help you meet your fitness goals. Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes cardio calories with strength training. Fresh moves and music transform your body while boosting your mood and energy. For pricing or more information, check out jazzercise.com or San Rafael Jazzercise on Facebook! For questions, contact Tina at tinaljazz@gmail.com or 246-7139.

Age: 18Y & Up

Terra Linda Community Center

\$20 drop-in fee for a one-day trial

M/W/F	9:15am-10:15am
M	6:00pm-7:00pm
Th	9:00am-10:00am
Sa	9:00am-10:00am

Zumba

In the past few years, the Zumba program has become nothing short of a revolution, spreading like wildfire and positioning itself as the single most influential movement in the industry of fitness. Join professional dancer and certified Zumba instructor, Tom Mayock as he leads you through a hypnotic dance fitness program with easy to follow moves that will blow you away. Party your self into shape. Drop in \$15.00. No class on November 27.

Age: 18Y- 75Y

Terra Linda Community Center

\$96R/ \$106N

Sa	10:15am-11:15am	9/11-10/30	16790
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\$60R/ \$66N

Sa	10:15am-11:15am	11/13-12/18	16791
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CLASSES BY DOT SPAET

The following stretch and Pilates classes are taught by Dot Spaet who is an award-winning trainer and teacher. She holds certifications in Foundation Training, Personal Training, Core Conditioning, Stretching, Flexibility, Yoga, Pilates, Functional Muscle Training, Stability Ball, Kinetic Anatomy and many more. Dot's background enables her to help people with issues such as; back, neck, hip, knee, and shoulder pain. Dot healed her own back pain when the doctor didn't and has a 91% success rate helping people heal their own back pain. Check her out at www.getoutofbackpain.com and www.fitnessbydot.com.

Basic Stretch and Balance Class

This class is for you if other exercise classes are too difficult. If you remember that you used to move better, try this class! You'll receive individual attention to address your specific issues. If you want to feel better, younger, and look fantastic, start with this one. Not designed for drop-in but you make take a trial class for \$20, space permitting.

Age: 15Y-80Y

Terra Linda Community Center

\$139R/\$153N

W	4:30pm-5:45pm	9/8-10/27	15748
W	4:30pm-5:45pm	11/3-12/29	15783

Therapeutic Pilates Mat Class for Back Pain (or not Virtual)

Pilates is one of the best overall fitness modalities. This class is also therapeutic. We focus on balance, strength and flexibility to help heal back, neck, hip, knee and shoulder issues while strengthening our core. Modifications available for each exercise, individual attention paid to address most issues. Preregistration requested. Please bring a mat or a large towel if you have one. \$20 discount if enrolled in both Monday and Wednesday Pilates.

Age: 15Y-80Y

Virtual

\$109R/\$120N

M	7:00pm-8:15pm	9/6-10/25	13211
M	7:00pm-8:15pm	11/1-12/27	16167



Get fit while having fun!

Bootcamp Fitness Class

Falkirk Cultural Center - Outdoors on the Lawn
1408 Mission Avenue
San Rafael



Build strength and improve cardio in these high-energy, fun and challenging classes with the use of free weights, kettlebells, body weight and resistance bands.

Fridays
9:30am-10:30am

Sundays
8:30am-9:30am
(No drop-ins available,
punch cards ONLY)

5 Class Punch Card

\$100 Resident/\$110 Non-resident

10 Class Punch Card

\$180 Resident/\$198 Non-resident

1 Class Drop-In

\$25 Resident/\$28 Non-resident

To purchase a punch card or pay for a drop-in class please e-mail
falkirk@cityofsanrafael.org



With Laura Oronzi
Certified yoga, fitness and Pilates instructor



CLASSES BY JEANETTE LOGAN

Jeanette Logan has been involved in fitness and expressive healing arts for over 37 years. Her extensive experience in both arenas has helped her successfully inspire and motivate people of all ages to become more active and step into greater aliveness but she especially enjoys focusing on the 50+ population. Jeanette's education includes: BA in Theatre Arts, AA degree in Physical Education and Health; ACE-Certified (American Council on Exercise) in Group Fitness Instruction; Certified by the Health and Fitness Institute of CSU Hayward in Aerobic Instruction; Senior Personal Training Certificate through American Senior Fitness Association (SFA), Brain and Balance Specialty Certificate through Exercise ETC.; and much more. To learn more about Jeanette go to youthfulhearts.com.

