

PARKS & RECREATION DEPARTMENT

WINTER · SPRING 2023

# LEISURE GUIDE



Join us at our fun filled Winter/Spring Events Bunny Hop Walk · Pg. 4 Memorial Day · Pg. 4

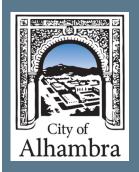




# City of MINTER/SPRING 2023

# LEISURE GUIDE TABLE OF CONTENTS

CITY SERVICES DIRECTORY	02	Tennis	21-22
CITY NEWS	03	AQUATICS	23-24
SPECIAL EVENTS	04	SENIORS	25-32
RECREATION	05-08	Special Interest Clubs & Activities	25
Youth / Adult Sports	05-07	Case Management Services	26
Camp Alhambra	08	Classes, Seminars, & Screenings	27
LEISURE CLASSES	09-22	Nutrition Program & Special Events	5 28
Arts & Crafts	10	Special Events	29
Computer & Academic	10	Senior Outings	30
Dance	11-12	Senior Transportation Services	31-32
Health & Fitness	13-14	GOLF	32
Yoga	15-16	LIBRARY	33-35
Sports & Martial Arts	17-19	CERTIFIED FARMERS MARKET	36
Preschool	20	FAMILY EXCURSIONS	38
Music	20	RECREATION FACILITIES	BACK



#### **CITY COUNCIL**

Jeffrey Maloney Adele Andrade-Stadler Ross J. Maza Sasha Renée Pérez Katherine Lee Mayor Vice Mayor Councilmember Councilmember Councilmember

City Council Meetings are held on the second and fourth Mondays at 6:00 PM in the City Hall Council Chambers located at 111 South First Street, Alhambra, CA 91801

Jessica Binnquist, City Manager

#### COMMISSIONERS

Glenn Barnett Frank Bodeman Suzi Dunkel-Soto Elizabeth Jacoby Joshua Moreno Donald Mumford David Nguyen Maurice Norrington Anthony Seto

Commission meetings are held 1st Thursday of the month at 7:00 PM at the Joslyn Adult Center, 210 N. Chapel Ave.

Michael Macias Director of Parks

& Recreation

Brie Houghton Deputy Director

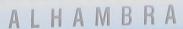
Vincent Hon Superintendent

Rosalyn Rojas Recreation Supervisor

Amanda Leonard Recreation Supervisor

Kathy Sprecher Senior Services

Senior Services Supervisor



YOUR LOCAL GUIDE TO FUN, FITNESS AND LEARNING

### CITY SERVICES DIRECTORY

**Alhambra City Hall** 

111 S. First Street Alhambra, CA 91801

Hours: Monday - Thursday • 7:00 AM - 5:30 PM

**General Information** (626) 570-5007 City Clerk (626) 570-5090

Legal Services • Contracts

City Manager (626) 570-5010

**Parks & Recreation Department** 

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General Information	(626) 570-5044
Recreation	(626) 570-5081
Community Programs	(626) 570-3242
Senior Services	(626) 570-5056
Case Management	(626) 570-3220
Senior Ride	(626) 289-RIDE (7433)
Farmers' Market	(626) 570-5081
Leisure Classes	(626) 570-3242
Park Maintenance	(626) 570-5044
Granada Pool	(626) 570-5093
Alhambra Pool	(626) 570-5051
Granada Gym	(626) 570-5092
Almansor Gym	(626) 570-5052

Community Development	(626) 570-5037
Building Division	(626) 570-5034
Code Enforcement	(626) 570-3230
Inspection Requests	(626) 570-3240
Housing Division	(626) 570-5037
Planning Division	(626) 570-5034
Finance	(626) 570-5020
Accounting	(626) 570 5025

Accounting (626) 570-5025 **Business Licenses** (626) 570-5020 Parking Permits, Bus Passes (626) 570-5021

Fire

General Information	(626) 570-5190
Prevention Division	(626) 570-5193
Hazardous Materials	(323) 890-4045
Station No. 71	(626) 570-5101
Station No. 72	(626) 570-5102
Station No. 73	(626) 570-5103
Station No. 74	(626) 570-5104
Emergency	Dial 911
Library	(626) 570-5008

