SAN RAFAEL

ACTIVITIES GUIDE | FALL-WINTER 2022-23



Online Registration Begins August 10 Walk-ins August 17 Dia de los Muertos Day of the Dead Page 2 Meet Our New Director Page 6





Join us for this wonderful and unique celebration, which is rooted in the Latin American tradition of commemorating and honoring the death of loved ones whose spirits visit Earth once a year in November. In celebrating, relatives and friends not only remember those who have already died, but also recreate the importance of family wholeness.

Altars on 4th Street Mid-October

Car Procession Through Downtown San Rafael Saturday, October 22 | 3 PM

Albert J. Boro Community Center Saturday, November 5 3-9 PM

- Altars
- Art Workshops
- Live Music and Cultural Performances
- Traditional Food
- **Canal Community**





www.dayofthedeadsr.org

Albert J. Boro Community Center | 50 Canal St. | San Rafael

IMPORTANT REGISTRATION DATES

ONLINE REGISTRATION

www.cityofsanrafael.org/recreation
Begins at 9:00am on Wednesday, August 10

WALK-IN REGISTRATION

Begins on Wednesday, August 17

Our Activities Guide can also be viewed online at: www.cityofsanrafael.org/recreation

CITY HOLIDAYS

Most Library & Recreation Department facilities and programs are closed on the following City holidays:

LABOR DAY
VETERANS DAY
THANKSGIVING
DAY AFTER THANKSGIVING
CHRISTMAS DAY

Monday, September 5 Friday, November 11 Thursday, November 24 Friday, November 25 Monday, December 26

ACCESS & INCLUSION

The City of San Rafael invites people with and without disabilities to enjoy our sites, facilities, and programs. Do you have any special needs that require specific accommodations, so you can fully participate in one of the City's programs? If so, please contact our Library & Recreation Department office at (415) 485-3333.

Community Centers

Albert J. Boro Community Center

50 Canal Street (415) 485-3077 abc.counter@cityofsanrafael.org

San Rafael Community Center

618 B Street (415) 485-3333 recreation@cityofsanrafael.org

Terra Linda Community Center & Pool

670 Del Ganado Road Office: (415) 485-3344 Pool: (415) 485-3346

terralindapool@cityofsanrafael.org

Hamilton Pool

203 El Bonito Road, Novato Office: (415) 485-3344

Pool: (415) 883-7126

terralindapool@cityofsanrafael.org

Cultural Center

Falkirk Cultural Center

1408 Mission Avenue (415) 485-3328 falkirk@cityofsanrafael.org

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TAKE ACTION NOW TO REDUCE WILDFIRE RISK TO YOUR HOME

START FROM THE HOUSE OUT AND KEEP IT GREEN, LEAN, and CLEAN OUTBUILDINGS VENTS ROOF **GUTTERS** Create defensible space around Enclose vents with Remove leaves, pine Install metal gutter separate outbuildings, including needles, and debris from guards to prevent 1/8 inch metal mesh garages and sheds, just like you your roof and gutters debris build-up or smaller would treat your home **VEGETATION ISLANDS** Create islands of lower growing plants or shrubs. Use non-combustible materials like decorative rock, gravel, **EVACUATION** or stepping stone pathways to separate vegetation Maintain vegetation TREES within 10 feet of Keep trees well To learn more about your responsibilities, support resources, roads and driveways spaced and GRASS annual evaluations, how to work with your neighbors, and trimmed up off Cut grasses to a what the city is doing to adapt to wildfire, please visit SRFD.org the ground maximum height ¿Hablas español? Visite srfd.org/espanol of 3 inches

ACTÚE AHORA PARA REDUCIR EL RIESGO DE INCENDIOS FORESTALES EN SU HOGAR





CITY COUNCIL

Kate Colin, *Mayor*Maribeth Bushey, *Councilmember*Maika Llorens Gulati, *Councilmember*Eli Hill, *Councilmember*Rachel Kertz, *Councilmember*

City Council meetings are held the first and third Monday of each month at 7:00pm.

CITY MANAGER

Jim Schutz

ASSISTANT CITY MANAGER

Cristine Alilovich

PARK AND RECREATION COMMISSION

Kela Cabrales Cicily Emerson Ariel Gutierrez Mark Machado Robert Sandoval

Park and Recreation Commission meetings are held the third Thursday of each month at 6:00pm.

BOARD OF LIBRARY TRUSTEES

Lawrence Andow
Jaimi Cortes
Adriana Duque-Hughes
Cheryl Lentini
Alex Vahdat

Board of Library Trustees meetings are held the second Tuesday of each month at 6:00pm.

Message from City Manager

Over the past few years, we have seen the devastating impact of wildfires. San Rafael's robust wildfire mitigation program helps our community adapt to living with wildfire and provides each of us a way to protect our community. In addition to talking with neighbors to form fire-wise communities and neighborhood response groups, I encourage you to implement home



hardening measures and take steps to create defensible space around your home. These crucial steps will help reduce the risk of fire damage to your home, as well as help you adapt to wildfire.

Home hardening helps reduce fire risk by increasing your home's resistance to heat, flames, and embers through the use of building materials and installation practices that help protect the vulnerable elements of your house. These elements include the roof, gutters and eaves, vents, siding, windows and doors, and decks, fences, and other attachments.

Defensible space is essential to improve your home's chance of surviving a wildfire as it's the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it. This space is needed to slow or stop the spread of wildfire and it protects your home from catching fire – either from direct flame contact or radiant heat. Defensible space is also important as it helps to protect firefighters defending your home.

Thanks to voters, the County of Marin established the Marin Wildfire Prevention Authority (MWPA) to manage approximately 20 million dollars a year for county-wide prevention and mitigation efforts, which includes supporting homeowners as they create defensible space. This means help with evaluations, education, grants, and direct assistance. In addition, the city is working to improve the fire resiliency of our public lands, improve evacuation routes, and create strategic fuel breaks.

If you have not already done so, please sign up for emergency alerts by registering at AlertMarin.org. You can also sign up for Nixle by texting your zip code to 888777.

For more info on the MWPA, visit marinwidlfire.org and for city-specific projects and resources, visit SRFD.org.

Your City Manager,

Tim Schutz

Welcome Our New Library and Recreation Director, Catherine Quffa



Catherine Quffa brings nearly 15 years of experience working in both the nonprofit sector and local government. Catherine has served the City as both a Management Analyst and Assistant Library and Recreation Director, prior to being selected as Library and Recreation Director. Before joining the City of San Rafael, Catherine was the Deputy Director at the Golden Gate National Parks Conservancy, where she oversaw a department whose mission was to find new and innovative ways for Parks and Recreation departments to serve their community. Catherine also spent a number of years in Sub-Saharan Africa, first as a Peace Corps volunteer and then as a Program Manager and Director of Programs and Communications for a local nonprofit focused on promoting sustainable agriculture. Her time working with these communities helped her create a deep appreciation for the importance of developing programs based on the needs of those she serves. Catherine holds a bachelor's degree in History from Stanford University and a master's degree in International Environmental Policy from the Middlebury Institute.

As a San Rafael native, Catherine attended San Rafael High, Davidson, and Sun Valley Elementary Schools and is passionate about finding ways to make her hometown a vibrant, inclusive, and community-oriented place to live.

Banners on 4th Street in Downtown San Rafael!

- For non-profit organizations
- High visibility

- · Three-week advertising periods
- · Great rates





www.cityofsanrafael.org/banner-permits

Preschool

Games & Sports

Jumping Jacks

Jumping Jacks is an hour-long class that consists of activities that encourage creative movement, balance and hand-eye coordination. These activities are done in a high-energy, fun-filled atmosphere. The first half of each class is free play-parents/caretakers are expected to have fun interacting with their child/children. The last half hour of class is group time... have fun dancing with scarves, playing with the parachute and of course popping bubbles! INSTRUCTOR Jason Foote. Call 485-3333 for details!

Age: Crawling-26M

San Rafael Community Center

\$54-6 classes / \$96-12 classes / \$10 drop-in

Tu/Th 9:30am-10:30am*

ongoing

*30-minute re-set/disinfecting between sessions

Age: 26M-4Y

San Rafael Community Center

\$54-6 classes / \$96-12 classes / \$10 drop-in

Tu/Th 11:00am-12:00am





Yoga with Erin

Bring your kids ages 2 - 7 to practice yoga at the Terra Linda Rec Center! We will breathe, move, and then take a rest. We will play fun yoga games and engage in other activities such as listening to stories and dancing to music. No previous yoga experience needed and adult participation is not required - although it is a workout for all! Bring your own mat or blanket if you would like something soft to practice on.