Are you 62 years and older? Join the Goldenaires and receive a discount for Jeanette's classes. Must show your current Goldenaires membership card when you register at the front desk to receive a discount.

Youthful Hearts Fit & Fun

Low Impact Aerobics + Strength, Stretch, & Brain Training

Move into a more vibrant life of natural wellness! Come join us for safe low-impact aerobics, inspirational and positive support, music and fun! You'll boost your mood, burn calories, build stronger bones, improve your stamina and your heart and brain health. Modifications are demonstrated so you can move at a level that is right for you. The second half of the class includes stretching, strengthening, and relaxation practices. Get past whatever is holding you back and be the awesome person you are! (No floor work.) Drop-in fee is \$14 if the minimum number of students is met. No class November 26

Age: 50Y & Up

San Rafael Community Center

\$55R/\$60NR

F 9:30am-10:30am 11/12-12/17 16727

Youthful Hearts Still Going Strong

Strength, Stretch, Balance & Brain Training + Guided Meditation

Feel great, live better, and maintain your ability to take care of yourself as you grow older! Using hand weights, body weight exercises, bands, stretching, relaxation practices, and a chair for support when needed, you'll improve your overall strength, balance, flexibility, metabolism, brain and heart health.

Modifications are demonstrated. Learn to safely work within your limitations and actually ENJOY exercising. The class ends with a guided meditation. Become strong and happy! Bring your own cushioned exercise mat for some floor work (not a yoga mat). Drop-in fee is \$14 if the minimum number of students is met.

No class November 26.

Age: 50Y & Up

San Rafael Community Center

\$55R/\$60NR

F 10:50am-11:50am 11/12-12/17 16730

Youthful Hearts Line Dancing

Enjoy a fabulous mind-body workout while dancing your way to better health! Not only is line dancing fun and stress relieving, it's also a fantastic way to burn calories and improve your coordination, brain health, and balance. Join us to learn some great dances to upbeat music and improve your fitness at the same time! This class is taught at a medium pace, but we don't do any advanced dances. Come meet some friendly people and breathe new life into your soul! Wear soft-soled shoes. Drop-in fee is \$11 if the minimum number of students is met. No class November 26.

Age: 50Y & Up

San Rafael Community Center

\$44R/\$48NR

F 12:15pm-12:55pm 11/12-12/17 16733

Youthful Hearts Non-Impact Chair Exercise

Do you have a physical challenge that currently prevents you from doing conventional exercise? Would you like to relieve stress and joint pain, improve your circulation and blood sugar levels, reduce high blood pressure, and stretch and tone your muscles without strain? Join us for this gentle, unique exercise program that blends elements of non-impact aerobics, resistance training, qi gong, yoga and guided relaxation all done while sitting in a chair. You'll become more capable while revitalizing your body, mind and spirit! Everyone is welcome, including those who need a cane, walker or wheelchair. Don't be limited by your limitations! Drop-in fee is \$11 if the minimum number of students is met. No class November 26.

Age: 50Y & Up

San Rafael Community Center

\$44R/\$48NR

F 1:15pm-1:55pm 11/12-12/17 16736

Fitness

Full Body Workout for Adults 55+

Join us from the comfort and safety of your home for a class designed to promote full body movement for older adults. We will isolate and strengthen certain areas of the body as well as promote joint mobility and flexibility. At times, the movement will be rhythmic and dynamic, geared towards increased body brain functioning. Each class incorporates standing balance work but will also include chair work and participants who need to remain seated for the entire class can do so and will be given alternative exercises. The class will conclude with a brief guided visualization meditation. Small props like light hand weights and straps may be used but optional home items can substitute for those props as well. Instructor Beth Zamichow is an experienced movement and fitness instructor that teaches in locations throughout Marin. She is a certified movement therapist, certified Pilates instructor and specializes in senior body/brain fitness. To learn more about Beth go to www.thebodycanvas.com.