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Library	(626) 570-5008
Reference Desk	(626) 570-3212
Children's Desk	(626) 570-3215
Circulation Borrowing Information	(626) 570-5028
Teen Desk	(626) 300-1549

#### **HOLIDAYS:**

New Year's Eve New Year's Day Martin Luther King Jr Day President's Day Memorial Day

Saturday, December 31, 2022 Sunday, January 1, 2023 Monday, January 16, 2023 Monday, May 29 2023



Human Resources	(626) 570-5095
Job Hotline	(626) 570-3295
Police	
General Information	(626) 570-5107
Records Section	(626) 570-5107
Investigations	(626) 570-5115
Traffic Section	(626) 570-5119/5120/5197
Jail Public Number	(626) 570-5147
Dispatch Public Number	(626) 570-
	5151/5168/5169
Emergency	Dial 911
<b>Public Works</b>	(626) 570-5067
Graffiti Hotline	(626) 570-5072
Tree Services Requests	(626) 308-4874
Traffic Engineering	(626) 570-5062
Inspections	(626) 570-5067
Signal/Street Lights	(626) 570-5067
Utilities	(626) 570-5061
Customer Services	(626) 570-5061
(Billing, Service On/Off)	
Water/Sewer Emergencies af	ter Hours
Police Dispatch	(626) 570-5151/5168/5169

#### Other Centacte

Other Contacts	
Post Office	(800) 275-8777
Alhambra City Schools	(626) 943-3000
Southern California Edison	(800) 655-4555
Southern California Gas	(877) 238-0092
AT&T Telephone	(800) 288-2020
Social Security Office	(800) 772-1213
Animal Complaints	(562) 940-6898
Dept. of Motor Vehicles	(800) 777-0133
Housing Rights Center	(213) 201-0867
Alhambra Courthouse - Superior	(626) 293-2100
District Attorney	(626) 308-5302







Follow us online www.cityofalhambra.org

# City of Chambra

# CITY NEWS

#### E-WASTE & BULK ITEMS DISPOSAL

Electronic waste, such as computers, televisions, stereos and printers, and bulk items, such as mattresses and furniture, require separate disposal from your black, green or blue bin. Please don't dump items on someone else's property – that's illegal dumping. And don't set these items at your own curb, hoping they'll be picked up – that's not neighborly. Contact Republic Services at (800) 299-4898 or Alhambra@republicservices.com to schedule a bulk item or E-waste pickup. Each single-family residential customer is entitled to receive four bulk item pickups per year. Up to four bulk and/or electronic items or up to 10 bags of clean yard waste (no trash) will be accepted per pickup. Additional pickups are available year-round for a fee.

Please note that placing items on the curb without scheduling a pickup is considered illegal dumping and you may be cited by the City. For more information, visit https://www.cityofalhambra.org/302/Bulky-Item-Pick-Up.

- Retailer Take Back: By California Law, when you purchase a mattress from a retailer, they are required to offer to pick up your old mattress, at no cost, when they drop your new one.
- Recycle your Mattress: In addition to contacting Republic Services, you can visit byebyemattress.com to find a recycler near you.

# DOS AND DON'TS OF ORGANICS RECYCLING

#### **Acceptable Materials for Green Organics Cart or Dumpster:**

- · Yard trimmings · Flower trimmings
- Food-soiled paper (napkins and paper towels, uncoated paper: plates, cups, bowls & pizza boxes)
- Tree trimmings (twigs/branches must be 4 ft or less in length, and less than 6 inches in diameter)
- Leaves, grass, brush and weeds
- · Untreated and unpainted wood
- Food scraps (raw or cooked):
  - Fruits Vegetables Dairy products Breads Grains Pastas
  - Meat and seafood (including bones)
  - Prepared or processed foods (chips, sandwiches, etc – remove packaging)
- · Plastic bags
  - · Note that all other plastics are NOT allowed

