

# RECREATION GUIDE

2016 FALL & WINTER



City of Healdsburg  
Community Services

## FALL & WINTER FUN!



Información en español disponible pg.4



REGISTER @  
[cityofhealdsburg.org](http://cityofhealdsburg.org)  
707.431.3301

## FROM HEALDSBURG COMMUNITY SERVICES

Welcome to the Fall-Winter edition of the Healdsburg Recreation Guide. Fall is an exciting time in Healdsburg with kids back to school, harvesting in the agricultural areas, and continued interest in Healdsburg from our tourists.

We're excited to unveil a full lineup of programs and services for you this fall. This fall will mark the fourth year of Fall Recreational Youth Soccer League, and our focus is on skill development, fair play and competitive fun. Volunteer coaches lead practices and games, and experienced recreation department staff provides training and support to coaches. Practices begin in August; games begin in September. We're also pleased to continue our new Adult Soccer League into the fall. Anyone 18 years and older is welcome to play in this co-ed league. Each league is a 9v9 Co-Ed format and limited to six teams. Games will be played at Recreation Park under the lights.

The City is also in the middle of several planning projects. The City will take ownership of the top of Fitch Mountain in November 2017 and open the property for public use. One of the first steps in moving Fitch Mountain from private ownership to a public amenity is completing a management plan for the property. The management plan evaluates the property from an ecological and recreational perspective, identifies areas of focus for restoring and enhancing important natural resources, develops a plan for creating and maintain recreational opportunities, and guides future work and financial commitments. We are also in design updates for the upcoming Saggio Hills Park and the Community Center Synthetic Turf project. Please visit the City's web site [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org) for more information on all of these projects.

We hope that you have an opportunity to enjoy the many programs, parks, and open spaces that make Healdsburg a great place to live, work, and play. Please contact our staff at 707-431-3301 with any questions. They'd be happy to help you out!

All the best,

Healdsburg Community Services

## DEL SERVICIOS COMUNITARIOS DE HEALDSBURG

Bienvenidos a la edición de la Guía Recreacional de Otoño-Invierno de Healdsburg. Otoño es un momento emocionante en Healdsburg con niños de regreso a clases, en las áreas agrícolas y el interés continuo en Healdsburg de nuestros turistas.

Nos entusiasma dar a conocer el anuncio completo de programas y servicios para usted este otoño. Este otoño marca el cuarto año de la Liga de Fútbol Recreativa, y nuestro enfoque esta en desarrollar las habilidades, juego limpio y diversión competitiva. Entrenadores voluntarios conducen las prácticas y juegos y el personal de recreación experimentado le brinda capacitación y apoyo a los entrenadores. Las prácticas comienzan en Agosto, juegos comienzan en Septiembre. También nos complace continuar nuestra nueva Liga de Fútbol para Adultos en el Otoño. Cualquier persona de 18 años y mayores son bienvenidos para jugar en esta liga Co-Ed. Cada Liga será de formato 9v9 Co-Ed y está limitada a seis equipos. Partidos se jugarán en el Parque Recreación (Rec Park) bajo las luces.

La Ciudad está también en medio de varios proyectos de planificación. La Ciudad tomara posesión de la parte superior de Fitch Mountain en Noviembre del 2017 y abrirá la propiedad para uso público. Uno de los primeros pasos para mover Fitch Mountain de propiedad privada a ser un servicio público está en completar un plan de manejo para la propiedad. El plan de manejo evalúa la propiedad desde una perspectiva ecológica y recreativa, identifica áreas de enfoque para restaurar y mejorar importantes recursos naturales, desarrolla un plan para crear y mantener oportunidades recreativas y nos guía para compromisos financieros y trabajos a futuro. También estamos en actualizaciones de diseño para los próximos proyectos del Parque Saggio Hills y el proyecto de césped del Centro Comunitario. Visite nuestra página web de la Ciudad [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org) para obtener más información sobre todos estos proyectos.

Esperamos que tengan la oportunidad de disfrutar de los muchos programas, parques y espacios abiertos que hacen de Healdsburg un gran lugar para vivir, trabajar y jugar. Póngase en contacto con nuestro personal en 707-431-3301 con cualquier pregunta. Estarán encantados de ayudarle!

Todo lo mejor,

Servicios Comunitarios de Healdsburg

## COMMUNITY SERVICES DEPARTMENT

Healdsburg Community Center

1557 Healdsburg Ave, Healdsburg, CA 95448

707.431.3301 | 707.431.2852 Fax

Hours: Monday-Friday, 9 am-5 pm

[www.cityofhealdsburg.org](http://www.cityofhealdsburg.org) | [communityservices@ci.healdsburg.ca.us](mailto:communityservices@ci.healdsburg.ca.us)

Recreation, Aquatics & After School Programs | 707.431.3301

Facilities & Park Rentals, Special Events | 707.431.3303

Senior Center | 707.431.3324

Our facilities are available for rental for meetings, weddings, receptions, banquets, parties and fundraisers.



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## ACTIVITY ASSISTANCE (SCHOLARSHIP) PROGRAM

The City of Healdsburg wants every resident to have the opportunity to participate in our recreation programs. The Activity Assistance Program ensures that eligible Healdsburg residents are afforded this opportunity. Program fee assistance is by application; assistance offered for approved applicants is 50% of the total program fee. Staff reserves the right to offer additional assistance on an individual basis based on demonstrated need. Maximum assistance per person, per year is \$150. For an application or more information please contact us at 431-3301. The application is also available for download at [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org).

*Please note: Not all programs offered by the Community Services Department are eligible for assistance. The Friends of the Senior Center organization is pleased to offer the Rose Pavoni Scholarship. This scholarship is meant to help Healdsburg's older adults cover program/ registration fees for classes or activities held at the Senior Center. This program is separate from the department's activity assistance program. For details and or to apply please contact the Senior Center at 431-3324.*

All classes are held at the Healdsburg Community Center unless otherwise noted. Classes are taught by trained recreation staff or by contracted instructors who are skilled and experienced in their area of specialty.

Contract instructors are identified in class listings by color. Contract instructors develop their program curriculum and may charge a materials fee in addition to the program fee. Materials fees are payable directly to the instructor on the first day of the class.

All classes and camps have a minimum number of enrollees required to conduct the class. We encourage registration no less than 7 days prior to the first date of the class to prevent disappointing cancellations due to low enrollment.

We're here to answer any questions you may have about our classes, instructors or appropriate placement in a class. Call us at 431-3301 or email us at [communityservices@ci.healdsburg.ca.us](mailto:communityservices@ci.healdsburg.ca.us) with your questions and comments.

**Cancellation/Refund Policy:** The Community Services Department reserves the right to cancel classes due to lack of enrollment or for any other unforeseen circumstance. In the event that the Department, or contract instructor, cancels a class or program enrollees will receive a full refund. Refund requests made by participant 72 hours prior to the start of a class will be issued a full refund minus a \$5 administration fee. Requests received less than 72 hours prior to start of class will be assessed a \$10 administrative fee. Administrative fees are waived if the participant transfers to another class or program. Refund requests made during the course of an activity will be prorated and subject to a \$10 administration fee. Failure to attend a program or "no shows" will not be granted a refund.

### ADA COMPLIANCE

**ADA** In compliance with the Americans With Disabilities Act, the City of Healdsburg Community Services Department encourages those with disabilities to participate in our programs. If you have special needs, please call us at 431-3301.

### CREDITS

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**Online Registration:**

[www.cityofhealdsburg.org](http://www.cityofhealdsburg.org)

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## PROGRAMA DE ASISTENCIA DE ACTIVIDADES (BECAS)

La Ciudad de Healdsburg quiere que todos los residentes tengan la oportunidad de participar en nuestros programas de recreación. El programa de asistencia de actividades se asegura que los residentes de Healdsburg elegibles reciban esta oportunidad. El programa de asistencia es por aplicación: la ayuda proporcionada para los solicitantes aprobados es de 50% de la tarifa total del programa. El personal reserva el derecho a ofrecer ayuda adicional sobre una base individual basada en necesidad demostrada. Asistencia máxima por persona y por año es de \$150. Para una aplicación o más información favor de comunicarse al 431-3301. La aplicación también está disponible para su descarga en [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org).