Yoga has always been there for Erin, through the good times and the bad. It has kept her grounded and balanced, and she is excited to share her love of the practice with others. Erin currently teaches in preschools around Marin and is certified in teaching Kids Yoga.

Age: 2Y-7Y

Terra Linda Community Center \$36R/\$39NR

Th	10:30am-11:00am	9/8-9/22	5823
Th	10:30am-11:00am	10/6-10/27	5824*
Th	10:30am-11:00am	11/3-11/17	5825
Th	10:30am-11:00am	12/1-12/15	5826
Th	10:30am-11:00am	1/5-1/26	5827*
Th	10:30am-11:00am	2/2-2/16	5828

^{*}No class 10/20 & 1/19

Preschool **Programs**

Parkside Preschool

51 Albert Park Lane, San Rafael 94901 Director: Jackie Newsom Phone: 485-3388

Parkside Preschool is a year-round, full-time program, which provides a developmentally appropriate play-based program that focuses on exploration, discovery, and social interaction. The two classrooms are set up with a variety of activity centers: art, science, language arts, library, dramatic play, blocks, and math. Activities are planned and prepared to spark a child's sense of curiosity and wonder. The stimulating and supportive environment, coupled with caring professionals, nurtures a love for learning with an emphasis on problem solving, self- regulation skills, and creativity.

Pickleweed Preschool

40 Canal Street, San Rafael 94901 Director: Maria Verlarde

Phone: 485-3101

Pickleweed Preschool is a state funded, part-day preschool program. Our highly experienced and caring teachers create an environment that offers a range of experiences to encourage and foster children's independence and academic growth. The children begin to develop self-discipline and the ability to concentrate while exercising their choice of materials in various activity centers during work time. Children will participate in small and large group activities to study and explore their expanding world and will learn practical life and social skills through their work and play. All activities and curriculum will encourage children's English Language Development and Acquisition.





WE'RE HIRING!

Make a difference and come work for the City of San Rafael Child Care Division.

To learn more about working with us, contact Kelly Albrecht at (415) 485-3386.





Arts and Crafts

TERRA LINDA CERAMICS

Award winning artist, Nadia Tarzi-Saccardi, is the director for the Terra Linda Ceramic Artists program since 2017. Nadia first studied ceramics and sculpture forty years ago in Strasbourg, France and for the last 15 years has been teaching ceramics to adults & children across the Bay Area. She was recently awarded the Best of Marin 2020 and 2021 for Best Art Instructor and Best Art Studio. Visit: www.terralindaceramicartists.com

Clay Time

Join this artistic group that loves creating in clay. Students learn all about clay, pinch pot, slab building, coiling, sculpting, and glazing. A fun new project is demonstrated in each class and individual expression is encouraged. All levels are welcome. A \$30 material fee is due to the instructor at the first class.

Age: 6Y-8Y

Terra Linda Community Center \$100R/\$110NR

Tu	3:45pm-4:40pm	9/27-10/25	5717
Tu	3:45pm-4:40pm	11/1-12/6	5732
Tu	3:45pm-4:40pm	1/31-2/14	5818

Mud Masters

Join this artistic group of preteens who love creating in clay. Students will learn slab building, coiling and sculpting. A new project is demonstrated each class and individual expression is encouraged. There will be many opportunities to explore glazing. All levels are welcome. Sign up early as class size is limited. A \$30 material fee is due to the instructor the first class. No class 11/22.

Age: 9Y-12Y

Terra Linda Community Center \$110R/\$121NR

Tu	4:45pm-6:00pm	9/27-10/25	5718	
Tu	4:45pm-6:00pm	11/1-12/6	5733	
Tu	4:45pm-6:00pm	1/31-2/14	5819	

Hang Out with Clay-Teen Class

This after school program is designed to give you the opportunity to express and explore your creative ideas through the amazing medium of clay. You will be taught all the techniques that you need to create what you imagine and encouraged to develop your own style. All levels are welcome. There will be many opportunities to explore glazing and surface decorations as well as working on a portfolio if desired. Sign up early as class size is limited. A \$30 material fee is due to the instructor before the first class.

Age: 13Y-17Y

Terra Linda Community Center \$125R/\$128NR

М	4:15pm-6:15pm	9/19-10/17	5716
М	4:15pm-6:15pm	11/7-12/12	5731
М	4:15pm-6:15pm	1/23-2/27	5817



Dance

Ballroom, Latin & Fitness Mini Camp

Join us for a fun week of dance and fitness. We will learn various Ballroom and Latin dances and also important dance fundamentals. We will incorporate stretching and strengthening exercises to enhance dance skills. Dancers will also have opportunities to explore creating their own choreography.

Age: 8Y-10Y

Albert J. Boro Community Center \$60R/\$66NR

M-Th 4:00pm-5:30pm 9/6-9/16 5659

Introduction to Ballroom and Latin Dance

In this class, students will learn the fundamentals of partner dancing in a fun, relaxed environment. Participants will be introduced to various partner dances such as salsa, bachata, merengue, waltz, and swing.

Age: 8Y-10Y

Albert J. Boro Community Center

\$30R/\$33NR

F	3:30pm-4:15pm	9/9-10/14	5834	
\$25R	/\$28NR			
F	3:30pm-4:15pm	10/28-12/9*	5835	
*No c	class 11/11 & 11/25.			

Athletics

San Rafael Basketball Academy

The San Rafael Basketball Academy is a fun way to introduce your kids to the world of basketball. With drills and games focused on building motor skills and teaching basic basketball principles such as dribbling, passing, shooting and teamwork, kids will develop a love for the game in a fun, safe enriched setting.

Age: 5Y & Up

Albert J. Boro Community Center \$15R/\$17NR

PIOR/PI/NR

Sa 12:00am-1:30pm 9/10-10/8 5658



Yoga with Erin

Bring your kids ages 2 - 7 to practice yoga at the Terra Linda Rec Center! We will breathe, move, and then take a rest. We will play fun yoga games and engage in other activities such as listening to stories and dancing to music. No previous yoga experience needed and adult participation is not required - although it is a workout for all! Bring your own mat or blanket if you would like something soft to practice on.

Yoga has always been there for Erin, through the good times and the bad. It has kept her grounded and balanced, and she is excited to share her love of the practice with others. Erin currently teaches in preschools around Marin and is certified in teaching Kids Yoga.

Age: 2Y-7Y

Terra Linda Community Center \$36R/\$39NR

Th	10:30am-11:00am	9/8-9/22	5823
Th	10:30am-11:00am	10/6-10/27	5824*
Th	10:30am-11:00am	11/3-11/17	5825
Th	10:30am-11:00am	12/1-12/15	5826
Th	10:30am-11:00am	1/5-1/26	5827*
Th	10:30am-11:00am	2/2-2/16	5828

*No class 10/20 & 1/19

Games & Sports

Classical Fencing

Classical Fencing is the art and science of defense. Students will learn the proper structure and form, basic footwork, defenses, and attacks, as well as the etiquette for how to interact with other students and maintain awareness for safety. Masks and gloves must be purchased but are not required for the first couple of lessons (purchasing information will be provided by the instructor). Students must wear long sleeves, pants, and closed toe shoes.

Age: 8Y-12Y

San Rafael Community Center \$100R/\$110NR

Tu	5:00pm-6:00pm	9/13-10/18	5796	
Tu	5:00pm-6:00pm	11/1-12/6	5797	





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	3:30pm-4:00pm	9/27-12/1*	5741
Tu/Th	3:30pm-4:00pm	1/3-2/23	5831

*No class 10/24-11/4 & 11/24



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. A \$40 uniform fee is due to the instructor.

Age: 7Y & Up

Terra Linda Community Center \$149R/\$164NR

Tu/Th 4:05pm-4:50pm 9/27-12/1* 5742 Tu/Th 4:05pm-4:50pm 1/3-2/23 5832

*No class 10/24-11/4 & 11/24



Taekwondo Youth-Advanced & Black Belt

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.

Age: 7Y & Up

Terra Linda Community Center \$149R/\$164NR

Tu/Th	4:55pm-6:05pm	9/27-12/1*	5743	
Tu/Th	4:55pm-6:05pm	1/3-2/23	5833	

*No class 10/24-11/4 & 11/24



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. Additional material fees due to the instructor for uniform and optional SHOTOKAN KARATEDO INTERNATIONAL-US FEDERATION belt testing/advancement.