#### Unacceptable Materials for Green Organics Cart or Dumpster:

- Dog poop or pet waste from any animal Diapers
- Glass Metal Plastic Hot ashes or briquettes
- · Large amounts of soil or sod
- Plastics aside from plastic bags
- $\bullet \ \ \mathsf{Rocks} \bullet \mathsf{Concrete} \bullet \mathsf{Dirt} \bullet \mathsf{Sand} \bullet \mathsf{Styrofoam} \bullet \mathsf{Particle} \ \mathsf{board}$
- · Wood that has been treated, coated or painted
- Compostable plastics, including bags and utensils

#### DOS AND DON'TS OF RECYCLING

#### **Acceptable Materials for Blue Recycling Cart or Dumpster:**

- · Paper & Cardboard:
  - Cardboard (flattened) Office paper & file folders Junk Mail
  - Magazines, newspapers, catalogs & telephone books
- · Plastics:
  - Plastic bottles and containers (such as soda/water bottles, milk jugs, shampoo and conditioner bottles, yogurt containers, and margarine containers)
- Aluminum/Metal:
  - Aluminum, tin or steel cans Foil Pie tins
- Glass:
  - Glass bottles and jars

#### **Unacceptable Materials for Blue Recycling Cart or Dumpster:**

- Plastic grocery bags
- Light bulbs, window glass, or mirrors
- Ceramics or dishes Clothing Toys
- · Polystyrene foam (Styrofoam)
- · Garden hoses · Oil containers of any kind
- Soiled or wet paper Coffee cups

#### LET'S DO OUR PART TO CONSERVE WATER

The San Gabriel Valley continues to be in a severe drought. Alhambra residents can take action by reducing their water consumption. Below is a partial list of the current City of Alhambra's Stage 2 Water Conservation Restrictions. Please visit our website https://www.cityofalhambra.org/615/Drought-Updates for more information.

- · Outdoor irrigation is restricted to two days a week.
- No outdoor irrigation between 10:00 AM and 5:00 PM.
- No outdoor irrigation within 48 hours after measurable rain.
- No outdoor irrigation that results in run-off from the property.
- No washing down sidewalks, driveways or any paved surfaced.
- All leaks must be repaired as soon as reasonably possible.
- Car washing is restricted to commercial car wash or with hose with shutoff nozzle.

#### **Water Savings Tips for Homes and Businesses**

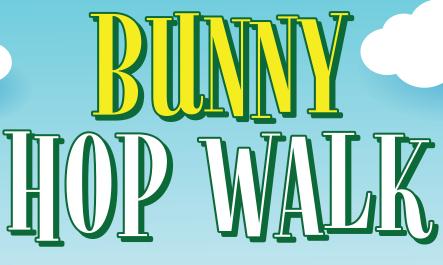
- Install water efficient showerheads, toilets, and faucet aerators.
- Regularly check and repair water leaks around the home and business.
- Use a broom instead of a hose to clean patios, driveways, and sidewalks.
- Water lawns and gardens in cooler morning or evening hours.
- Support efforts to expand water conservation and storm water capture.
- Landscape with CA native plants or drought tolerant plants.
- Increase engagement with water conservation awareness and rebate programs.

For more information, visit

https://www.cityofalhambra.org/575/Water-Conservation.

#### **JOIN OUR TEAM!**

The City of Alhambra is hiring. Visit our website to view the open positions. We are offering \$10,000 signing bonus for Police Officer, Dispatcher and Firefighter/Paramedic Laterals. Apply online at www.cityofalhambra.org/jobs.



APRIL 1, 2023 • 9AM-12PM ALMANSOR PARK • 800 S. ALMANSOR ST.









JOIN THE FUN!

# MEMORIAL DAY

MAY 29 - 2023

CEREMONY STARTS AT 11 AM ALHAMBRA PARK VETERANS MEMORIAL 500 N. PALM AVE.