*Nota: No todos los programas ofrecidos por el Departamento de Servicios Comunitarios son elegibles para la ayuda. La organización de Friends of the Senior Center se complace en ofrecer la beca de Rose Pavoni. Esta beca ayuda a los adultos mayores para cubrir costos de programas y/o de registraciones para clases o actividades en el Senior Center. Este programa es separado de la ayuda que ofrece el departamento. Para detalles o para una solicitud contacte al Senior Center 431-3324.*

Personal que habla español está disponible a diario, de Lunes-Viernes para proporcionar información sobre todas nuestras clases, campamentos y programas, y para contestar preguntas y ayudarlos con la inscripción. Por favor deje un mensaje en nuestro teléfono principal (707) 431-3301. La llamada telefónica se devolverá lo más pronto nos sea posible.

Todas las clases y campamentos se llevan a cabo en el Centro Comunitario de Healdsburg a menos que se indique lo contrario. Las clases se ofrecen

por nuestro personal capacitado de recreación o por instructores contratados que son calificados y con experiencia en su área de especialidad. Los instructores de contrato pueden tener un costo de materiales adicional, además de la tarifa del programa; este costo de materiales se paga directamente al instructor en el primer día de la clase.

Estamos encantados de ofrecer una amplia variedad de clases y campamentos de temporada. Todos los programas tienen un número mínimo de participantes que son requeridos para llevar a cabo las clases. Aconsejamos a los participantes a que se registren para las clases no menos de 7 días antes de la fecha que comienza la clase para evitar cancelaciones debido a la baja inscripción.

**Póliza de Cancelaciones/Reembolsos:** El Departamento de Servicios Comunitarios reserva el derecho de cancelar clases debido a la falta de inscripción o por cualquier otra circunstancia imprevista. En caso de que el Departamento, o instructor contratado, cancele una clase o programa, los participantes recibirán un reembolso completo. Si hace una solicitud de reembolso antes de 72 horas antes de que comience una clase, los participantes recibirán un reembolso completo y se les cobrará una tarifa administrativa de \$5. Las solicitudes recibidas en menos de 72 horas antes del comienzo de la clase, se les cobrará una tarifa administrativa de \$10. No se le cobrará gastos administrativos si el participante se transfiere a otra clase o programa. Las solicitudes de reembolso realizadas durante el curso de una actividad serán prorrateadas (porción de pago tomado de acuerdo a los días que han transcurrido) y están sujetas a una cuota administrativa de \$10. Al participante que no se presente o asista a un programa (“no shows”) no será reembolsado.

Estamos aquí para responder a cualquier pregunta que tenga sobre nuestras clases, instructores o colocación apropiada en una clase basada en edad/grado. Llámenos al 431-3301 o visítenos en línea en [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org).



**Online Registration:**

[www.cityofhealdsburg.org](http://www.cityofhealdsburg.org)



# PARKS & PICNIC RESERVATIONS

The City of Healdsburg maintains eight beautiful parks within our City limits and we invite you to come out and enjoy them! Most parks have picnic tables available for use at no cost on a first-come first-served basis year round. Picnic Reservations (Permits) guarantee a spot for your event. Our group picnic sites range in size from four to ten tables; the amenities vary from park to park. A minimum of 41 people is required to reserve the large site; the small sites may be reserved for a maximum of 40 people. Reservations for groups of all sizes are recommended and may be made up to one year in advance and no later than two weeks before picnic date. Inflatable Bounce Structures provided by professional companies are currently allowed in some Healdsburg City Parks by permit only. For information and the inflatable Bounce Structure guidelines visit [www.ci.healdsburg.ca.us/330/Permits-Applications](http://www.ci.healdsburg.ca.us/330/Permits-Applications)

**Picnic Reservations.** To make a picnic reservation please complete the online picnic application or pick up an application at the Community Center. Fees are paid at the time of reservation. Group picnic reservations may be made for the following parks:

**Badger Park (Max 40)**

750 Heron Dr. - Small Site: 4 on-site tables

**Barbieri Brothers Park (Max 40)**

325 Bridal Path - Small Site: 4 on-site tables

**Byron Gibbs Park (Max 40)**

1520 Prentice Dr. - Small Site: 4 on-site tables

**Giorgi Park (Min 41 / Max 100)**

540 University St. - Large Site: 10 on-site tables  
2 small BBQs

**Villa Lower Playground Park (Max 40)**

900 Chanticleer Way - Small Site: 4 on site tables

<p>Healdsburg Parks are Smoke Free Ordinance #1040 No Alcohol Allowed in Public Parks &amp; Facilities (unless designated otherwise)</p> <p>(707) 431-3301</p>	Athletic Fields	Barbecue Area	Baseball Fields	Basketball Courts	Enclosed Dog Park	Horseshoes/Bocce Ball	Picnic Facilities	Playground	Restrooms	Soccer Fields	Swimming	Tennis	Walking Paths
<b>Badger Park</b> 750 Heron Drive	•				•		•	•	•	•			•
<b>Barbieri Brothers Park</b> 325 Bridle Path	•			•			•	•	•				•
<b>Byron Gibbs Park</b> 1520 Prentice Drive	•						•	•	•				
<b>Carson Warner Memorial Skate Park</b> 15070 Grove Street							•		•				
<b>Community Center at Foss Creek School</b> 1557 Healdsburg Avenue	•		•	•				•	•	•			
<b>Giorgi Park</b> 540 University St.		•		•		•	•	•	•			L	•
<b>Plaza Park*</b> Healdsburg Ave & Matheson Street (Downtown)													
<b>Healdsburg Swim Center</b> 360 Monte Vista Ave									•		•		
<b>Museum</b> 132 Matheson Street									•				
<b>Railroad Park</b> Front St. at Memorial Bridge							•						
<b>Recreation Park</b> 515 Piper Street	•	•	L				•		•	L			
<b>Senior Center</b> 133 Matheson St.									•				
<b>Villa Chanticleer Complex</b> 900 Chanticleer Way		•			•		•	•	•				•
<b>West Plaza Park</b> North & Matheson													•

\*Plaza Park features park benches, fountain and gazebo. A focal point of the downtown area: Plaza Park is also a venue for festivals, music and special events.  
L = Lighted

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## **HEALDSBURG RIDGE OPEN SPACE PRESERVE**

Throughout this beautiful property you find breathtaking views of the Mayacamas Mountains, Fitch Mountain, Lake Sonoma basin, the coastal range and the Russian River at River's Bend. The easy to access trails wander through oak woodland, serpentine chaparral, wetlands and mixed evergreen forests. This natural preserve abounds with wildlife and opportunities for hiking, bird watching and nature discovery. In partnership with the Sonoma County Agricultural Preservation and Open Space District and LandPaths, the City of Healdsburg Community Services Department continues to manage this diverse open space for public recreation and the protection of valuable natural resources. The trailhead is located at the eastern end of Arabian Way. For more information and a trail map please visit [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org).

## **BADGER PARK TRAILS**

Badger Park features a quarter-mile gravel walking path around the grass area. Additionally, as part of the installation of the pedestrian bridge and walking pathway linking the west end of Badger Park with Second Street, a half-mile interconnecting trail system allows park visitors to wander through the riparian habitat adjacent to Badger Park and connecting with a trail along the banks of the Russian River.

## **FOSS CREEK PATHWAY & ART TRAIL**

The Foss Creek Pathway and Art Trail now extends from Grove Street near Dry Creek Road south to the Chamber of Commerce. The Community Services Department, in conjunction with the Voigt Family Sculpture Foundation has designed this section of the pathway to display sculptures from internationally renowned artists. When complete, the Foss Creek Pathway will provide a walking and cycling path from the north end of the city limits south to the Russian River at Railroad Park. For more information please visit: [www.celebratesculpture.com](http://www.celebratesculpture.com).

## **HEALDSBURG TREE WALK**

We invite you to learn more about the City's beautiful and well-established trees by enjoying the Tree Walk of Healdsburg. This half-mile (approximately) self-guided tour is intended to help you identify some of our most significant and interesting trees in the downtown area. The Tree Walk booklet is available at no charge at the Community Center, City Hall and Museum.