Beginning (5Y+) 5:00pm–6:00pm Youth/Intermediate (7Y+) 6:00pm–7:00pm Adult/Intermediate 7:00pm–8:00pm Adult/Advanced 8:00pm–9:00pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, galardonado internacionalmente, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten haciéndolo. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos. Tarifas de material adicionales debidas al instructor por uniforme y opcional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION cambio de cinta/avance.

Age: Time:

Juventud/Comienzo (5Y+) 5:00pm-6:00pm Jóvenes/Intermedios (7Y+) 6:00pm-7:00pm Adulto/Intermedio 7:00pm-8:00pm Adulto/Avanzado 8:00pm-9:00pm

Age: 5Y & Up

Albert J. Boro Community Center \$70R/\$78NR

Tu/Th	see times above	9/13-10/20	5653	
Tu/Th	see times above	10/25-12/8*	5654	
Tu/Th	see times above	1/17-2/23	5656	

*No class 11/24



School-Age Child Care

Serving the San Rafael and Miller Creek School Districts, the City of San Rafael offers state-licensed, year-round child care to children in Transitional Kindergarten through 5th grade. The centers provide a safe, enriching, and enjoyable atmosphere where school-age children can learn and grow through positive experiences. Our professional staff provides a wide variety of group and individual activities to support and enhance your child's physical, social and emotional development.

Whether you are looking for a part-day play experience or full time child care, each center offers a variety of flexible schedules to meet your needs. Please note that our centers have a licensed capacity and program enrollment is first-come first-served, so please contact us early and inquire about rates and availability.

Registration Information

Registration for the School-age Child Care Program is conducted at the various school sites.

Coleman Children's Center

Coleman Elementary School 800 Belle Avenue, San Rafael 94901 Director: Diana Muller

Phone: 485-3121

Glenwood Children's Center

Glenwood Elementary School 25 W.Castlewood Drive, San Rafael 94901 Director: Jocelyn Hallroan

Phone: 485-3102

Lucas Valley Chilldren's Center

Lucas Valley Elementary School 1175 Idylberry Road, San Rafael 94903

Director: Gaby Farias Phone: 485-3189

Mary Silveira Children's Center

Mary Silveira Elementary School 375 Blackstone Drive, San Rafael 94903

Director: Angie Stunz Phone: 485-3190

Parkside Children's Center

51 Albert Park Lane, San Rafael 94901

Director: Sonda Sockolov Phone: 485-3387

Vallecito Children's Center

Vallecito Elementary School 50 Nova Albion Way, San Rafael 94903 Director: Trisha Cerutti-Saylors

Phone: 485-3103

Technology - Online Classes

VIRTUAL CODING CLASSES FOR KIDS

Join the following award-winning, top-rated kids coding classes online. The small group classeswith 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.

Accelerated Scratch

This class uses Scratch, a coding platform developed by MIT, as a tool to teach core computer science and coding concepts such as loop, conditional, motion, and sensing. Students will also work on a project in each session ranging from animation, games, to graphic design and storytelling, etc. The class employs a variety of interesting topics to teach logical thinking and inspire creativity, so your kids are not only learning but also creating starting from day one. Kids will be challenged to be creative and solve tough problems while learning the deeper computer science concepts. The curriculum is customized for middle school and high school students grades 5-9.

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity.

Age: 10Y-15Y

Accelerated Scratch - Levels 1 & 2

Beginner Level - No Prerequisites

\$131R/\$144NR

W 4:00pm-4:55pm 9/21-11/9 5652





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! For Grades 3-5.

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high Internet connectivity. Windows or Mac Computer (Chromebook not supported).

Age: 8Y-11Y

Minecraft Coding Quest - Levels 1 & 2

Beginner Level - No Prerequisites

\$131R/\$144NR

F	4:00pm-4:55pm	1/13-3/3	5677
M	4:00pm-4:55pm	2/6-3/27	5678

Minecraft Coding Quest - Levels 1, 2 & 3

Beginner Level - No Prerequisites

\$189R/\$208NR

W	5:30pm-6:25pm	9/7-11/23	5650
М	4:00pm-4:55pm	9/12-11/28	5651



Technology - Online Classes continued

Roblox Coding

Take a big step forward with your Roblox experience by not just playing the game but actually creating your own games! Learn how to use Roblox Studio to create customized worlds and code mini games. We start from the very basics of Roblox Studio, no prior experiences needed. You will also learn Lua, a programming language for Roblox andcore coding skills that can be applied elsewhere as well. For Grades 4-8. Advanced Level - should be very familiar with Scratch type of programming platform. Ready to move up to text based programming.

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, high Internet connectivity, and a mechanical mouse. Windows or Mac Computer (Chromebook not supported).

Age: 9Y-14Y

Roblox Coding - Levels 1 & 2

Advanced Level - Should be familiar with Scratch type of programming platform

\$165R/\$181NR

W 4:00pm-5:15pm 2/8-3/29 5679



Scratch Ninja

This class uses Scratch, a coding platform developed by MIT, as a tool to teach core computer science and coding concepts such as loop, conditional, motion, and sensing. Students will also work on a project in each session ranging from animation, games, to graphic design and storytelling, etc. The class employs a variety of interesting topics to teach logical thinking and inspire creativity, so your kids are not only learning but also creating starting from day one. Kids will be challenged to be creative and solve tough problems while learning the deeper computer science concepts. For Grades 2 - 5.

Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity.

Age: 7Y-11Y

Scratch Ninja - Levels 1 & 2

Beginner Level - No Prerequisites

\$131R/\$144NR

W	4:00pm-4:55pm	9/7-10/26	5647	
Tu	4:00pm-4:55pm	9/13-11/1	5648	
Tu	4:00pm-4:55pm	1/10-2/28	5676	

Scratch Ninja - Levels 1, 2 & 3

Beginner Level - No Prerequisites

\$189R/\$208NR

Th 5:15pm-6:10pm 1/5-3/23 5675

Scratch Ninja - Levels 3 & 4

Prerequisite - Scratch Ninja - Levels 1 & 2

\$131R/\$144NR

W 4:00pm-4:55pm 11/2-12/21 5649



Adult

Arts and Crafts

TERRA LINDA CERAMICS

Award winning artist, Nadia Tarzi-Saccardi, is the director for the Terra Linda Ceramic Artists program since 2017. Nadia first studied ceramics and sculpture forty years ago in Strasbourg, France and for the last 15 years has been teaching ceramics to adults and children across the Bay Area. She was recently awarded the Best of Marin 2020 and 2021 for Best Art Instructor and Best Art Studio.

Visit: www.terralindaceramicartists.com

Ceramics - Beginner

This class is designed as a prerequisite and as a class for beginners in ceramics. It is also for people who have not done ceramics in many years and need a refresher in techniques. Learn the basic techniques you need to create with clay, such as pinch, slab, drape, sculpt and glaze. After this session is completed, if students want to continue taking classes they must sign up for another session of classes. This class is not a repeat class. A \$65 material fee is due to the instructor at the first class and includes a bag of regular clay.

Age: 18Y & Up

Terra Linda Community Center \$150R/\$165NR

W	5:30pm-8:30pm	9/28-10/26	5705	
\$180F	R/\$198NR			
W	5:30pm-8:30pm	11/2-12/14	5723	



Ceramics - Advanced & Intermediate

The following classes are not designed for a beginner's level. For the beginner's level class please sign up for the Wednesday evening class. In these classes, expand your coil, slab, drape, push mold, large or small sculpting techniques and let your imagination soar. The instructor provides a class demonstration the second week of each session and individual artistic and technical support is given throughout the session. A \$65 material fee is due to the instructor at the first class and includes a bag of regular clay.