ECIAL EVENTS

# **RECREATION** Fun for KIDS!

ALMANSOR PARK 800 S. Almansor St. (626) 570-5081

Office Hours: Monday - Friday, 7:30 AM - 6:00 PM

#### **GYMNASIUM SCHEDULE**

#### **ALMANSOR PARK GYM**

800 South Almansor Street (626) 570-5052

Mon	6:00 PM - 9:00 PM	Open-play Volleyball
	6:00 PM - 9:00 PM	Table Tennis (Activity Room)
Tues	6:00 PM - 9:00 PM	Open-play Badminton
	6:00 PM - 9:00 PM	Table Tennis (Activity Room)
Wed	6:00 PM - 9:00 PM	Adult Coed Basketball league
	6:00 PM - 9:00 PM	Closed (Activity Room)
Thurs	6:00 PM - 9:00 PM	Reverse Coed Volleyball League
	6:00 PM - 9:00 PM	Table Tennis (Activity Room)
Fri	6:00 PM - 9:00 PM	Open-play Teen Basketball
	6:00 PM - 9:00 PM	Table Tennis (Activity Room)
Sat	12:00 PM - 4:00 PM	Open-play Volleyball (Gym)
	5:00 PM - 9:00 PM	Open-play Badminton
	12:00 PM - 9:00 PM	Table Tennis (Activity Room)
Sun	12:00 PM - 4:00 PM	Open-play Badminton
	5:00 PM - 9:00 PM	Open-play Volleyball
	12:00 PM - 9:00 PM	Table Tennis (Activity Room)

#### GRANADA PARK GYM

2000 West Hellman Avenue (626) 570-5092

2000 West Heliman Avenue (626) 570-5092				
Mon	7:00 PM - 8:00 PM	Leisure Class (Tai-Chi Chuan)		
Tues	6:00 PM - 9:00 PM	Table Tennis (Activity Room)		
	7:15 PM - 8:30 PM	Leisure Class (Nippon Kempo)		
Wed	6:00 PM - 9:00 PM	Table Tennis (Activity Room)		
	6:00 PM - 9:00 PM	Open Play Basketball		
Thurs	7:15 PM - 8:30 PM	Leisure Class (Nippon Kempo)		
Fri	6:00 PM - 9:00 PM	Table Tennis (Activity Room)		
	6:00 PM - 9:00 PM	Open Play Basketball		
Sat	1:30 PM - 3:30 PM	Leisure Class (Kung Fu)		
	4:00 PM - 6:00 PM	Leisure Class (Kung Fu)		



# TINY EAGLES BASKETBALL WINTER 2023 Fee: S

Plus: \$15 Jersey Fee (non-refundable)

Tiny Eagles Basketball League offers boys and girls in grades 1st to 4th grade the opportunity for character-building, player development and will help form a relationship between teammates and coaches. This program will promote a healthy competitive spirit and discover skills through basketball necessary to succeed both on and off the court. The game format and rules are designed to teach basketball at an age specific level that grows with each young athlete. Parents meeting will be by zoom on Wednesday, January 4, 2023, 5:00 PM.

#### Registration starts November 1, 2022

All games and practices will be on Saturday mornings at Almansor Park Gym, 800 Almansor St., Alhambra

Team Practice Dates and Times: January 14, 21, 28 and

February 4 and 11, 2023

**Session A:** 9:00 AM - 10:00 AM

(40 players per session 1st and 2nd grade)

**Session B:** 10:10 AM - 11:10 AM

(40 players per session 3rd and 4th grade)

**Session C:** 11:20 AM - 12:20 PM

(40 players per session 1st and 2nd grade)

**Session D:** 12:30 PM - 1:30 PM

(40 players per session 3rd and 4th grade)

Game Dates: February 18, 25, and March 4, 11, 2023

#### **Eagles Championship Tournament: March 18, 2023**

Single elimination tournament to end the Tiny Eagles season. (Games start at 9:00 AM and Championship games are at 5:00 PM)

For more information, please call the Recreation Office at (626) 570-5081 Monday - Friday, 7:30 AM - 6:00 PM or visit cityofalhambra.org.

This program is not sponsored or endorsed by Alhambra Unified School District.

### **SUPERSTARS CLUB 2023**

June 5, 2023 - July 14, 2023 Fee: \$30.00 (Plus \$15 Jersey Fee/non-refundable)

Superstars Club is for 5 -7 yrs. old (must turn 5 by June 5, 2023), children to learn the basic rules and skills of four different sports activities. Superstars Club emphasizes on participation, teamwork and sportsmanship. The fee includes a Club registration for all six weeks of sports and fun. Sports included are: Soccer, Basketball and Mini Olympics. Registration starts April 3, 2023 and will end June 5, 2023. A Zoom Parents Meeting will be held on Wednesday, May 24, 2023 at 5:00 PM. For more information, call (626 )570-5081, Monday - Friday 7:30 AM - 6:00 PM or visit cityofalhambra.org.