## **COMMUNITY CENTER iGROW**

## **PROGRAM GARDEN**

The Healdsburg Community Services Department is seeking volunteers to help plant, nurture and harvest produce grown at the Community Center iGrow Program Garden. This volunteer, community-based gardening project utilizes the wonderful raised garden boxes at the Community Center supporting the Sonoma County Health Action goals of growing, eating and sharing healthy food within our community.

The Community Services Department utilizes the garden as a learning environment for children in our after school programs, camps and youth programs as well as for growing specifically for the purpose of supplying the Healdsburg Food Pantry with fresh, organic produce. This year over 1,000 pounds of tomatoes, squash, lettuce and cucumbers will be donated to the Food Pantry. Volunteers also reap the benefits of the garden as they are able to take home fresh produce. For more information about the garden, how you can help, or to volunteer please call the Community Services Department at 431-3301.

*Please note: This garden is separate from the Community Garden plots. Please see information below on the Community Garden Plots for rent at Badger Park.*



## **COMMUNITY GARDEN PLOTS**

The City offers community gardens at Badger Park. Plots are available on a first-come, first serve basis with priority going to current plot holders. Annual renewal required. The gardening year is January 1-December 31. For more information or to be put on the list for the 2017 gardening year please call the Community Services Department at 431-3301.



## BIRTHDAY PARTIES WITH THE COMMUNITY SERVICES DEPARTMENT!

### Looking for a novel idea for your child's birthday?

Let our trained staff handle the fun and activities for your child's next party!

## PRESCHOOL BIRTHDAY PARTIES (3-5 YRS)

Parents can relax and enjoy the fun as the Early Childhood Education and Recreation Staff put on a party for preschoolers at the Community Center! The two-hour party package includes the use of the multi-purpose room for special games and activities that are focused on a playful, age-appropriate theme, supervised by trained staff.

### CHOICE OF PRESCHOOL PARTY THEMES:

- **Pirates & Princesses** – Children will dress up as a pirate or princess and board the “ship” in search of treasure! Digging for gold and jewels, games of “walk the plank”, and treasure hunts will be included. Each child will create a pirate hat or royal crown, and decorate a treasure box to take home.
- **Sports of All Sorts** – Children will get moving as we explore a variety of different sports such as t-ball, soccer, gymnastics, football and basketball. Children will create a hand-puppet athlete/game and decorate a medal to take home.
- **Construction Zone** – Caution ahead! Children will don hardhats and safety vests as they explore building with a variety of materials and tools, as well as demolish cardboard structures with our kid-friendly wrecking ball! Children will decorate their own road sign and picture frame to take home.
- **Firefighters** – Children will be able to dress up as firefighters and put out “fires” all over our party room, as well as “drive” a firetruck to the rescue! Children will make handprint fire trucks and their own firefighter hat to take home.
- **Bugs & Blossoms** – Children will get to dress up as insects and explore the environment that many bugs live in! Planting flowers, gardening, and hunting for creepy critters will be included. Children will get to build their own bug and decorate visors to take home.
- **Forest Fairies and Wood Sprites** – Whimsical costumes will be a part of this fun nature/fantasy themed party. Children will create crowns and wands followed by a ribbon dance! Forest friends such as owl, squirrel, and bear puppets will visit and each child will decorate their own cuddly bear.

## YOUTH BIRTHDAY PARTIES (6-12 YRS)

### MOBILE RECREATION PARTY AT THE PARK (6-12 YRS)

Staff will bring the Mobile Recreation Unit (MRU), a trailer equipped with a wide array of games and activities to the Healdsburg park of your choice for 2 hours of fun outdoor games and activities to keep party guests engaged and entertained! Arts & crafts are included.

### STAR WARS BIRTHDAY PARTY (6-10 YRS)

A long, long time ago in a galaxy far, far, away Jedi knights and princesses enjoyed celebrating their birthday by making light sabers, playing Jedi games and making crafts. The birthday boy/girl will celebrate by reliving these ancient Jedi traditions. These 2 hour parties are held at the Healdsburg Community Center.

### SPORTS THEMED PARTIES (6-12 YRS)

Get in the game with a sports party! You'll choose up to three sports including basketball, soccer, kickball, wall-ball, football, & dodgeball. If you cannot make up your mind; that is okay! We can arrange for an 'All Sorts of Sports' party allowing guests to try out a bit of everything! Come out and have a ball! These parties are held at the Healdsburg Community Center.

## PARTY PLANNING INFORMATION

MRU & Outdoor parties are offered April-October. Preschool and Indoor parties at the Healdsburg Community Center are offered November-March. Parents bring decorations and refreshments. Party planning staff member will meet with parents to help plan party. Parties are available Saturdays from 10 am-12 pm, & 2-4 pm or on Sunday from 2-4 pm. Party applications MUST be received a minimum of 3 weeks prior to the desired party date. An \$82 nonrefundable application fee is due with the submission of an application and it applies to the total party fee. Applications are available online at [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org) and at the Healdsburg Community Center. Fee: \$200 (Up to 12 Children) / \$240 (13-20 Children)

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## AFTER SCHOOL PROGRAMS

The City of Healdsburg Community Services Department provides three programs for the after school care of students. These programs are a partnership with HUSD and The Healdsburg School to ensure a meaningful connection between the school day and after school curriculum. Programs operate each school day from the last bell to 6 pm. The daily schedule includes mandatory time for homework assistance, enrichment activities and a nutritional snack.

### **AFTER SCHOOL SAFETY & EDUCATION PROGRAM (ASES)**

#### **KIDS ON CAMPUS (GRADES K-5)**

The children are bussed from Healdsburg Elementary and Fitch Mountain schools to the Community Center.

#### **THE CLUB H PROGRAM (GRADES 6-8)**

Located at the Healdsburg Junior High Campus. Students have the option of walking home with written permission from their parents.



#### **NO FEE OPTION**

HUSD and the Community Services Department receive state funding through the After School Safety and Education (ASES) program. This funding allows students in the HUSD who are referred to the program by their school, to attend the programs at no cost provided they meet the attendance requirements (which are set forth by the grant). The grant limits the number of children who may be served, enrollment is on a first-come, first serve basis.

#### **FEE OPTION**

The programs are also open to all children, regardless of which school they attend and without the attendance requirements for a nominal fee. Families have the option to enroll at any time, provided space is available, for a monthly fee. Enrollment is on a pre-arranged, not drop-in basis. Two days per week is required; parents are responsible for transportation to the program. Bus transportation is available from HES and FMC for an additional fee. For additional program information please contact us at 431-3301.

### **AFTER SCHOOL ACADEMY AT THE HEALDSBURG SCHOOL (THS STUDENTS ONLY)**

The Community Services Department is pleased to offer an after school program for the students of The Healdsburg School. The program, located on the THS campus, includes homework assistance, outdoor play, enrichment activities and a nutritional snack. Families have the option of enrolling on a trimester or drop-in basis. Students must have the program registration form on file before being allowed to participate in the program. Drop-in fee is expected to be paid at pick up on day of service.

Trimester Fee: \$485  
Daily Drop-In Fee: \$15

# MOVIE IN THE PLAZA

**Tuesday, August 23**

The City of Healdsburg & Alexander Valley Film Society invite you and your family to this FREE event. Bring a blanket and all your friends to watch Disney's *The Muppet Movie* in the Healdsburg Plaza! Free admission and popcorn.

Movie begins just after dark, approximately 9 pm.

## **SAVE THE DATE BUSINESS SHOWCASE & COMMUNITY RESOURCE FAIR**

**October 12, 2016**

**3-7 pm - Plaza Park**

HOSTED BY THE  
City of Healdsburg and  
Healdsburg Chamber of Commerce  
and Visitors Center





## TWOS TOGETHER (18-36 MONTHS)

This fun-filled class is a playgroup for children and parents (guardians), with special activities for lively toddlers, to engage in a positive, playful environment. A structured singing and circle time and an art activity will be included, as well as unstructured play time with creative materials and plenty of equipment for large motor skills practice. Come join us in a happy, purposeful play environment!