Age: 18Y & Up

\$150R/\$165NR

Terra Linda Community Center \$180R/\$198NR

ADVANCED CERAMICS (Requires Instructor Approval)

\$150R/S			
W	9:00am-12:00pm	9/28-10/26	5703
\$180R/\$			
W	9:00am-12:00pm	11/2-12/14	5721
\$256R/S			
W	9:00am-12:00pm	1/18-3/15	5807
INTER	MEDIATE CERAMICS		
\$150R/\$	165NR		
Tu	6:30pm-9:30pm	9/27-10/25	5691
Th	9:00am-12:00pm	9/29-10/27	5706
Sa	9:00am-12:00pm	10/1-10/29	5709
\$180R/\$	3198NR		
Tu	6:30pm-9:30pm	11/1-12/13	5720
Th	9:00am-12:00pm	11/3-12/15	5724*
Sa	9:00am-12:00pm	11/5-12/17	5726
\$256R/\$	281NR		
Tu	6:30pm-9:30pm	1/17-3/14	5806
Th	9:00am-12:00pm	1/19-3/16	5810
Sa	9:00am-12:00pm	1/21-3/18	5812
INTER	MEDIATE/ADVANCED	CERAMICS	
\$150R/\$			
Tu	9:00am-12:00pm	9/27-10/25	5690
W	1:00pm-4:00pm	9/28-10/26	5704
Th	6:00pm-9:00pm	9/29-10/27	5707
\$180R/\$	\$198NR		
Tu	9:00am-12:00pm	11/1-12/13	5719
W	1:00pm-4:00pm	11/2-12/14	5722
Th	6:00pm-9:00pm	11/3-12/15	5725*
\$256R/\$	281NR		
Tu	9:00am-12:00pm	1/17-3/14	5805
W	1:00pm-4:00pm	1/18-3/15	5808
Th	6:00pm-9:00pm	1/19-3/16	5811
*No clas	ss 11/24		

Pastel Plein Air Drawing Class

In this fun class for all levels, students will learn soft pastel blending principles while working with still life subjects that could include everything from a colorful vessel, to potted plants, or even shoes. Students will study light and shadow to create the appearance of three-dimensional form, learn to create dynamic compositions, and gain confidence in their ability to mix colors. No prior experience is necessary and individual expression is encouraged. E-mail falkirk@ cityofsanrafael.org for a materials list and what to bring. Falkirk has easels to borrow. Class may be held on the Wedding Lawn or indoors depending upon weather.

Age: 18Y & Up Falkirk Cultural Center \$120R/\$132NR

W	10:00am-12:00pm	9/28-11/9	5689*
W	10:00am-12:00pm	11/16-12/21	5708*
W	10:00am-12:00pm	1/11-2/15	5710
W	10:00am-12:00pm	3/1-4/5	5711

^{*}No class 10/26, 11/23



Watercolor Painting - All Levels

Through a combination of review and practice with fundamentals, students will explore methods and techniques to make watercolor paintings interesting, dynamic, fresh, and appealing. Each class starts out with a lesson and then students paint along with the instructor as they get feedback about what they're doing. You must bring all of your own materials.

Please e-mail falkirk@cityofsanrafael.org for a materials list.

Age: 18Y & Up
Falkirk Cultural Center
\$110R/\$121NR

Tu	10:00am-1:00pm	10/4-10/25	5520
Tu	10:00am-1:00pm	11/1-12/13	5521*
Tu	10:00am-1:00pm	1/10-1/31	5522
Tu	10:00am-1:00pm	2/7-2/28	5523

^{*}No class 11/15, 11/22, 11/29



BEGINNING Japanese Flower Arranging - Sogetsu Ikebana

Learn all the basic techniques to create the simplified, yet dynamic lkebana designs. Each class begins with a demonstration, followed practice time for your own work, with assistance as needed. Lastly, an instructor led review of all the designs. Required textbook and additional supplies are available for purchase at class. Please contact instructor Rachel at rachel@simplygrounded.com for any inquires regarding the course.

A \$25 Materials Fee will need to be paid to instructor on the first day of class.

Age: 18Y & Up

San Rafael Community Center

\$360R/\$380NR

Th 2:00pm-4:00pm 9/15-12/1* 5798

*No class 11/24

CONTINUING Japanese Flower Arranging - Sogetsu Ikebana

Develop your creative self-expression and explore the beauty of nature, through this exquisite, contemporary, and dynamic art form. Each class includes a demonstration of upcoming lkebana lessons, practice time for your own work. Required textbook and additional supplies are available for purchase at class. Please contact instructor Rachel at rachel@simplygrounded.com for any inquires regarding the course.

A \$25 Materials Fee will need to be paid to instructor on the first day of class.

Age: 18Y & Up

San Rafael Community Center \$360R/\$380NR

Th 10:30am-1:30pm 9/15-12/1* 5799

*No class 11/24



Creative Art Journaling Group

Come have fun learning how to create an art journal and while exploring your interests! During each session students will use multimedia to create and maintain an art journal. The instructor will demonstrate techniques with collage, acrylic, watercolor painting, scrapbooking and more and students will practice and explore the various techniques. Students will work on their journals between sessions with the expectation of presenting their work for feedback from the group.

Age: 18Y & Up

Terra Linda Community Center \$25R/\$28NR

Sa	1:00pm-4:00pm	9/3	5685
Sa	1:00pm-4:00pm	10/1	5686
Sa	1:00pm-4:00pm	11/5	5687



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 was a member of the National Society of Decorative Painters and attended 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.

Age: 18Y & Up

Terra Linda Community Center

Drop in: \$6

F 9:30am-12:30pm ongoing beginning Sept. 9*

*No class 11/11, 11/25, 12/23 & 12/30

Athletics

Open Gym Sports

Age: 16Y & Up

The Gymnasium in the Albert J. Boro Community Center is open Monday, Wednesday and Friday evenings for drop-in basketball and/or volleyball. Admission is \$5 per person and everyone must sign in. No program on City holidays. Schedule is subject to change. Program will not be held when a mask mandate is in place. Contact the Center at (415) 485-3077 for exact days and times.

El Gimnasio en el Centro Comunitario Albert J. Boro está abierto los lunes, miércoles y viernes por la noche para jugar baloncesto y / o voleibol sin cita previa. La entrada cuesta \$ 5 por persona, y todos deben registrarse. No hay programa en los días festivos de la ciudad. El programa no se llevará a cabo cuando el mandato de máscara esté vigente. El horario está sujeto a cambios Comuníquese con el Centro al (415) 485-3077 para conocer los días y horarios exactos.



Marin Bocce Federation

The Marin Bocce Federation operates ten state-of-the-art synthetic courts on B Street adjacent to the San Rafael Community Center. To sign-up for their leagues or to reserve a court for open drop-in play, contact them at 485-5583.



Dance

Introduction to Merengue, Salsa and Bachata

Learn the fundamentals of merengue, salsa and Bachata in a fun and relaxed environment. Classes taught by instructors proficient in both English and Spanish!

Age: 18 & Up

Albert J. Boro Community Center

\$40R/\$44NR

Tu 7:30pm-8:30pm 10/4-11/1 5836

Games & Sports

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. www.marinbridge.com

For questions, please call Peggy Strong at (415) 492-1784. For more information, contact Henry Kingdon at (415) 572 9458 or h_kingdon@yahoo.com.

Age: 18 & Up

Terra Linda Community Center

М	Ongoing	12:00pm	Director: Henry Kingdon
W	Ongoing	12:00pm	Director: Henry Kingdon
F	Ongoing	12:00pm	Director: Peggy Strong

Introduction to Contract Bridge 1 with Henry Kingdon

Come learn the fascinating game of contract bridge. To grow into a strong bridge player, you need a strong foundation. Start at the beginning in this thorough introduction for true beginners. Every lesson contains several hands that students will play to demonstrate each new concept. Using Pat Harrington's Beginning Bridge series as a guide, players will learn and practice basic bridge techniques for declarer play, defense, and bidding. Students will take turns as declarer and defender, so everyone gets to try everything. There is plenty of time to talk about what worked and what didn't and why.

For more information, contact Henry Kingdon at (415) 572 9458 or h_kingdon@yahoo.com. Late registration is accepted and prorated at \$35/lesson, \$150 max. Drop-ins are okay but please notify instructor ahead of time.

Age: 18 & Up

Terra Linda Community Center \$150R/\$165NR

Tu	2:00pm-4:00pm	9/13-10/18	5693
Tu	2:00pm-4:00pm	10/25-12/13	5694

Fitness

CLASSES BY DOT SPAET

The following classes are taught by Dot Spaet, an award-winning trainer and teacher with certifications in Foundation Training, Personal Training, Core Conditioning, Stretching, Flexibility, Yoga, Pilates, Functional Muscle Training, Stability Ball, Kinetic Anatomy and many more. She believes fitness should be accessible and that everyone deserves to feel fantastic. Dot's engineering 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.