Age: 55+
Virtual/Zoom
\$60R/\$66NR



Tu	10:10am-10:55am	8/17-9/21	16447
Fri	10:30am-11:15am	8/20-9/24	16450
Tu	10:10am-10:55am	9/28-11/2	16448
Fri	10:30am-11:15am	10/01-11/5	16451
Tu	10:10am-10:55am	11/9-12/14	16449
Fri	10:30am-11:15am	11/12-12/17	16452

Core Strong

Access a strong inner core, achieve greater alignment, stability, flexibility and balance. Move, sculpt, and stretch for long lean muscles while engaging areas of your body you may not have felt before! Geared for all levels, the instructor will offer options, modifications, and tips for injuries. The instructor combines her extensive knowledge and background as a Personal Trainer, Pilates Instructor and Instructor of various forms of exercise including Pilates, yoga, rehab and dance. This class fills the need for people who still want to exercise with a professional but in the convenience of their homes. A good portion of the class will be done on the mat. (If you miss a class, you can receive a recording of that class.) Class is taught by Beth Zamichow an experienced movement and fitness instructor that teaches in locations throughout Marin. To learn more about Beth go to www.thebodycanvas.com.

Age: 55+
Location: Virtual/Zoom
\$72R/\$80NR



Fri	4:30pm-5:30pm	8/20-9/24	16453
Fri	4:30pm-5:30pm	10/1-11/5	16454
Fri	4:30pm-5:30pm	11/12-12/17	16455

Games

Duplicate Bridge

Duplicate is organized bridge in a competitive atmosphere. Pairs play against many other pairs in the course of the game and the same deals are played at other tables. The cards you get do not determine whether you win but rather the way you play the cards you are dealt. Reservations not required but a partner is necessary. Improve your play and meet other bridge players. Bridge will resume in September. Please contact Henry or Peggy or visit www.marinbridge.com for more details on days, times and cost.

Age: 18Y & Up
Albert J. Boro Community Center
Terra Linda Community Center
For questions, please call Peggy Strong at (415) 492-1784
For more information, contact Henry Kingdon (415) 572-9458 or h_kingdon@yahoo.com

Language

Spanish for Adults - Beginning

This beginning Spanish class for adults is designed for those who have little to no previous experience with learning the Spanish language. In this class, you will get introduced to basic Spanish conversation skills, gaining more fluency and comfort in speaking Spanish. While grammatical concepts will be covered, conversation is the primary focus of this course. This way, students receive the essential knowledge that can be applied immediately to their everyday life! Classes are taught by Your Language & Cultural Center, Inc. Staff. No class 11/11 & 11/25.

Age: 18Y & Up
San Rafael Community Center
\$560R/\$588NR

Tu/Th	11:30am-12:30pm	9/7-12/16	16817
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Spanish for Adults - Intermediate

This Intermediate Spanish course is conversation-driven for adults who already understand basic grammar concepts and have previous experience in learning Spanish. Conversation topics are drawn from the student's work life, neighborhood, hobbies, etc. in order to add a practical element to their studies. Grammatical concepts are reviewed as well, though, conversation is the main focus of this course. Classes are taught by Your Language & Cultural Center, Inc. Staff. No class 11/11 & 11/25.

Age: 18Y & Up
San Rafael Community Center
\$560R/\$588NR

Tu/Th	11:30am-12:30pm	9/7-12/16	16819
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Martial Arts

Canal Karate

Learn and improve control, discipline, respect and increase self-esteem while earning your belt. This international award-winning, self defense program will help students achieve improved focus and strength while having fun doing it. Various class levels to match student's Karate experience. \$10 discount for multiple siblings. Class taught primarily in Spanish. No class November 11 and 25.

Age: 5Y & Up
Albert J. Boro Community Center
\$80R/\$88NR

Youth/Beginning	5:00pm-6:00pm
Youth/Intermediate	6:00pm-7:00pm
Adult/Intermediate	7:00pm-8:00pm
Adult/Advanced	8:00pm-9:00pm

Tu/Th	8/17-9/23	14616
Tu/Th	9/28 -11/4	14617
Tu/Th	11/9-12/16	14618

Personal Growth

Free Resilient Neighborhoods Climate Action Workshop Series - Virtual

Are you ready to take action on climate and live with more sustainability? Experience the free online Resilient Neighborhoods Climate Action program with people who also care about a healthy planet. Receive the resources and support you need to reduce your carbon footprint and prepare for emergencies like wildfires and power outages. In just five meetings you will achieve measurable results through impactful actions big and small - and it's fun!