### FALL & WINTER SESSIONS

Thu 10-11:30 am	Fee: \$49
9/8-9/29/16	
10/6-10/27/16	
11/3-11/17/16 (Prorated Fee \$37)	
12/1-12/22/16	
1/12-1/26/17 (Prorated Fee \$37)	
2/2-2/23/17	

## MUSIC TOGETHER® (BIRTH-4 YRS)

For over 25 years, the award-winning Music Together program has helped adults to support their children's music and overall development. Our songs and teaching practices have been perfected in classrooms and homes around the world. Our curriculum fosters the integration of music into everyday life, regardless of care-giving adults' musical ability. The program enhances children's learning in multiple domains, increases family engagement, and adds richly to each family's "toolbox." To learn more visit [www.santarosamusictogether.com](http://www.santarosamusictogether.com).

Instructor: Tom "Star Tom" McCurry

### FALL CLASSES

Fee: \$135  
 (\$120 sibling / siblings under 8 months free)  
 Additional Fees:  
 Returning families: \$40 curriculum fee  
 New families: \$55 curriculum fee

Mon	Tue	Wed
9/12-11/14/16	9/13-11/15/16	9/14-11/16/16
9:30-10:15 am	5-5:45 pm	9:30-10:15 am
10:30-11:15 am		10:30-11:15 am

### WINTER CLASSES

Fee: \$135  
 (\$120 sibling / siblings under 8 months free)  
 Additional Fees:  
 Returning families: \$40 curriculum fee  
 New families: \$55 curriculum fee

Mon	Tue	Wed
1/9-3/13/17	1/10-3/14/17	1/11-3/15/17
9:30-10:15 am	5-5:45 pm	9:30-10:15 am
10:30-11:15 am		10:30-11:15 am

## ROOTS & SHOOTS (2 ½-4 YRS)

This program provides opportunities for your child to strengthen their "roots" of social skills and self-expression, the foundation for later academics, and to grow "shoots" of understanding, as they explore the planned environment. Children will have the freedom to move about at their own pace, make discoveries and practice skills with a variety of materials. Sensory exploration, science activities, process-based art, motor skill practice, and fun group activities will be included daily.

Instructors: Early Childhood Program Staff  
 Mon/Wed/Fri 9 am-12 pm Fee: \$137  
 9/7-9/28/16 (No class 9/5)  
 10/3-10/26/16  
 10/31-11/30/16  
 (No class 11/21-11/25/16 – Thanksgiving Break)  
 12/5-12/21/16  
 (No class 12/26-1/5/17 – Holiday Break)  
 1/9-2/1/17 (No class 1/16)  
 2/6-3/1/17 (No class 2/20)

*Please note: Families currently enrolled have priority registration through the 18th of each month for the following month's session. On the 19th of the month, programs open and new families are eligible to enroll.*





## STEPPING STONES (3-5 YRS)

This program allows youngsters the opportunity to step into independence and self-discovery. The enriching curriculum with Montessori influences will encourage children to explore and learn. Children will express themselves through art, music & movement and an interactive circle time. Creative outdoor activities and sensory play will provide children opportunities for physical development. This small group experience provides positive social interactions with peers. Children bring lunch.

Mon/Wed/Fri 9 am-1 pm Fee: \$302

Instructors: Early Childhood Program Staff

9/7-9/30/16 (No class 9/5)

10/3-10/28/16

10/31-12/2/16

(No class 11/21-11/25/16 – Thanksgiving Break)

12/5-12/21/16

(No class 12/23-1/6/17– Holiday Break)

1/9-2/3/17 (No class 1/16)

2/6-3/3/17 (No class 2/20)

*Please note: Families currently enrolled have priority registration through the 18th of each month for the following month's session. On the 19th of the month, programs open and new families are eligible to enroll.*



## FRIDAY FRIENDS FUN! (2½-4 YRS)

Join us in the Roots & Shoots environment for a fun-filled morning of our favorite activities! More like a playgroup, this less-structured day will focus on friendship building and fun. We will do in-depth projects, such as multi-step art and cooking, as well spend time reading, singing, dancing and playing outside. This class can be done on its own, or in addition to the regular Roots & Shoots class. Children will enjoy the extra time playing with friends and extra time to participate in the activities they love!

Instructors: Early Childhood Program Staff

Fri 9 am - 12 pm (4 classes per session) Fee: \$72

9/9-9/30/16

10/7-10/28/16

11/4-11/18/16

(No class 11/11 & 11/25 - Prorated \$36)

12/2-12/16/16

(No class 12/23 - Prorated \$54)

(No class 12/23-1/5/17 - Holiday Break)

1/13-1/27/17 (Prorated \$54)

2/3-2/24/17



**CHECK OUT PAGE 12  
FOR INFORMATION  
ON OUR  
HOLIDAY  
DROP 'N' SHOP!**



## YOUTH CLASSES (5-17 YRS)

### AIKIDO (7 - 14 YRS)

Aikido "The Way of Harmony" is a martial and self-defense art developed in Japan. It is non-violent, dynamic and fun! Aikido teaches how to find a peaceful resolution to any kind of attack. This class will introduce basic movements, exercises and games of Aikido. Students will learn to develop self-discipline, focus and self-esteem while also improving coordination and confidence. Colored belts are earned as students' progress.

Instructor: Chris King

Thu Fee: \$72

Beginner 3:45-4:30 pm Int./Adv. 4:30-5:15 pm

#### FALL SESSION

9/15-11/17/16

#### WINTER SESSION

1/12-3/16/17

### ATA MARTIAL ARTS (4+ YRS)

Healdsburg ATA Martial Arts is an independently owned and operated club under the guidance of the American Taekwondo Association (ATA). Our instructor is highly trained and motivated, and has been practicing Taekwondo for many years. We offer classes for everyone from ages 4 to 104! Here at Healdsburg ATA you will learn self-defense, focus, discipline, respect and how to set realistic goals, as well as work your way up to the ultimate goal of Black Belt. All classes are 45 minutes, with the exception of Tigers which is 30 minutes.

Instructor: Michelle Stewart, 3rd Degree Black Belt, Certified Instructor

Fee: \$85 per month\*

#### TIGERS (4-6 YRS)

Tue/Wed/Fri 6 pm

\*Sparring Fri 6:30 offered as part of tuition

#### BLACK BELT CLUB - BBC (7+ YRS)

Tue 6:30 pm Fri 7:30 pm

Wed 7:45 pm

\*Sparring Fri 6:30 pm offered as part of tuition

#### MASTERS (INTERMEDIATE)

Tue 7:15 pm Fri 7:30 pm

Wed 7 pm

\*Sparring Fri 7:00 offered as part of tuition

#### LEADERSHIP (ADVANCED, by invitation only)

Wed 6:30 pm

#### MONTH LONG SESSIONS

9/2-9/30/16 12/2-12/23/16

10/4-10/28/16 1/10-1/31/17

11/1-11/30/16 2/1-2/28/17

\*Second family member \$75 / third family member \$70. An additional materials fee for uniform, belts and some training materials will be paid directly to instructor.

### BEGINNING & INTERMEDIATE SEWING (GRADES 5 - ADULT)

Come learn to sew! Beginners will learn basic sewing skills such as pinning fabric, marking sewing lines, sewing in a straight line and using sewing notions (tools). Students will complete 3-4 projects such as pillow forms, covers and cases, totes, hanger covers and cloth baskets. In the Intermediate class students will be improving their sewing skills and learning to read patterns. Students will make 2-3 more advanced projects such as a tote bag, pajama bottoms and rag quilts. Sewing machines are provided. Additional \$15 material fee payable to instructor on first day of class.

Instructor: Wanona Montanye

Fri 3-5:30 pm Fee: \$59 (plus \$15 material fee)

9/9-10/7/16

10/14-11/18/16 (No class 11/11)

1/13-2/10/17

### ALL AROUND ART! (9-13 YRS)

In this class we will paint, sculpt, draw and most of all have fun. The class will include special projects that each student wants to do! Have it your way! You will want to be here afterschool to create your favorite kind of art! This art filled class is for you! Children will be separated into groups by age.