Monday Night Careful Yoga/Stretch/Balance

(Virtual Class via Zoom)

This class is for you if you have an injury or challenge that prevents you from going to regular yoga classes. Could be cranky hips, knees, back, neck, shoulders or something else like asthma or arthritis. I teach on multiple levels so there is almost always a modification that can work. You will learn which moves are good for them and which ones aren't. Individual attention. Also suitable if you do not have any injuries or challenges. Beginner/ Intermediate level. Zoom Link will be emailed out prior to the course starting.

Age: 15Y-80Y Virtual (Zoom) \$119R/\$130NR

M	4:30pm-5:45pm	9/5-10/31	5820
М	4:30pm-5:45pm	11/7-12/26	5821
M	4:30pm-5:45pm	1/2-2/27	5822

Monday Night Pilates (Virtual Class via Zoom)

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. Class is over Zoom. The zoom link will be provided prior to first day of class.

Age: 15Y-80Y Virtual (Zoom) \$119R/\$130NR

М	7:00pm-8:15pm	9/5-10/31	5739
М	7:00pm-8:15pm	11/7-12/26	5740
М	7:00pm-8:15pm	1/2-2/27	5803

Basic Stretch & 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, balance moves included.

Age: 15Y-80Y

Terra Linda Community Center \$139R/\$153NR

W	4:30pm-5:45pm	9/7-10/26	5737
W	4:30pm-5:45pm	11/2-12/21	5738
W	4:30pm-5:45pm	1/4-2/27	5801

VIRTUAL FITNESS CLASSES BY BETH ZAMICHOW - VIA ZOOM

The following virtual classes are taught by Beth Zamichow, an experienced movement and fitness instructor that teaches in locations throughout Marin. She 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. These classes fills the need for people who still want to exercise with a professional but in the convenience of their homes To learn more about Beth go to www.thebodycanvas.com.

Core Strong (Virtual Class via Zoom)

Access a strong inner core, 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! Class will start with standing movements that involve the entire body in long, reaching, active stretches which will warm up the body while toning and promoting flexibility at the same time. Sequences will be easy to follow yet will still challenge the body brain connection. Standing work will also involve use of the props such as hand weights, bands and tubing. The second half the class will be on the mat where there will be specific strengthening exercises targeting abdominals, back, legs and upper body. If you have any questions about the class you can contact the instructor before signing up! For classes missed there will be a recording sent out.

Age: 18+ Virtual Class via Zoom \$78R/\$86NR

Th 4:30pm-5:30pm 9/15-10/20 5800

Tone Up & Get Fit

(Convenient Virtual Class via Zoom for those 50+)

A class designed to promote full body movement to get you toned and moving! 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, increasing body brain functioning, and at other times we will do specific strengthening moves. Each class incorporates balance work and light weight work and is primarily done standing although some exercises can be geared towards being seated in a chair. The class will conclude with a brief guided visualization meditation geared toward promoting Inner and Outer well-being. Guaranteed to make you feel good in your body and enjoy more range of motion in your life! We have a nice group, come join us!

Age: 50+

Virtual Class via Zoom \$78R/\$86NR

F 8:45am-9:30am 9/16-10/21 5802

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 mat or large towel if you have one. Drop-in \$15 per class. Please bring a mat or a large towel if you have one. INSTRUCTOR Nancy Fox has been a certified Pilates instructor for over ten years and teaches mat Pilates in Marin County.

Age: 15Y & Up

Terra Linda Community Center \$99R/\$109NR

W	6:00pm-7:00pm	9/7-11/2	5744
W	6:00pm-7:00pm	1/4-2/22	5804

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 Sign up online at www.jazzercise.com

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

^{*}No Jazzercise on holidays.



Language

Beginning Spanish

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.

Age: 18Y & Up

San Rafael Community Center

\$280R/\$308NR

Tu 11:00am-12:00pm 9/13-12/20 5795

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. Additional material fees due to the instructor for uniform and optional SHOTOKAN KARATEDO INTERNATIONAL-US FEDERATION belt testing/advancement.

Age:	Time:
Beginning (5Y+)	5:00pm-6:00pm
Youth/Intermediate (7Y+)	6:00pm-7:00pm
Adult/Intermediate	7:00pm-8:00pm
Adult/Advanced	8:00pm-9:00pm

Aprende y mejora el control, la disciplina, el respeto y aumenta la autoestima mientras te ganas el cinturón. Este programa de defensa personal, galardonado internacionalmente, ayudará a los estudiantes a lograr un mejor enfoque y fuerza mientras se divierten haciéndolo. Varios niveles de clase para que coincida con la experiencia de Karate del estudiante. \$10 de descuento para varios hermanos. Tarifas de material adicionales debidas al instructor por uniforme y opcional SHOTOKAN KARATE-DO INTERNATIONAL-US FEDERATION cambio de cinta/avance.

Age: Tiı	ne:
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 Juventud/Comienzo (5Y+)
 5:00pm-6:00pm

 Jóvenes/Intermedios (7Y+)
 6:00pm-7:00pm

 Adulto/Intermedio
 7:00pm-8:00pm

 Adulto/Avanzado
 8:00pm-9:00pm

Age: 5Y & Up

Albert J. Boro Community Center \$70R/\$78NR

Tu/Th	see times above	9/13-10/20	5653	
Tu/Th	see times above	10/25-12/8	5654	
Tu/Th	see times above	1/17-2/23	5656	

^{*}No class 11/24

Technology

Chromebook Orientation

Learn how to take care and use your Chromebook in the best way. Learn to find or install available applications, and to organize your documents so you may find them whenever necessary.

Aprenda como cuidar y usar su Chromebook de la mejor manera. Aprenda a buscar o instalar aplicaciones disponible, y organizar sus documentos para que pueda encontrarlos cuando sea necesario.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

Tu 5:30pm-7:00pm 9/6 5660

E-Mail (G-Mail) on Android or iPhone/ Correo Eletrónico (G-Mail) en Android o iPhone

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

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

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

Tu 5:30pm-7:00pm 9/13 5661

How to use Google Suite: Drive and Docs/ Comó usar Google Suite

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. Bring your device.

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. Traiga su depositivo.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

Tu 5:30pm-7:00pm 9/20 5662



Computer Basics, Security and Recommendations / Computación

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 to have a more beneficial and pleasant experience. Bring your device.

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. Traiga su depositivo.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

Tu 5:30pm-7:00pm 9/27 5663

How to Use Zoom / Comó 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.

Age: 18Y & Up

Albert J. Boro Community Center

\$30R/\$33NR

Tu 5:30pm-7:00pm 10/4 5664

Personal Growth

Voice-overs... Now is your time!

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. 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 voiceovers part-time or full-time, this could be the game changer you've been looking for. Instructor: Lisa Foster

Age: 18Y & Up

Albert J. Boro Community Center

\$25R/\$28NR

Th 6:00pm-8:00pm 10/6 5681

Older Adults

Multicultural Older Adult Program Programa Multicultural para

ALBERT J. BORO COMMUNITY CENTER

50 Canal Street Age: 50Y & Up

FREE

W 11:00am-1:00pm Ongoing

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. The group meets every Wednesday from 11:00am-12:00pm. Hot, nutritional lunches are served at 12 noon for a donation of \$3 for those who are 60 years of age and over and a \$6 fee for those under 60 years of age. To make reservations for lunch, call (415) 457-4636 by the prior Thursday. 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. Programs are organized by 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 (415) 485-3077.

Additionally, the Albert J. Boro Community Center and Vivalon will again partner to bring older adults together for lively activities and events. Vivalon, formerly Whistlestop, helps Marin County's older adults and vulnerable residents thrive through the power of human connection with rides, meals, classes, care, advice and more. In the coming months we will be offering new classes and activities for older adults in the areas of healthy aging, outings to county parks and opportunities for social connection. To learn more call the Albert J. Boro Community Center at 415-485-3077 or Vivalon Guest Services at 415-456-9062. Visit Vivalon.org to learn more about our services for older adults and the Healthy Aging Center in San Rafael.