Time	Day	Location
2:30 PM - 3:30 PM	M/W/F	Almansor Park
2:30 PM - 3:30 PM	M/W/F	Granada Park

City of Alhambra (626) 570-5081

# **YOUTH SPORTS ACTIVITIES**

### **BASKETBALL**

FEE: \$30 +(\$15 materials fee)

December 5, 2022 - March 24, 2023

Students, grades 3rd-8th, learn the basics of speed, agility, strategy and sportsmanship. Practices will be scheduled to take place at the After-School Site Program playground sites, weekdays, during the regular After School Site Program time. Registration ends Friday, January 20, 2023 or until full. League games and playoffs will take place at Almansor Park. Bus Transportation will be provided to and from games. There will NOT be transportation for Friday games. **There will be a Mandatory Parents Meeting** held online via Zoom January 12, 2023 at 5:00 PM.

### **DRILL TEAM**

FEE: \$30 +(\$15 materials fee)

February 27 - May 6, 2023

Students, grades 3rd-8th, will increase strength and stamina, learn the basics of marching, performing drills to music, choreography, showmanship and team cooperation. Practices will be scheduled to take place at the After-School Sites, weekdays, during the regular After School Program time. The program will conclude with a Drill Team Championships on Saturday, May 6, 2023. **THERE MAY BE ADDITIONAL UNIFORM COSTS. Parents Meeting** - A mandatory meeting will be held on Thursday, March 9, 2023, 5:00 PM via Zoom. Uniforms, practices, clinics, rules, bus transportation, and parent/player handbook will be covered.

### **VOLUNTEER COACHES WANTED**

The Parks & Recreation Department is seeking volunteer coaches to assist with the After-School Youth Sports program. Opportunities to coach Basketball, Flag Football, Cheerleading, & Drill Team programs for children grades 3rd through 8th. If you are interested in volunteering to be a coach or assistant coach may sign up at the Recreation Division Office M-F from 7:30 AM - 6:00 PM at 800 S. Almansor St., or you can contact us at (626) 570-5081.

### **TEEN BASKETBALL**

FEE: \$30 +(\$15 materials fee)

**LEAGUE BEGINS: March 31, 2023** 

Online Registration begins: February 3, 2023

Freshman, Sophomore, Juniors, Seniors.

Player's meeting is on Friday, March 24, 2023 at 5:30 PM at Almansor

Activity room. (Each team must be represented by at least one player or coach.) Games will be played at Almansor Park Gym on Fridays from 5:00 PM - 8:00 PM and, if needed, Saturdays from 9:00 AM - 12:00 PM. Sign up as a team or an individual. Individuals are not guaranteed a roster spot. Every attempt will be made to place an individual on a team. Individual awards are presented for 1st and 2nd place finishers.





# AFTER SCHOOL PLAYGROUND SITES

After school youth recreation programs will be held at nine school sites. Activities include team and individual sports. All programs are conducted by trained Parks & Recreation Department personnel and volunteers. All school sites will be closed on school holidays. Programs will begin at the close of the school day on short and minimum days, when possible. In case of rain sites may be closed. SITES WILL END PROGRAMMING ON FRIDAY, MAY 19, 2023.

For more information, please call the Recreation Division Office at (626) 570-5081. THIS IS A DROP IN ACTIVITY. PARTICIPANTS ARE FREE TO COME AND GO WITHOUT RESTRICTION.

#### SCHOOL SITES

Mon., Tue., Wed., Thu. 2:30 PM - 4:00 PM Wednesday 12:30 PM - 4:00 PM

**Baldwin Elementary** 900 S. Almansor Street

Emery Park Elementary 2821 W. Commonwealth Avenue

Fremont Elementary 2001 Elm Street

Garfield Elementary 110 W. McLean Street

**Granada Elementary** 100 S. Granada Avenue

Marguerita Elementary 1603 S. Marguerita Avenue

Northrup Elementary 409 S. Atlantic Blvd.