Instructor: Sandra Novia

Wed 2-4 pm Fee: \$140 (plus \$15 material fee)

9/7-9/28/16

10/5-10/26/16

11/2-11/30/16 (No class 11/23 - Prorated \$105)

12/7-12/21/16 (No class 12/28 - Prorated \$105)

1/11-1/25/17

2/1-2/22/17

### FLAMENCO DANCING (5-12 YRS)

Children's flamenco dance class is designed to expose children to basic flamenco techniques including footwork, arms, postures and rhythms. The class will help build children's musicality, balance, discipline, concentration, coordination and hopefully a lifetime love of flamenco! Low heeled, flamenco style shoes are required.

Tue Fee: \$90

5-7 YRS 3:30-4:15 pm

8-12 YRS 4:15-5:15 pm

9/6-10/11/16

10/18-11/29/16 (No class 11/22)

12/6-1/24/17 (No class 12/27 & 1/3)

1/31-3/7/17

JOIN OUR FALL AND WINTER FUN!

REGISTER EARLY TO AVOID DISAPPOINTING CLASS CANCELLATIONS DUE TO LOW ENROLLMENT



## HOLIDAY DROP 'N' SHOP SATURDAYS

(3-5 & 6-9 YRS)

For the three Saturdays leading up to the winter holidays recreation staff are offering full days of fun and affordable childcare giving parents some much needed “me” time for holiday tasks or pampering yourself! Participants will enjoy themed activities that include arts, crafts, baking, and games. Children must be potty trained. Afternoon snack provided; children bring their own lunch. Sign up for all three and save!

### GINGERBREAD FUN

Run, run, run as fast as you can! We will read and explore a few of the variations of The Gingerbread Man, reenact this fun tale with puppets, figures and masks, do some cute gingerbread (man, woman, girl and boy) crafts and make, bake, and decorate our very own gingerbread cookies!

Sat 10 am-4 pm  
12/3/16

Fee: \$36

### LET IT SNOW

Children will enjoy a fun-filled snow day! We will explore a variety of “snow” materials, talk about winter weather and cold weather animals, make beautiful snowflakes and snowmen crafts, get chilly playing in the snow and then warm up with stories and hot cocoa!

Sat 10 am-4 pm  
12/10/16

Fee: \$36

### SANTAS WORKSHOP

Come along as we get to work, making gifts for family and friends! Children will be as busy as elves working on a variety of holiday gifts, from beautiful wrapping paper, to treasures ornaments and homemade gifts. The day will include a visit from the big guy himself, to share his favorite holiday story and spread holiday cheer!

Sat 10 am-4 pm  
12/17/16

Fee: \$36

### DROP 'N' SHOP PACKAGE

Save by signing up for all three Saturdays!

Sat's 10 am-4 pm  
12/3/16, 12/10/16, 12/17/16

Fee: \$90

## NATIONAL ACADEMY OF ATHLETICS HOLIDAY

### BASKETBALL CAMP (7-13 YRS)

HOOP IT UP Camp is packed with skills, drills and daily competitions! This camp is designed to make your child a better basketball player. Whether they are a beginner or intermediate player, the drills taught at this camp will help them improve your game. They will learn: footwork, passing, ball-handling and defense. Participants will enjoy fun challenges, games and daily competitions in a positive and energetic environment.

Mon-Fri 1/2-1/6/17

Full Day: 9 am-3 pm \$190

Half Day: 9 am-12 pm \$130



## FALL YOUTH RECREATIONAL SOCCER LEAGUE (U6, U8, U10 & U12)

Join us for some soccer fun! Participants will be placed on teams based on age and gender in one of four age divisions. The focus is on skill development, fair play and competitive fun! Volunteer coaches lead practices and games. Experienced recreation department staff will provide training opportunities and support to coaches. Practices begin in August, games begin in September. For more information or to register, please call the Community Center or visit our website at [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org). The U12 division is offered for boys and girls however teams will be playing in the Cloverdale Youth Soccer League (CYSL). games for this league are played in Healdsburg as well as Cloverdale, Santa Rosa and Rohnert Park. Transportation is not provided for this league. Additional paperwork is required for this division, please contact the Community Center for more information.

## WINTER SOCCER PLAYER DEVELOPMENT & MINI-LEAGUE

Join us this winter for our popular winter mini-league that focuses on player's skills in a fun and motivational team setting. Registration begins December 1st! Program begins in early February! Please contact the Community Center for more information!

### TEE BALL TUNE UP (4-7 YRS)

This early spring program will focus on the basics of baseball such as throwing, catching, running the bases and hitting as an introduction to the game or a tune up for spring play.

Location: Healdsburg Community Center

Fee: \$45

2/8-3/29/17

Practice Wednesday 4-4:45 pm (4-5 YRS)

4-5:30 pm (6-7 YRS)

### TEE BALL LEAGUE (4-5 YRS)

Tee Ball introduces boys and girls to the basics of recreation baseball. Practices and games focus on having fun and learning the basics of baseball – throwing, catching, hitting from a tee, and running the bases. Three innings per game; all players get up to bat each inning and no outs are called. All players will receive a team cap & T-shirt and recognition for participation. There will be one practice and one game per week. League begins early April!

Fee: \$65

Location: Fitch Mountain School

Practice: Wednesday

Games: Saturday

### YOUTH & ADULT TENNIS CLASSES (4+ YRS)

Learn to play tennis with certified tennis coach Joe Benavent! Joe has run tennis lessons/programs for all ages for over 20 years. Classes are fun and designed to teach the fundamentals of the sport. Players must supply their own tennis racquet. Classes are offered at Giorgi Park Tennis Courts on a monthly basis and follow a punch card system to offer schedule flexibility for parents and participants. Please call the Healdsburg Community Center for

information on pricing, or to register. Fall & Winter sessions are on-going September 2016 – February 2017.

Pee Wee (4-6 YRS)

Thu & Fri 3:30-4:15 pm

Junior (7-11 YRS)

Thu & Fri 4:15-5:15 pm

Youth (12-16 YRS)

Weds (Match Play!)

5-6:30 pm

Thu & Fri 5:15-6:15 pm

Sat 10:30 am-12:00 pm

Adult (17+ YRS)

Thu 6:15-7:15 pm

Thu & Fri 9-10:30 am

Sat 9-10 am

### ADULT FALL SOCCER LEAGUE

Are you looking for a chance to play against fellow soccer fans? Healdsburg Community Services has just the league for you! Anyone 18 years old and up is welcome to play. Each League is limited to 6 teams, so please register early!! This league is a 9v9 Co-ed format and games will be played at Recreation Park under the lights! If you are interested in playing but do not have a team contact the Community Services to be added to a 'Free Agent List.'

#### IMPORTANT DATES AND INFORMATION

Team Fee: \$650

9/2/16

Last day for team registration

9/7/16

Mandatory Managers Meeting

6-6:45 pm

9/12/16

Games Begin: All games played

@ Recreation Park

#### DIVISIONS

Day League

Monday Co-ed League (6 Teams Max)

Wednesday Co-ed League (6 Teams Max)

\*If both leagues fill playoffs will be top 2 teams from each night.



# WHO PAYS FOR OUR COMMUNITY SERVICES?

The Transient Occupancy Tax (TOT) also referred to as a “bed tax” or “room tax” is a tax assessed to visitors staying in all lodging establishments within the city limits. This includes hotels, motels, resorts, inns, suites and B&Bs.

The current TOT rate in Healdsburg is 12%.

In 2004, voters passed a ballot measure to ensure there would be an ongoing funding source for parks, recreation and open space designating 10% to fund our Community Services. The remaining 2% goes into the General Fund to support public safety. No other tax dollars fund the Community Services Department.

## THESE COMMUNITY SERVICES ARE SUPPORTED BY TOT

SENIOR SERVICES

COMMUNITY CENTER

RECREATION PROGRAMS

SPECIAL EVENTS

PARKS

OPEN SPACE

COMMUNITY GARDENS



The Healdsburg Community Services Department provides quality programs and services for all ages funded through the Transient Occupancy Tax (TOT).