Age: 18Y & Up
Online Class
FREE

W	4:00pm-6:00pm	9/15-11/10	16782
Th	6:30pm-8:30pm	9/23-11/18	16783

Voice-overs... Now is your time! Virtual

In what could be the most enlightening two hours you've ever spent, this class will show you how you can begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique, outside-the-box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

Age: 18Y & Up
Virtual
\$30R/\$33NR

Tu	6:30pm-8:30pm	9/22	16696
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Seniors

Multicultural Older Adult Program

Albert J. Boro Community Center

Older adults of all ethnicities in Marin are welcome to come to the Albert J. Boro Community Center-Pickleweed Park where we provide opportunities for socialization and integration. This program is made possible through funds from the Federal Older American Act and administered locally by the Marin County Health & Human Services, Division of Aging & Adult Services. Special programs are also sponsored by Vivalon and the City of San Rafael Library and Recreation Department.

Join in on the activities and meet new friends. Bring your ideas of what type of programs and activities you would like to start at the Center. Our largest populations at present are Hispanic/Latino and Vietnamese, although we welcome all older adults. For more information contact the Albert J. Boro Community Center at 485-3077.

Terra Linda Seniors

Terra Linda Community Center

The Terra Linda Senior Citizen Organization meets at the Terra Linda Community Center, 670 Del Ganado Road from 9:30am-12:30pm every Tuesday. Activities include weekly bingo games and occasional luncheons and plenty of time to socialize. If you are 55 years and older, you are welcome to join the group for a fee of \$15 per year. For more information about when this group will resume meeting please call (415) 485-3341/3344.

San Rafael Goldenaires

San Rafael Community Center

The San Rafael Goldenaires is a non-profit organization that partners with the San Rafael Library and Recreation Department. The Goldenaires provides its members the opportunity to participate in a wide variety of classes, trips, social activities and special events. Membership is \$35 per year and is available to all adults 62 years and older.

More information is available at www.srgoldenaires.org or inside the club's monthly newsletter The Newsette. Membership applications are available by calling 485-3348 or at the office located inside the San Rafael Community Center at 618 B St in San Rafael, Monday, Tuesday, Wednesday & Friday, 9:00am-3:00pm. Please stop by and visit or call and we will be happy to answer any questions.

San Rafael Goldenaires Events & Activities

Activities will resume September 1, 2021. Go to www.srgoldenaires.org to view the September Newsletter and Calendar. Upcoming activities include monthly book/puzzle swaps, weekly Zoom watercolor painting classes, monthly take-out lunches, monthly tours including theatre performances in San Francisco and a Fleet Week Boat Cruise to watch the Blue Angels in October. We're also planning a Holiday Gala Luncheon with dancing and a raffle on Friday, December 13 at the San Rafael Community Center.

Take-out Goldenaires Lunch/Dinner

Open to all

MANGIA ITALIAN FEST

AUGUST 13 (see pickup times below)

\$22.00/PERSON

MENU

Ravioli served with a meat sauce and meatless sauce for vegetarians, mixed vegetables, roll with butter and dessert.

PICKUP LOCATION/TIMES

Last names ending A-H pickup is 12-12:30, last names I-R will be 1:00-1:30PM and last names S-Z will be from 2:00-2:30PM.

DEBBIE GHIRINGHELLI CATERING

1241 Andersen Drive, San Rafael, CA 94901.

For reservations, please note if vegetarian and please send a check to & payable to: SAN RAFAEL GOLDENAIRES, 618 B STREET, SAN RAFAEL, CA 94901. Please include a self-addressed, stamped envelope for your receipt to be returned.

Any questions, call 415-485-3348 (leave a message) or email: srgoldenaires@gmail.com

Facility Rentals

Albert J. Boro Community Center

50 Canal Street, 485-3077

abc.counter@cityofsanrafael.org

This beautiful facility offers rental space for meetings, seminars, workshops, weddings and parties. It features three multi-purpose classrooms with large dry erase boards and projection screens, an art room, and a large community room that can accommodate up to 200 (seated). The community room features round tables, a sound system with podium, stage and a beautiful redwood deck overlooking the park and bay. Enjoy our 8,300 square foot gymnasium with basketball and volleyball, as well as two outdoor sports fields. The facility is accessible for disabled persons.