**Park Elementary** 301 N Marengo Avenue

**Ramona Elementary** 509 W. Norwood Place



# **OPEN-PLAY ACTIVITIES**

Refer to the GYMNASIUM SCHEDULE for times of open-play activities at Almansor Park. For more information, contact the Recreation Services Division at (626) 570-5081. Monday - Friday, 7:30 AM - 6:00 PM, or the Almansor Gym office (626) 570-5052, weekends and weekdays after 6:00 PM.

### TABLE TENNIS

Open-play table tennis is offered year-round at Almansor Park Activity Room and Granada Park Complex.

#### **Almansor Park Activity Room**

Mon-Tue-Wed -Thurs-Fri 6:00 PM - 9:00 PM Sat & Sun 12:00 PM - 9:00 PM

#### **Granada Park Complex**

Tues-Wed-Fri 6:00 PM - 9:00 PM

### **BADMINTON**

Open-play badminton is offered for all ages and skill levels. You must bring your own racquet's and birdies.

Tuesday 6:00 PM - 9:00 PM Almansor Park Gym Saturday 5:00 PM - 9:00 PM Almansor Park Gym Sunday 12:00 PM - 4:00 PM Almansor Park Gym

## **VOLLEYBALL**

Open-play basketball and volleyball is available in the evening on weekdays and on weekends. Please refer to the GYMNASIUM SCHEDULE for times and locations. Lighted outdoor basketball courts are available at Almansor and Alhambra Parks.

### ADULT BASKETBALL

Open-play basketball is offered year-round at Granada Park Complex.

Wednesday 6:00 PM - 9:00 PM Friday 6:00 PM - 9:00 PM

### **ADULT SPORTS**

Organized adult sports leagues are offered year-round at the Almansor Park Sports Complex. All participants in adult leagues must be 18 years or older or have graduated from high school. For information regarding registration periods, leagues and divisions offered, dates of league meeting and the start of league play call the Recreation Services Office, (626) 570-5081, Monday – Friday, 7:30 AM - 6:00 PM. After 6:00 PM call the Almansor Park Gymnasium office, (626) 570-5052. Registration for all adult sports leagues is taken on a first come basis, regardless of returning or new team status.

# **ADULT BASKETBALL & CO-ED VOLLEYBALL**

Organized adult sports leagues are offered year-round at the Almansor Park Sports Complex. All participants in adult leagues must be 18 years or older, or have graduated from high school. For information regarding registration periods, leagues and division offered, dates of league meeting and the start of league play call the Recreation Services Office, (626) 570-5081, Monday – Friday, 7:30 AM - 6:00 PM. After 6:00 PM call the Almansor Park Gymnasium office, (626) 570-5052.

### **ADULT CO-ED BASKETBALL**

#### **Wednesday Nights**

Coed Alhambra Basketball LASN Style is now up and running! We have built a social coed league with weekly and season MVP's, stat tracking and more! Join us and see why LASports. net is "A Smarter Way to Play" 5 vs 5 Co-ed Basketball! Team minimum: 9 players (2 Male or 2 Female) 8 Weeks of Regular Season + Playoffs for the top 8 teams Registration covers all referee fees and team shirts for the season \*Any Registrations after the deadline will not be guaranteed a shirt.

\*We will be playing games on Wednesday nights so please email nathan@lasportsnet.com if you have any questions.

#### Register at:

https://lasportsnet.com/sport/league/season/7282

## REVERSE COED VOLLEYBALL

Thursday Nights FEE: \$250 per team

Register at: www.westsidevolleyball.com

RECREATION

In compliance with the Los Angeles Department of Public Health and State of California orders,

Recreations sports are limited and subject to change.