“My first experience with Healdsburg Community Services Department was when my 4 year old son Anthony wanted to join the t-ball team. I liked the family feel Healdsburg displayed and the support of the other parents. Over the next few years my daughter and son, participated in the youth soccer and machine pitch programs available through the City. The staff was always friendly and willing to help with any questions.

It is extremely important to me and my family to have these programs available. The fact the City provides these programs at a low cost is amazing. It is so important for children to learn teamwork to help develop their team building skills for the future.”

- SAMANTHA LYNN



# QUIEN PAGA NUESTROS SERVICIOS COMUNITARIOS

El Impuesto de Ocupación Transitoria (TOT) también conocido como un “impuesto de cama” o “impuesto de cuarto” es un impuesto que se cobra a los visitantes al alojarse en todos los establecimientos de hospedaje dentro de los límites de la ciudad. Esto incluye hoteles, moteles, resorts, posadas, suites y B & Bs. La actual tasa TOT en Healdsburg es 12%.

En 2004, los votantes aprobaron una medida para asegurar que sería una fuente de financiamiento permanente de parques, recreación y espacios abiertos que designa el 10% para financiar nuestros servicios a la comunidad. El 2% restante va al Fondo General para apoyar la seguridad pública. No hay otros impuestos que financian al Departamento de Servicios Comunitarios.

## ESTOS SERVICIOS COMUNITARIOS SON APOYADOS POR TOT

SERVICIOS DE ADULTOS MAYORES

CENTRO COMUNITARIO

PROGRAMAS RECREACIONALES

EVENTOS ESPECIALES

PARQUES

ESPACIO ABIERTO

JARDINES COMUNITARIOS



El Departamento de Servicios Comunitarios provee servicios y programas de calidad para todas las edades estos están fundados por el Impuesto de Ocupación Transitoria (TOT).

“Mi primera experiencia con el Departamento de Servicios Comunitarios de Healdsburg fue cuando mi hijo de 4 años Anthony quería unirse al equipo de T-ball. Me gustó el ambiente familiar que muestra Healdsburg y el apoyo de los otros padres. En los últimos años mi hija y mi hijo han participado en el fútbol y el programa de béisbol para jóvenes que estaban disponibles a través de la Ciudad. El personal siempre fue amable y dispuesto a ayudar con cualquier pregunta que tenía.

Es muy importante para mi familia y para mí que estos programas estén disponibles. Es sorprendente el hecho de que la Ciudad ofrezca estos programas a un bajo costo. Es tan importante que los niños aprendan a trabajar en equipo y que desarrollen estas habilidades para el futuro.”

- SAMANTHA LYNN

JOIN OUR FALL AND WINTER FUN!

REGISTER EARLY TO AVOID DISAPPOINTING CLASS CANCELLATIONS DUE TO LOW ENROLLMENT



# ADULTS (18+ YRS)

## ATA MARTIAL ARTS

Healdsburg ATA Martial Arts is an independently owned and operated club under the guidance of the American Taekwondo Association (ATA). The instructor is highly trained and motivated, and has been practicing Taekwondo for many years. We offer classes for everyone from ages 4 to 104! Here at Healdsburg ATA you will learn self-defense, focus, discipline, respect and how to set realistic goals, as well as work your way up to the ultimate goal of Black Belt. All classes are 45 minutes.

Instructor: Michelle Stewart, 3rd Degree Black Belt, Certified Instructor

Fee: \$85 per month\*

## BLACK BELT CLUB - BBC

Tue 6:30 pm Wed 7:45 pm Fri 7:30 pm

\*Sparring Fri 6:30 pm offered as part of tuition

## MASTERS (INTERMEDIATE)

Tue 7:15 pm Wed 7:00 pm Fri 7:30 pm

\*Sparring Fri 7 pm offered as part of tuition

## LEADERSHIP (ADVANCED, by invitation only)

Wed 6:30 pm

## MONTH LONG SESSIONS

9/2-9/30/16 12/2-12/23/16

10/4-10/28/16 1/10-1/31/17

11/1-11/30/16 2/1-2/28/17

\*Second family member \$75 / third family member \$70. An additional materials fee for uniform, belts and some training materials will be paid directly to instructor.

## BEGINNING CLASSICAL TAI CHI CHUAN

Tai Chi Chuan is a martial art. It consists of two parts, learning and practicing the form, which is a series of postures executed in a flowing manner; and two—person practice where martial applications are honed. This beginning class focuses on learning Tao Chi principles and the choreography of the first section of Cheg Man Ching's 37 posture form.

Instructor: Colleen Gibbons

Fee: \$75 (5 week session) / \$60 (4 week session)

Thu 6 pm

8/4-8/25/16

9/1-9/29/16

10/6-10/27/16

11/3-11/17/16 (Prorated \$45)

12/1-12/22/16

1/5-1/26/17

2/2-2/23/17

## DOG TRAINING - COMPANION DOG I

This class, for dogs 4 ½ months and older and their owners, is designed to increase communication between people and their pets. Positive methods of training are taught including basic commands and ways to improve pet behavior and the owner's relationship with their dog.

**Please note:** no dogs at first class.

Instructor: Michael Ossenbeck of Common Ground

Wed 6:30-7:45 pm

Fee: \$130

9/7-10/12/16

1/4-2/8/17

Intermediate Dog Training classes also available with Michael Ossenbeck by arrangement. Please call for details.

**BE TRUE TO YOUR BLUE**

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- Milk Cartons, Soy/Rice Milk & Juice Boxes** (Cartones de Leche, de Soya/Arroz y Cajas de Jugos)
- Newspaper, Magazines, Office Paper, Catalogs & Telephone Books** (Periódicos, Revistas, Papel de Oficina, Catálogos y Guías Telefónicas)

**No Plastic Bags** (No Bolsas de Plástico)

**Questions? Not sure which bin?** (¿Preguntas? ¿No estoy seguro que contenedor?)

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**ADULTS** (18+ YRS)

### ZUMBA FITNESS

Zumba Fitness is a fun & exhilarating cardio workout that blends Latin and International rhythms and easy to follow steps to tone and sculpt the body and burn fat! Be prepared to sweat and smile! Ditch the workout and join the PARTY! Bring water & a towel. Wear athletic or dance shoes which allow you to twist & pivot without too much pressure on the knees.

Instructor: Leticia Ortiz, Certified Zumba Instructor

Mon and/or Thu 6-7 pm

Fee: \$95 (twice a week) / \$54 (once a week)

Drop-In Fee: \$10

Mon & Thu

8/18-9/29/16 (No class 9/5)

10/3-11/10/16

11/14-1/5/17 (No class 11/24, 12/26, 12/29, 1/2)

1/9-2/23/17 (No class 1/16 & 2/20)

Mon

8/22-10/3/16

10/10-11/14/16

11/21-1/9/17 (No class 12/26 & 1/2)

1/9-2/27/17 (No class 1/16 & 2/20)

Thu

8/18-9/22/16

9/29-11/3/16

11/10-12/22/16 (No class 11/24)

1/5-2/9/17



### QIGONG & TAI CHI 24 FORM

Qigong pronounced "chee gong" is a moving meditation that is an ancient Chinese practice designed for optimum good health. A simple routine that supports the body's circulation, respiration, digestion, as it calms the nerves. Qigong is followed by the classic Tai Chi 24 Form for coordination, balance, flexibility and good health. To participate in the Tai Chi class you must register for the Qigong class that is held before Tai Chi. You cannot do the Tai Chi class without participating in the Qigong class.

Instructor: Janet Seaforth

Wed Qigong 9-9:40 am / Tai Chi 9:50-10:30 am

Fees: Qigong & Tai Chi \$60 / Qigong Only \$40

9/7-9/28/16

10/5-10/26/16

11/2-11/30/16 (No class 11/23)

12/7-12/21/16 (Prorated)

1/4-1/25/17

2/1-2/22/17



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REGISTER EARLY TO AVOID DISAPPOINTING CLASS CANCELLATIONS DUE TO LOW ENROLLMENT



## HEALDSBURG SENIOR CENTER

The Senior Center is owned and operated by the City of Healdsburg and is part of the Community Services Department. The center offers recreational, leisure and educational programs for independent adults. It also provides information and resources contacts for services for seniors. The Senior Center rents space to the Council on Aging for their congregate dining program (weekday lunches/brunches) and their Meals on Wheels program serving Healdsburg residents. The center is staffed with two part-time employees and many wonderful volunteers. The center first opened its doors in the fall of 1986.