San Rafael Community Center

618 B Street, 485-3333

recreation@cityofsanrafael.org

This community center has been designed as a multi-use facility to accommodate groups of all ages, from tiny tots to senior citizens. Individuals, groups, or organizations are welcome to rent any part of the facility for meetings, weddings, seminars, banquets, fundraisers or any other events. The center is complete with auditorium/theater, kitchen, a complete lobby, separate lounge and four full size meeting rooms-three of which can be opened up to one large room. The auditorium/theater with a capacity of 400 (seated/theater) and 300 (dinner seating) can accommodate larger groups. The adjacent kitchen contains four ovens, a large stove, refrigerator, sinks, ice machine and dishwasher. Additionally some of the meeting rooms contain kitchenettes. Enclosed patios surround the facility. The facility is accessible for disabled persons. For more information call the center.



Terra Linda Community Center

670 Del Ganado Road, 485-3344

terralindapool@cityofsanrafael.org

This community center has three large meeting rooms that serve up to three different groups at one time or open up into a large space to accommodate wedding receptions, baptisms, birthday parties or other events. Each individual meeting room accommodates 30-40 people and the entire space accommodates up to 100 people. We provide chairs and tables at no additional cost. The kitchen is close to the meeting rooms and provides a refrigerator, sink, oven and plenty of counter space for food preparation.





Falkirk Cultural Center

(415) 485-3328

www.cityofsanrafael.org/falkirk

falkirk@cityofsanrafael.org

This elegant three-story house is a blend of Queen Anne and Eastlake styles, built in 1888 on eleven acres. In keeping with the style of the period, it has a complex and intriguing roofline of gables and chimneys, variously shaped bays, and plenty of decorative detail.

The interior is beautifully rendered in rich redwood paneling, and features ornate mantelpieces, hardwood floors, and elegant wall coverings. The foyer is especially striking with its huge decorative fireplace and floor-to-ceiling stained-glass windows.

The property was most notably owned by the Dollar family from 1906 until the early 1970s. The estate was named Falkirk in honor of Captain Robert Dollar's Scottish birthplace and to celebrate his civic involvement and generous donations to the City of San Rafael.

Today, Falkirk Cultural Center is operated by the City of San Rafael and serves as a historic site, contemporary art gallery, cultural and education center, and a popular event venue. When you reserve the venue, you have use of the grounds and entire first floor and access to changing suites on the second floor. Events can be hosted outdoors on the wedding lawn, in the rose garden or on the veranda, or indoors in the parlor.

Facility Rental Information

Facility reservations are accepted one year prior to the date. A rental packet is available online and includes policies and procedures to reserve the facilities, sample layouts, helpful resources and an application.

Art Galleries

Our three spacious, light-filled galleries on the second floor of the mansion are open to the public and exhibit a variety of contemporary art throughout the year.

CALL FOR 2022 EXHIBITS

Interested in proposing an exhibit or participating as an individual?

Please find the Exhibits Guidelines online at www.cityofsanrafael.org/falkirk-galleries. Fill out the online form to submit a proposal or contact us at falkirk@cityofsanrafael.org.

UPCOMING EXHIBITS

California Watercolor Association

October 7-November 12

Opening Reception - Thursday, October 7

Closing Reception - Friday, November 12

Please check back for more details in October.





*Friday
Night*

MOVIES IN THE PARK

PRESENTED BY CITY OF SAN RAFAEL RECREATION DIVISION



August 6
Pickleweed Park
Lion King
(en español)
Rated G



August 13
Terra Linda Park
Finding Dory
Rated PG



August 20
Victor Jones Park
Moana
Rated PG



August 27
Gerstle Park
*How to Train Your
Dragon: The Hidden
World*
Rated PG

**MOVIES BEGIN 15 MINUTES
AFTER SUNSET
REMEMBER TO BRING
LOW CHAIRS, BLANKETS,
PICNIC/SNACKS AND FLASHLIGHT**



www.cityofsanrafael.org/recreation-events
(415) 485-3333 /recreation@cityofsanrafael.org