City of Alhambra (626) 570-5081



# CAMP ALHAMBRA 10 WEEK THEMES

**WEEK 1: UP UP & AWAY** 

May 30 - June 2

**WEEK 2: DINOTOPIA** 

June 5 - 9

**WEEK 3: STARS IN THE SKY** 

June 12 - 16

**WEEK 4: HEROES QUEST** 

June 19 - 23

**WEEK 5: SEASIDE ADVENTURE** 

June 26 - 30

**WEEK 6: FREEDOM RINGS** 

July 3 - 7 (Closed July 4)

**WEEK 7: DROP INTO FUN** 

**July 10 - 14** 

**WEEK 8: BOARDWALKING FUN** 

**July 17 - 21** 

**WEEK 9: ROCK N ROLLING** 

**July 24 - 28** 

**WEEK 10: CAMP A PALOOZA** 

July 31 - August 4

www.cityofalhambra.org

# **GRANADA PARK GYMNASIUM**

2000 W. Hellman Ave., Alhambra CA

# **REGISTRATION:**

Resident FEE: \$125 Per Week M-F, 9 AM - 4 PM

Non-Resident FEE: \$150 Per Week M-F, 9 AM - 4 PM

# **EXTENDED CARE HOURS:**

Early Bird: 7 AM - 9 AM • \$25

Afternoon: 4 PM - 6 PM • \$25

Registration Begins February 27, 2023

#### **MULTIPLE SIBLING DISCOUNT**

A quality summer experience where kids come together in a healthy environment, to unplug from technology, while making new friendships as they set out on weekly themed adventures! Your child will explore the world, accompanied by trained staff and experts, through visual and performing arts, crafts, sports, field trips, swimming, music, and new adventures. Price includes field trips, lunch, afternoon snack, swimming and all the fun a kid could expect.

Weekly activities are based on themes. Space is limited and will sell out!

(Program spaces subject to change due to L.A. County Health code guidelines)



# LEISURE CLASSES

## FOR CHILDREN AND ADULTS WINTER/SPRING 2023

For information or to register for Leisure Classes, visit or call the Alhambra Park Office, at 500 N. Palm Ave.

Office Hours: Monday - Thursday, 7:00 AM - 5:30 PM Walk-in Hours: Monday - Thursday, 2:30 PM - 5:30 PM Telephone: (626) 570-3242 • www.cityofalhambra.org



Registration for all Leisure Classes and Family Excursions

**Registration for WINTER** 

Resident: Monday, November 21, 2022 Non-Resident: Monday, November 28, 2022

**Registration for SPRING** 

Resident: Monday, February 20, 2023 Non-Resident: Monday, February 27, 2023

**TO REGISTER** – It's easy to register. You can register On-Line, Phone-In, Drop-Off, or Mail-in your registration. Participants will not be admitted to any fee program without being registered. Classes are filled on a first come, first serve basis. All classes are subject to cancellation or schedule change if class minimums are not met. Classes are closed when maximum enrollment is met and/or after the second week of each session. Enroll early to ensure the minimum for the class you desire has been met. Children are not allowed in adult classes with parents.

**PAYMENT** – Payments can be made with cash (**exact amount only**), MasterCard, Visa, Discover, personal check or money order. When paying by check please include your driver's license number and expiration date on the check. All fees are payable in full at the time of registration and are not transferable or prorated.

**REFUND AND TRANSFER POLICY** – Refunds & Transfers will only be granted if the participant cancels **PRIOR** to the second class meeting. **A \$10 processing fee** will be assessed for all refunds. Full refunds will be issued only if the class is canceled by the City of Alhambra. The city is not responsible for accidents or other incidences that occur out of the city's control and there will be no compensation for the missed class.

### ARTS&CRAFTS CLASSES

#### ARTS & CRAFTS FOR KIDS

Art is a way for children to learn about another form of communicating and expressing their thoughts. Classes offer hands-on learning and promote imagination through exploration of different materials, textures and colours. \$10 Materials fee due to Instructor on 1st day of class. No class 5/27.

**Instructor:** Lisa Chen

Location: Granada Park Activity Room, 2000 Hellman Ave., Alhambra

WINTER 2023

W23-4001 1/14 - 2/4 Sat 9:00 - 9:45 AM \$62 / 4 wks Ages: 4-8 2/11 - 3/4 W23-4014 Ages: 4-8 Sat 9:00 - 9:45 AM \$62 / 4 wks **SPRING 2023** \$62 / 4 wks SP23-4001 4/15 - 5/6 Ages: 4-8 Sat 9:00 - 9:45 AM SP23-4014 5/13 - 6/10 Ages: 4-8 Sat 9:00 - 9:45 AM \$62 / 4 wks

#### PAINTING WORKSHOP

This class is open to beginners and more experienced painters, alike. Students will have options for in-class assignments as well as their own projects. Beginners are taught through Acrylic and mixed media, ranging from Abstraction to Realism. No class 1/16, 2/20.