**FOR INFORMATION ON ALL THE CENTER'S PROGRAMS AND SERVICES PLEASE CALL THE NUMBER BELOW.**

113 Matheson Street | 707.431.3324 | [f /Healdsburg Senior Center](https://www.facebook.com/HealdsburgSeniorCenter)

### HEALDSBURG SENIOR CENTER VOLUNTEERS, INC.

(FRIENDS OF THE SENIOR CENTER)

This non-profit group came out of the dedication of the Senior Center front desk volunteers who have worked tirelessly to enhance the Senior Center. In 2005 they received non-profit status allowing them to apply for grants, conduct fundraising and outreach programs to help them accomplish their mission which is "to support the Senior Center Director in his/her responsibility for the operation of the Healdsburg Senior Center and to perform such functions that enhance and expand the attraction of the center to the entire senior community". The board is made up of community volunteers who are committed to enhancing the center's programs and offerings.

### COUNCIL ON AGING - HEALDSBURG SERVICES

#### • MEALS ON WHEELS/CONGREGATE DINING

This program operates from the Healdsburg Senior Center. Lunch is served Mondays-Thursdays at 12 noon and Friday brunch is served at 11 am. In addition, Meals on Wheels volunteer drivers deliver meals to homebound senior residents, Monday - Friday. For additional information and reservations call 707 433-7515.

#### • SENIOR SOCIAL CLUB (FORMALLY SENIOR DAY SERVICE)

This adult day program, operating at St. Paul's Episcopal Church, provides isolated seniors an opportunity to gather for meals, exercise, entertainment and companionship. The program also provides a needed respite for caregivers. For more information contact them at 707 433-6161.

### CITY OF HEALDSBURG SENIOR CITIZENS ADVISORY COMMISSION (SCAC)

The SCAC advises the city council on issues pertaining to Healdsburg's older adult residents. The SCAC meets at the Senior Center monthly, on the fourth Thursday of the month at 10 am. The Senior Center Commission members are appointed by the City Council to serve a three year term. Commissioners must be 55 years old or older and a resident of Healdsburg. The public is invited, and encouraged, to attend these public meetings.

### HEALDSBURG SENIOR CITIZEN'S INC. (CLUB)

This group was founded in 1962 and still meets monthly for a potluck on the 4th Monday of the month at the Senior Center. The purpose of the club, per the bylaws, is to "promote the fellowship and well being of older adults in the community and maintain community interest and involvement by senior residents."





**ADULTS** (55+ YRS)

### HEALDSBURG SENIOR LIVING

This facility, located on Grove Street, offers convalescent care, assisted living and specialized care for individuals with dementia. 707 433-4877.



### SHARED MINISTRIES HEALDSBURG FOOD PANTRY - BROWN BAG PROGRAM

PO Box 1646, 1505 Healdsburg Ave., Healdsburg, CA 95448, 707 433-3663, info@healdsburgfoodpantry.org

### ADDITIONAL SERVICES ARE AVAILABLE THROUGH NUMEROUS ORGANIZATIONS

For a comprehensive list of senior services, stop by the Senior Center to pick up a free copy of the "Senior Resource Guide" provided by the Sonoma County Area Agency on Aging or contact the Sonoma County 2-1-1 Community Resource Directory. Sonoma County 2-1-1 is a free, easy- to-remember number that connects Sonoma County residents to the most relevant, accurate and up-to-date health and human services providers located the region. They also have an easy to use website: 211.wc.org



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REGISTER EARLY TO AVOID DISAPPOINTING CLASS CANCELLATIONS DUE TO LOW ENROLLMENT



### SENIOR STRENGTH TRAINING

The benefits of strength training are many, particularly as you grow older. In this program of predominately-seated exercises, you will use lightweights and resistance bands to improve overall strength and flexibility in a relaxed and supportive environment. Basic equipment is provided.

**Instructor:** Deborah Karish, Yoga Instructor & Chiropractor

Mon/Wed/Fri 1:15-2 pm (Fri class 3-3:45 pm)

Fee: \$30

Mon/Wed/Fri 2:15-3 pm (Fri class 3-3:45 pm)

9/2-9/30/16 (No class 9/5)

10/3-10/31/16

11/2-11/21/16

12/2-12/21/16

1/4-1/30/17 (No class 1/16)

2/1-2/27/17 (No class 2/20)



### GENTLE YOGA

The safe, gentle, controlled movements of yoga adapt to all needs and abilities. Learn breathing exercises, seated postures and relaxation techniques that focus on movement and flexibility of the back and limbs. The instructor is skilled at working with older adults. The Wednesday class is a primarily seated class; the Friday class is primarily floor work.

**Instructor:** Deborah Karish, Yoga Instructor & Chiropractor

Location: Healdsburg Yoga Studio 420 Center Street  
Wed and/or Fri 10-11 am

Fee: \$35 (1 day per week) / \$62 (2 days per week)

9/2-9/30/16

10/5-10/28/16

11/2-11/30/16 (No class 11/11 & 11/25)

12/2-12/21/16

1/4-1/27/17

2/1-2/24/17



### BALANCE AND STABILITY CLASS – 2 CLASSES

Feeling a bit unstable on your feet? Did you know that risk of falls increases proportionately with age? This class will have you practice strengthening exercises sitting in chairs or standing. When standing there will always be something for you to grab onto if needed. You will learn to relax in your body through breathing exercises. As you gain better balance you will start feeling more at ease and therefore energized & younger. Classes will be held in a relaxed, group setting with plenty of individual attention. Please wear loose clothing (no belts).

**Instructor:** Kathy Sailsbury

Mon 9:30-10:15 am Fee: \$48 / 4 week session

\$36 / 3 week session or \$15 weekly drop in fee

9/12-9/26/16

10/3-10/24/16

10/31-11/21/16

11/28-12/19/16

1/9-1/30/17 (No class 1/16)

2/6-2/27/17 (No class 2/20)

**Instructor:** Deborah Karish

Thu 1-1:45 pm Fee: \$48 / 4 week session

\$36 / 3 week session or \$15 weekly drop in fee

9/1-9/22/16

9/29-10/20/16

10/27-11/17/16

12/1-12/22/16

1/5-1/26/17

2/2-2/23/17



## ADULTS (55+ YRS)

### INNER RADIANCE QIGONG

Inner Radiance Qigong is a series of gentle movements that can be practiced by anyone at any time in life. They can be practiced while seated or standing or in combination. You will learn to relax in your body through breathing exercises. You may even notice that you feel stronger and calmer and more centered in body and mind through regular practice. Classes will be held in a relaxed, group setting with plenty of individual attention.

Instructor: Melanie Vesser

Tue 1-1:50 pm Fee: \$40 / 4 week session

\$50 / 5 week session or \$15 weekly drop in fee

9/6-9/27/16

10/4-10/25/16

11/1-11/22/16

11/29-12/20/16

1/3-1/31/17

2/7-2/28/17

### COMPUTER CLASS – BEGINNING LEVEL & INTRO TO WINDOWS 10

This class will take the mystery out of how to operate your computer. In week 1 you will learn Computer basics, including an introduction into Windows 10. Week 2 will cover the internet, week 3 will guide you through the various aspects of email, including how to set up an email account email and weeks 4 & 5 are a brief introduction to Word processing and spreadsheets using Microsoft Word and Excel. You will be learning on laptops that have been provided by the Friends of the Healdsburg Senior Center and the Healdsburg Senior Center. Pre-registration is required - limited to 8 students.