Programa Multicultural para Adultos Mayores

CENTRO COMUNITARIO DE ALBERT J. BORO

50 Canal Street

Edades: 50 años en adelante

GRATIS

Mie 11:00am-1:00pm En curso

Los adultos mayores de todas las etnias en Marin son bienvenidos a venir al Centro Comunitario Albert J. Boro / Pickleweed Park, donde brindamos oportunidades para la socialización y la integración. El grupo se reúne todos los miércoles de las 11am a 12 pm. Los almuerzos calientes y nutricionales se sirven a las 12 del mediodía por una donación de \$ 3 para aquellos que tienen 60 años o más y una tarifa de \$ 6 para los menores de 60 años. Para hacer reservaciones para el almuerzo, llame al (415) 473-INFO (4636) antes del jueves anterior. Este programa es posible gracias a los fondos de la Ley Federal de Mayores Estadounidenses y es administrado localmente por la División de Servicios para Adultos y Ancianos de Salud y Servicios Humanos del Condado de Marin. Los programas son organizados por el Departamento de Biblioteca y Recreación de la Ciudad de San Rafael.

Únete a las actividades y conoce nuevos amigos. Traiga sus ideas de qué tipo de programas y actividades le gustaría comenzar en el Centro. Nuestras poblaciones más grandes latinas y vietnamitas, sin embargo, todos los adultos mayores son bienvenidos. Para obtener más información, comuníquese con el Centro Comunitario Albert J. Boro al (415) 485-3077.

Adicionalmente, el Centro Comunitario Albert J. Boro y Vivalon volverán a asociarse para reunir a los adultos mayores en actividades en vivo y eventos. Vivalon, anteriormente Whistlestop, ayuda a los adultos mayores y a los residentes vulnerables del condado de Marin a prosperar mediante el poder de la conexión humana con viajes, comidas, clases, cuidados, consejos y más. En los próximos meses estaremos ofreciendo nuevas clases y actividades para adultos mayores en las áreas de envejecimiento saludable, salidas a parques del condado y oportunidades de conexión social. Para obtener más información, llame al Centro Comunitario Albert J. Boro al 415-485-3077 o Servicios para huéspedes de Vivalon al 415-456-9062. Visita Vivalon.org para conocer más sobre nuestros servicios para adultos mayores y el Centro de Envejecimiento Saludable en San Rafael.

Terra Linda Older Adults

TERRA LINDA COMMUNITY CENTER

670 Del Ganado Road Age: 55Y & Up

The Terra Linda Senior Citizen Organization meets 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, please call (415) 485-3344.





San Rafael Goldenaires

SAN RAFAEL COMMUNITY CENTER

618 B Street Age: 62Y & Up

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 (415) 485-3348 or at the office located inside the San Rafael Community Center on Monday, Tuesday, Wednesday & Friday, 10:00am-2:00pm.

Please stop by and visit or call and we will be happy to answer any questions. The Goldenaires require that all people participating in their programs are vaccinated against the COVID 19 virus.



San Rafael Goldenaires Classes, Activities & Events

Ongoing Classes

Contract Bridge - Mondays, 10:30am-2:30pm

Players must have some bridge experience. No reservations needed, but you MUST arrive no later than 10:15am and bring your own lunch. Chairperson Bill Nicholson.

Acrylic Painting - Mondays, 11:30am-3:30pm

Practice your painting skills and create new things in a fun-loving, encouraging environment. Bring your own supplies. New persons may join at any time. Artist Yvonne Brown is willing to guide you and/or suggest painting techniques.

Watercolor Painting - Tuesdays, 10:00am-3:00pm

Beginner and experienced students are welcome to join this friendly group for a day of painting. Bring your own supplies and instructor Ann Carroll will provide a still life display for you to paint or work on your own subject matter. Students work at their own pace. Instruction is given if desired. A small fee for the instructor's mileage is requested. Instructor: Ann Carroll.

Mahjong - Tuesdays, 2:00pm-4:00pm

Chinese tiles are used for (Asian) play. NO FEE. This is an ongoing program. Instructors will assist in helping members learn the game.

Duplicate Bridge (Non Sanctioned) – Wednesdays, 10:00am-2:00pm

You must already know how to play; this is not a teaching class. If you would like to join the game, please call the office and we will put you in touch with the group leader.

Wood Carving - Fridays, 9:00am-12:00pm

A great, inexpensive, fun group that promotes a truly rewarding hobby. Beginners welcome! NO FEE. Students help out, teaching each other with techniques and can show you how much fun wood carving can be!

Crafts Boutique - Fridays, 12:00pm-2:00pm

Enjoy the fun of learning new crafts while making new friends. The craft group meets every Friday. Group members create and hand-make a wide range of craft items – new ideas are always welcome. Items are always on sale for a reasonable price, so come down and look at the lobby display case in the Goldenaires office. Better yet, if you have a talent you would like to share with the craft group, come on down and join this friendly group.

Ongoing Events

Wednesday Bingo - Open to the public! Bingo begins at 12:00pm - Doors open at 10:30am

Join us for an afternoon of 15 Bingo games. Prizes range from \$40-\$100. Buy-in \$5-\$10 for regular game packs, Special Games \$1 each. Must be 18 or older to play.

Proof of COVID 19 vaccination required. All current masking rules apply. No bingo on the 3rd Wednesday of the month. For more information call (415) 485-3348.

Special Events

@ San Rafael Community Center, 618 B Street

B Street Ballroom – Sunday Dances July 31, August 28, September 25

2:00-5:00pm

\$15 at the door - Open to the Public

Join us for a wonderful afternoon of dancing to the sounds of a live band, The Manny Gutierrez Quartet. All ages, singles and couples are welcome! There are plenty of mixers to get everyone out on the dance floor. Come enjoy the music and meet new friends. Proof of COVID 19 vaccination required.

NOTE: The dances are held the last Sunday of each month.

Themed Luncheons August 19

Each month join us for a delicious meal, entertainment, and socializing. Call office for details (415) 485-3348.

Monday Night Bingo August 8, October 3

Doors open 5:30pm / Buffet Dinner 6:00-6:45pm

Everyone 18 years or older is welcome to join us for an awesome night of friends, fun, food and BINGO! Cash prizes \$60-\$150 per game; 15 games played.

DINNER AND BINGO

Includes one 6-on game pack, dauber and dinner

Advance reservation is \$20

At the door is \$25

\$10 Bingo only

Additional packs available for purchase.

For complete event details, go to srgoldanires.org or call (415) 485-3348. Proof of COVID 19 vaccination required.



Travel & Trips

Come explore the wonders of the world or your own backyard with the Goldenaires. Monthly day trips to local shows and attractions are scheduled. Longer adventures around the country and the world are also waiting for you. Extended trip flyers can be picked up in the office. You can also pickup a copy of the *Newsette* or go to www.srgoldenaires.org for the most current listing of trips.

San Rafael Public Libraries

Downtown Library 1100 E St, 485-3321

HOURS: Monday-Thursday, 9:00am-7:00pm; Friday-Sunday, 10:00am-5:00pm

Pickleweed Library 50 Canal St, 485-3483

HOURS: Tuesday-Wednesday, 9:00am-5:00pm; Thursday, 11:00am-7:00pm; Friday-Saturday, 10:00am-5:00pm

Northgate Library 5800 Northgate Dr, 524-2694

HOURS: Wednesday-Saturday, 11:00am-5:00pm

All our events are subject to changes and cancellations. Check our online events calendar at <u>srpubliclibrary.org/events</u> for the most up-to-date information on our virtual and in-person offerings for all ages.

Here's a selection of what's going on at our San Rafael Public Library branches!



1000 Books Before Kindergarten

You can do it! 1000 books is either one book a night for three years, or three books a night for one year. Reading together is the single most important way you can help prepare your child to read. Stop by any of our branches to pick up a log and get started!



Weekly storytimes

Join our ongoing weekly storytimes at 10:30am on Wednesdays at Northgate, Thursdays at Downtown, and Fridays at Pickleweed. Keep an eye on our events calendar for updates!



Virtual programming for adults

Our past events have included author visits, writing workshops, and more – take a look at our events calendar to see more information about our upcoming monthly virtual programs like First Wednesday Art Talks (back in September!), All Things Apple, and Zentangle.





Teen Events

We'll be expanding offerings for teens! Check out our website to learn about how to get involved.

Video Games

We have video games available to check out at our Downtown and Northgate locations! You can place holds online for the titles you're interested in or come visit us to browse our collection of games for Xbox, PlayStation, and Nintendo Switch.