Instructor: Al Loebel

Fri 9-11:30 am (½ hour practice time included)

Fee: \$50

Instructor: Al Loebel

1/6-2/3/17

### MEMOIR & JOURNAL WRITING

Whether you are a non-writer or a seasoned one, this class is meant to take you all the way from learning to write from your experience to creating a memoir or journal. We will use journal and memoir prompts to write from the five senses and develop a memoir manuscript or personal journal. This is a new class and all levels of skill are welcome. This class meets bi-monthly on the 1st & 3rd Tuesdays.

Instructor: Shonnie Brown, M.A., Certified teacher, Healdsburg Tribune Columnist, and a professional writer.

Tue 10 am-12 pm

Fee: \$20

9/6 & 9/20/16

10/4 & 10/18/16

11/1 & 11/15/16

12/6 & 12/20/16

1/3 & 1/17/17

2/7 & 2/21/17

### IPAD/IPHONE – BEGINNING

Learn how to use your iPad or iPhone!

In this class you will learn the buttons and switches on the iPad/iPhone, Apps (applications) and using the Internet for searching and email. As we move forward in the class you will learn more about specific apps, Apple's calendar, contacts, reminders, notes, maps and messages; tips and tricks that will make your iPad more useful and fun to use; the basics of backing up your iPad/iPhone using iCloud and basic troubleshooting techniques. A fully charged iPad or other Apple device already updated to IOS 8 is a must for this class. More classes will be added based on demand. Limit – 5 students per session.

Instructor: Care Morgenstern

Mon 1-3 pm

Fee: \$85

Please call 431-3324 for additional dates or information.

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REGISTER EARLY TO AVOID DISAPPOINTING CLASS CANCELLATIONS DUE TO LOW ENROLLMENT



**ADULTS** (55+ YRS)

## TRIPS & TOURS

### IRVINGS BERLIN'S WHITE CHRISTMAS – GOLDEN GATE THEATER, SAN FRANCISCO



Wed 11:30 am-9:30 pm  
(approximate return time)

Fee: \$160 Senior Center Member /

\$170 Senior Center non-member

Fee includes show ticket, transportation and three course dinner at Hilltop 1892, in Novato.

**IRVING BERLIN'S WHITE CHRISTMAS** tells the story of a song-and-dance team putting on a show in a magical Vermont Inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Give everyone the gift they're dreaming of with this merry and bright holiday musical. Following the show we will enjoy a delicious meal and beautiful views from Hilltop 1892 in Novato.

## SPECIAL EVENTS

*Offered with Support from the  
Friends of the Senior Center*

### HALLOWEEN PARTY (COSTUMES OPTIONAL)

Mon 10/31/16 – time TBD

Reservations required – call 431-3324  
beginning Mon 10/4/16

### 33RD ANNUAL SENIOR APPRECIATION DINNER

Sun 12/4/16

Reservations required – call 431-3324  
beginning Tue 11/1/16

### ANNUAL VALENTINE'S DAY BRUNCH

Fri 2/10/17 – 11 am

Reservations required – call 431-3324  
beginning Tue 1/4/2017

Visit our Healdsburg Senior Center Facebook page for updated information on special events and classes held throughout the year.

## LOTERIA

### Diviértase y Conozca Nuevos Amigos Al Jugar Lotería - Para Adultos Activos que Hablan Español

Haga amigos nuevos, disfrute de los alimentos, gane premios y pase un buen tiempo mientras juega lotería! El 2º y 4º Jueves de cada mes, de las 2-3:30 pm, en Español.

Un dólar por juego.

Para más información llame a Delia Nieto  
(707) 484-8125.

### Have Fun and Meet New Friends by Playing Loteria - For Spanish Speaking Active Adults

Make new friends, enjoy snacks, win prizes and have a good time while playing Loteria!

2nd and 4th Thursdays of each month,  
2-3:30 pm (all in Spanish).

One dollar per game.

For more information call Delia Nieto  
(707) 484-8125.

9/8 & 9/22/16, 10/13 & 10/27/16, 11/10/16, 12/8/16, 1/12 & 1/26/17, 2/9 & 2/23/17

## Sports Competitions for Athletes 50+



Photo by Guy Foster



Competitions for athletes 50+

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## ADULTS (55+ YRS)

### HEALDSBURG SENIOR CENTER ONGOING PROGRAMS & ACTIVITIES

MONDAY		
9 am-1 pm	AARP-Smart Driving Course	\$15.00 AARP members-\$20 Non AARP member Call 431-3324 for upcoming dates
12-12:30 pm	Lunch	Reservation required 433-7515 \$4.00 suggested donation
1-4 pm	Party Bridge	Welcoming new members
1-3 pm	iPad/iPhone Classes	Call 431-3324 for session dates
TUESDAY		
9-10 am	SRJC Zumba Gold Class	Weekly-meets at Healdsburg Community Center: 1557 Healdsburg Ave., Rm #3. Follows SRJC Calendar
9-11 am	Friends of the Senior Center Board Meeting	4th Tuesday of the month
10 am-12 pm	Handworkers /Quilting Group	Weekly
11 am-12:30 pm	Original Center Book Club	4th Tuesday of the month
12-12:30 pm	Lunch	Reservation required 433-7515 \$4.00 suggested donation
1:30-2:30 pm	Incontro: Conversing in Italian	Weekly
WEDNESDAY		
10 am-12 pm	Current Events Discussion Group	Weekly
10 am-12 pm	Chess/Checkers	Weekly-welcoming new members
10-11:30 am	SRJC Older Adults Conversational Spanish	Weekly-follows SRJC calendar
9 am-1 pm	Health Insurance Counseling (HICAP)	Appointment required call 526-4108 1st & 3rd Wednesdays only-must request Healdsburg Site
12-12:30 pm	Lunch	Reservation required 433-7515 \$4.00 suggested donation
1-3 pm	SRJC Older Adults Watercolor/ Drawing	Weekly-meets at Healdsburg Community Center: 1557 Healdsburg Ave. Follows SRJC Calendar
1-3 pm	Legal Counseling	2nd Wed monthly by appointment only 431-3324
THURSDAY		
10-11 am	Senior Citizen Advisory Commission Meeting	4th Thursday of every month
10 am-12 pm	Scrabble	Weekly
12 pm	Jiffy Bag Delivery Healdsburg Food Pantry	1st & 3rd Thursday-Food Pantry, 1505 Healdsburg Avenue
12-12:30 pm	Lunch	Reservation required 433-7515 \$4.00 suggested donation
1:30-3:30 pm	Bingo!	Weekly
2-3:30 pm	Loteria-en Espanol New!	2nd & 4th Thursday of the month
FRIDAY		
11 am	Brunch	Reservation required 433-7515 \$5.00 suggested donation
12-3 pm	Mah Jong	Weekly - call 431-3324 for further information
12-3 pm	Rummikub & Tile Games	Weekly
12:30-2:30 pm	Ukulele Class - Intermediate Level	Weekly
1-2:30 pm	Ping Pong!	Weekly
2:30-4 pm	Stroke Support Group	3rd Friday of the month

The Computer Center is open daily, Monday - Friday 10 am - 3:45 pm

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REGISTER EARLY TO AVOID DISAPPOINTING CLASS CANCELLATIONS DUE TO LOW ENROLLMENT



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### IT'S EASY!

1. Visit: [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org)
2. Click "How Do I" from toolbar\*
3. Select "Sign Up For" from green menu bar

#### \*Having trouble?

Give us a call at 707-431-3301

4. Click on "Classes and Programs"
5. Add to Cart and Follow Instructions
6. Make Payment

All programs have minimum participation numbers, so register early to avoid disappointing class cancellations due to low enrollment.

## REGÍSTRATE EN LÍNEA

### ¡ES FÁCIL!

1. Visita: [www.cityofhealdsburg.org](http://www.cityofhealdsburg.org)
2. Haz clic en el menú "How do I"\*
3. Selecciona "Sign Up For" en el menú verde.

#### \*Tienes Problemas?

Háblanos al 707-431-3301

4. Haz clic en "Classes and Programs"
5. Añade al carro y sigue las instrucciones
6. Haz el pago

Todos los programas tienen requisitos mínimos de participación, así que regístrate temprano para evitar las cancelaciones de clase debido a baja inscripción.



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