Park Passes

You can place a hold on three different kinds of park passes: State Parks, Marin Municipal Water District, and Marin County Parks. Just search "park pass" in our online catalog! Our California State Park Passes are provided to us through a grant from the California State Library and you can use them to visit several local state parks, including China Camp, Mount Tam, and Samuel P. Taylor State Park.



eResources

Are you looking to read more eBooks? Get started with selfpublishing? Brush up on your language skills? Check out all these resources and more through our website - all of which are free with your library card! If you don't know your library card number, call any library branch and staff will be able to help you out.





Falkirk Cultural Center

1408 Mission Avenue • (415) 485-3328 • falkirk@cityofsanrafael.org • 🚮 @falkirkculturalcenter



This elegant three-story house is a blend of Queen Anne and Eastlake styles, built in 1888 on 11 acres. In keeping with the style of the period, it has a complex and intriguing roof line of gables and chimneys, variously shaped bays, and plenty of decorative details.

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.

Facility Rental Information

www.cityofsanrafael.org/falkirk

Falkirk Cultural Center is operated by the City of San Rafael and serves as a historic site, contemporary art gallery, 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 reservations are accepted one year prior to the date. A rental packet is available online and includes policies and procedures to reserve facilities, sample layouts, helpful resources and an application.

Art Galleries

www.cityofsanrafael.org/falkirk-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.

UPCOMING EXHIBITS

Art to Amuse & Delight - August 19 - September 23 Juried Exhibition curated by Susan Press

Opening Reception /Art Walk Friday, August 19 • 5:00 - 8:00pm

Closing Reception Friday, September 23 • 5:00 - 8:00pm

California Watercolor Show - October 14 - November 18

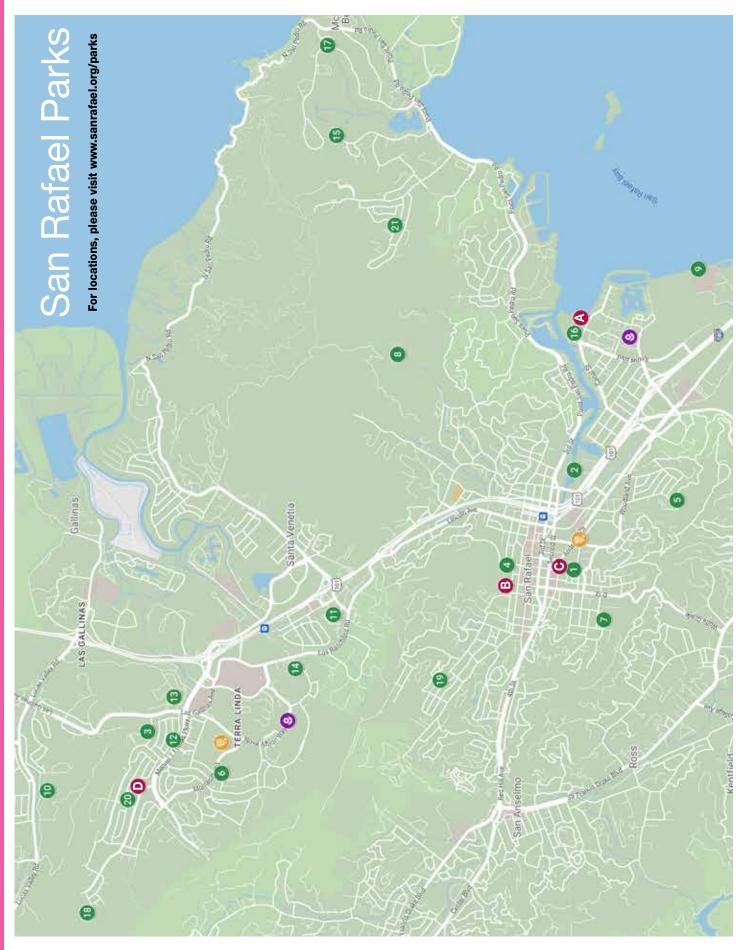
Opening Reception /Art Walk Friday, October 14 • 5:00 - 8:00pm

Closing Reception
Friday, November 18 • 5:00 - 8:00pm



CALL FOR 2023 EXHIBITS

Interested in proposing an exhibit or participating as an individual? Falkirk welcomes exhibition proposals on an ongoing basis. Please find exhibit guidelines and submit proposals online at www.cityofsanrafael.org/falkirk-art-galleries. You can also contact us at falkirk@cityofsanrafael.org for more information.



28 | Parks Map | September 2022-February 2023 | Register Today! www.cityofsanrafael.org/recreation • 485-3333

San Rafael Park Amenities

PAI	RKS	PLAY- GROUND	PICNIC TABLES	GRASSY AREA	BASKETBALL COURTS	SPORTS FIELDS	OTHER FACILITIES
			_				
0	Albert Park & Stadium	✓	✓	✓		✓	baseball/softball fields, bocce courts
2	Beach Park						currently closed
3	Bernard Hoffman Field			1		1	softball field
4	Boyd Park	1	✓	1			hiking
5	Bret Harte Park	1	✓		✓		
6	Freitas Memorial Park	1	✓	1			water feature, chess tables
7	Gerstle Park	1	✓	1	✓		
8	Harry A. Barbier Memorial Park		✓				open space and trails
9	Jean and John Starkweather Shoreline Park						3-mile trail on the waterfront
10	Jerry Russom Memorial Park		✓				connects to County open space trails
0	Los Ranchitos Park	1	✓	1	✓		handball court
12	Munson Park		✓	1			
13	Oleander Park	✓	✓	1			
14	Oliver Hartzell Park	1	✓	1			
13	Peacock Gap Park	✓	✓	1			tennis courts, hiking
16	Pickleweed Park	✓	✓	1		1	soccer fields
1	Riviera Park	1	✓	1			
18	Santa Margarita Park	1	1		1		
19	Sun Valley Park	1	✓	1	✓		
20	Terra Linda Park	1	✓	1	1		
21	Victor Jones Park	✓	✓	1	✓	✓	t-ball, volleyball, shuffleboard, hiking

COMMUNITY CENTERS

- Albert J. Boro Community Center
- B Falkirk Cultural Center and Grounds
- San Rafael Community Center
- Terra Linda Community Center and Pool

TENNIS COURTS

- Albert Park Tennis Courts
- Freitas Park Tennis Courts

COMMUNITY GARDENS

- 🥹 Canal Community Garden
- Terra Linda Community Garden



Picnic Area Rentals

The City of San Rafael Park Picnic Areas listed below are available for rental. Please contact us at 485-3333.

For more information, please see our Picnic and Park Rental Application on our website at www.cityofsanrafael.org/rental-information

PLEASE NOTE: We do not allow alcohol in any of our city parks. Also, outside equipment such as tables, chairs, inflatable bounce houses or grills are not allowed unless previously approved.

PARK	AMENITIES	SEATING CAPACITY	
6 FREITAS MEMORIAL PARK 371 Montecillo Rd	Playground, picnic tables/barbecue, restroom, grassy area, water feature	Picnic area - 10	
GERSTLE PARK San Rafael Avenue at Clark Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, walking trail	Redwood Grove picnic area - 126 Lower Picnic Area One - 25 Lower Picnic Area Two - 48	
PICKLEWEED PARK 50 Canal Street	Playground, picnic tables/barbecue, restroom, grassy area, community center, soccer fields	Group Picnic Area - 72	
18 SANTA MARGARITA PARK At the end of De La Guerra Road	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 32	
SUN VALLEY PARK 144 Solano Street	Playground, picnic tables/barbecue, restroom, basketball court, grassy area	Lower Picnic Area - 24	
TERRA LINDA PARK 670 Del Ganado Rd.	Playground, picnic tables/barbecue, restroom, basketball court, grassy area, community center, pool	Picnic Area One - 48 Picnic Area Two - 64	
VICTOR JONES PARK Robinhood Drive	Playground, picnic tables/barbecue, basketball court, grassy area, t-ball diamond	Upper Picnic Area - 32 Lower Picnic Area - 40	





Gerstle Park

Terra Linda Park

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.



Albert J. Boro Community Center

San Rafael Community Center

618 B Street, 485-3333, fax 485-3186 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.



San Rafael Community Center

Terra Linda Community Center

670 Del Ganado Road, 485-3344, fax 485-3345 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.



Terra Linda Community Center

How to Register www.cityofsanrafael.org/recreation

REGISTRATION DATES



ONLINE REGISTRATION

First Opportunity to Register! Beginning at 9:00 am on August 10

To create a family account, visit the City of San Rafael's registration website at www.cityofsanrafael.org/recreation. Credit cards (VISA, MasterCard and Discover) are accepted for online registrations, which are recorded at the completion of the transaction.



MAIL-IN

Beginning at 9:00 am on August 17 Please do not send cash!

We will not call you to confirm your registration; however, we will mail receipts. Mail-in registrations will be processed beginning at 9:00 am on August 17, regardless of mail-in date.

MAIL TO:

San Rafael Community Center 618 B Street San Rafael, CA 94901 ATTN: Registration



WALK-IN REGISTRATION

Beginning on August 17

Available at the following locations during posted business hours:

- San Rafael Community Center
- Albert J. Boro Community Center
- Terra Linda Community Center

Checks, cash and credit cards are all accepted for walk-in registrations.



CREDIT CARDS



We gladly accept Visa, Mastercard and Discover.



CONTACT US

Any questions? Need assistance? Please call 485-3333 or email recreation@cityofsanrafael.org

REGISTRATION INFORMATION

- · Registration for the School-age Child Care Program is conducted at the various school sites. For more information, please refer to page 12.
- Only one family per registration form.
- All registrations are taken on a first-come, first-serve basis.
- Programs/classes may be canceled if there is a low enrollment.
- Waiting lists will be established if a program is full.
- If waitlisted, we will notify you if space becomes available. Do not attend the first class if you have not been notified.
- Returned checks will incur a \$25 service charge.

REFUND POLICY

- Full refunds will be issued if the class/program is canceled by the Department.
- Refund requests received at least 14 days prior to the start of the class/program will receive a refund, less a \$25 administrative fee per class/program.
- No refunds will be issued for requests received less than 14 days prior to the start of the class/program.
- No refunds will be given for non-attendance, one-day workshops, trips or material fees.

QUALITY ASSURANCE POLICY

We welcome your feedback. If, after attending the first class, you are dissatisfied with the quality of the class/program, please contact us immediately. If you contact us prior to the second class, we will issue you a full refund.

RESIDENT STATUS

A resident is any person with a residential San Rafael mailing address. A San Rafael P.O. Box or business address will not be accepted as proof of residency. A non-resident is someone who lives in another city.

SCHOLARSHIPS

Limited scholarships available. For more information visit www.cityofsanrafael.org/recreation-scholarship-and-application.



Activity Registration Form City of San Rafael

The City's Liability Waiver and Photo Release portion must be signed by all parent/guardians or participants 18 and over. Registrations with unsigned waivers will not be processed. Thank you!					
1. PRIMARY CONTACT (Adult)			COMPLET	E ENTIRE	FORM
Name of Primary Contact			Birth	ndate	
Street		City		Zip	
Email Address					
Primary Phone () Second	dary Phone ()	Cell Phone ()	
Emergency Contact		Relati	ionship to Particip	ant	
Emergency Daytime Phone ()		Emergency Evening Phone ()		
2. ACTIVITY REGISTRATION					
PARTICIPANT'S NAME First & Last (1 line per participant)	DATE OF BIRTH (mm/dd/yy)	COURSE NAME		COURSE#	FEE
1.					
2.					
3.					
4.					
5.					
Please note any allergies and/or medications:		I require an ADA accommodation due to a disability to participate in this program.		Total Fees_\$ to donate to the holarship Fund +_\$ Total_\$	
3. LIABILITY WAIVER & PHO	TO RELEA	SE			
HOLD HARMLESS AND RELEASE AGREEMENT The undersigned on behalf of himself/herself and on behalf of any child enrolled by the undersigned in the program, in consideration of participation in this program, agrees to indemnify and hold harmless, and to release, waive, and discharge, the City of San Rafael against any claim, demand, suit, judgment, loss, liability or expense of any kind, including attorney's fees and administrative costs, on account of personal injuries or damages sustained by any person or property arising out of or in any way connected with participation by the undersigned or the enrolled child in this program, including injuries due to the active or passive negligence of the City, its officers, employees, agents, and volunteers. I HAVE READ THE ABOVE HOLD HARMLESS AND RELEASE AGREEMENT AND FULLY UNDERSTAND THAT I ASSUME RISKS FOR ANY INJURIES AND PROPERTY DAMAGE SUFFERED. I also certify that I (or my children) are knowledgeable as to all rules of conduct appropriate to the above-mentioned activity. Neither I nor my child has any physical illnesses, conditions, disabilities, or weaknesses that would interfere with safe participation in the activity. I recognize that bodily injury and/or property damage may be sustained through participation in this activity and acknowledge that I/we voluntarily accept all risks of injury to persons or property.					
Applicant's Signature_ PHOTO RELEASE By initialing, I do also hereby give my permiss publications. I understand that my name or my children's name(s) used for City of San Rafael marketing purposes. Initial					

Credit card payments are processed through our online registration system at www.cityofsanrafael.org/recreation. You may also pay with credit card, check or cash in-person at our community centers. San Rafael Community Center 618 B Street

Terra Linda Community Center 670 Del Ganado

Albert J. Boro Community Center 50 Canal Street



Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly through person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The City of San Rafael Library & Recreation Department has put in place preventative measures to reduce the spread of COVID-19; however, The City of San Rafael Library & Recreation Department cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending City of San Rafael Library and Recreation Department facilities, programs, child care, classes, camps, and events could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID -19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID -19 by attending City of San Rafael Library and Recreation Facilities, Programs, Classes, Camps, and Events and that such exposure or infection may result in personal injury, illness, permanent disability, and /or death, I understand that the risk of becoming exposed to or infected by COVID -19 at the City of San Rafael Library and Recreation Department may result from the actions, omissions, or negligence of myself and others, including, but not limited to, City of San Rafael employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at City of San Rafael Library & Recreation facilities, programs, child care, classes, camps, and events, or participation in any connected City of San Rafael programming ("Claims"). On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless the City of San Rafael, its officers, employees, agents, and representatives, volunteers, of and from the every and all Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the City of San Rafael, its employees, agents, and volunteers, whether a COVID-19 infection occurs before, during, or after participation in any City of San Rafael program.

Signature of Participant/Parent/Guardian	Date		
Print Name of Participant/Parent/Guardian	Name of Participant(s) (if applicable)		
Agreement to A	bide by the Public Health Order		
I have reviewed and agree to abide by all regulations an (https://coronavirus.marinhhs.org/).	d requirements set forth by the County's Public Health Officer		
If I am participating in the program, I verify that I will not throat, shortness of breath, fever, etc.).	attend the program if I am sick or develop any illness symptoms (sore		
f my child is participating in the program, I verify that I will not allow my child to attend this program if they are sick. If my child has a new cough or other illness symptoms (sore throat, shortness of breath, fever, etc.), I agree to keep them at home.			
Signature of Participant/Parent/Guardian	Date		
Print Name of Participant/Parent/Guardian	Name of Participant(s) (if applicable)		



AN AGE-FRIENDLY COMMUNITY VALUES AND RESPECTS PEOPLE OF ALL AGES AND CONSIDERS EVERYONE INTEGRAL TO THE COMMUNITY. IT IS A PLACE WHERE OLDER PEOPLE ARE CONNECTED TO THOSE WHO ARE MOST IMPORTANT TO THEM AND REMAIN HEALTHY AND ACTIVE AND ARE ABLE TO PARTICIPATE IN COMMUNITY ACTIVITIES.

San Rafael is designated as an Age-Friendly City and is a member of the World Health Organization (WHO) and AARP's Network of Age-Friendly Communities. The City is committed to better adapting our structures and services to the needs of older people. There are eight areas that WHO has highlighted for cities to focus on which includes the built environment, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication, and community support and health services. Cities and towns throughout Marin County have also added Emergency Preparedness to this list.



To learn more, visit www.cityofsanrafael.org/departments/age-friendly





PRSRT STD US POSTAGE PAID SAN RAFAEL, CA PERMIT #212

******** RESIDENTIAL CUSTOMER





Sing 2 Rated PG

Friday
August 26
PEACOCK PARK
298 Peacock Drive



Luca Bated Po

September 9 SUN VALLEY PARK 144 Solano Street

Friday



Encanto (in Spanish)

Friday
September 23
PICKLEWEED PARK
50 Canal Street



Hotel Transylvania

Friday October 7 TERRA LINDA PARK 670 Del Ganado

Movies Begin 15 Minutes After Sunset.

REMEMBER TO BRING LOW CHAIRS, BLANKETS, PICNIC/SNACKS AND FLASHLIGHT.