Instructor: Nora Koerber, B.F.A., Art Center College of Design, Cum Laude and M.F.A.,

C.S.U.L.A., Suma Cum Laude

Location: Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2004 1/9 - 3/27 Ages: 18+ Mon 9:00 AM- 12:00 PM \$122 / 10 wks

# COMPUTER & ACADEMIC CLASSES

#### INTRO TO COMPUTERS FOR SENIORS

Explore the basic skills to enrich your understanding in learning computers. Experienced learners can sharpen their skills and work with Microsoft Word for projects. Our hands-on practice can accelerate students to master the learning in an easy and fun environment.

Materials fee \$10.

**Instructor:** AGI Academy

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2007 1/28 - 2/25 Ages: 55+ Sat 11:30 AM - 12:30 PM \$122 / 5 wks W23-2006 3/4 - 4/1 Ages: 55+ Sat 11:30 AM - 12:30 PM \$122 / 5 wks **SPRING 2023** 11:30 AM - 12:30 PM \$146 / 6 wks SP23-2006 4/8 - 5/13 Ages: 55+ Sat 11:30 AM - 12:30 PM \$146 / 6 wks SP23-2007 5/20 - 6/24 Ages: 55+ Sat

#### COMPUTER ADVENTURE

Explore the techniques to enrich your understanding in Microsoft Word and PowerPoint to get a head start to edit documents and create slideshows for presentations. Our hands-on practice can let you accelerate and master the learning in an easy way. **Materials fee \$10.** 

**Instructor:** AGI Academy

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

Ages: 8+ W23-2009 1/28 - 2/25 11:30 AM - 12:30 PM \$122 / 5 wks Sat W23-2008 3/4 - 4/1 Ages: 8+ Sat 11:30 AM - 12:30 PM \$122 / 5 wks **SPRING 2023** SP23-2008 4/8 - 5/13 Ages: 8+ Sat 11:30 AM - 12:30 PM \$146 / 6 Weeks SP23-2009 5/20 - 6/24 Ages: 8+ Sat 11:30 AM - 12:30 PM \$146 / 6 Weeks

#### INTRODUCTION TO TYPING



Develop your child's basic typing skills to get a head start in school and prepare them for many years of future usage. Different supplemental practice will be introduced to make learning fun as your child is taught a lifetime technique. **Materials fee \$10.** 

**Instructor:** AGI Academy Instructor

**Location:** Joslyn Senior Center, 210 N. Chapel Ave.

**WINTER 2023** 

W23-2010 1/28 - 2/25 Ages: 7-15 Sat 12:30 - 1:30 PM \$122 / 5 wks W23-2011 3/4 - 4/1 Ages: 7-15 Sat 12:30 - 1:30 PM \$122 / 5 wks **SPRING 2023** SP23-2010 4/8 - 5/13 Ages: 7-15 Sat 12:30 - 1:30 PM \$146 / 6 Weeks SP23-2011 5/20 - 6/24 Ages: 7-15 Sat 12:30 - 1:30 PM \$146 / 6 Weeks

#### MATH WORKSHOP

Experience a practical approach to math problem solving and hands-on practice for 2nd -8th graders. This class teaches the foundations of math skills and its application, whether your student needs chapter review, assistance on a new topic, or help preparing for tests.

Materials fee \$10.

**Instructor:** AGI Academy

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2013 1/28 - 2/25 Ages: 7-13 Sat 12:30 - 1:30 PM \$122 / 5 wks \$122 / 5 wks W23-2012 3/4 - 4/1 Ages: 7-13 Sat 12:30 - 1:30 PM **SPRING 2023** SP23-2012 4/8 - 5/13 Ages: 7-13 Sat 12:30 - 1:30 PM \$146 / 6 Weeks SP23-2013 5/20 - 6/24 Ages: 7-13 Sat 12:30 - 1:30 PM \$146 / 6 Weeks

#### CRITICAL READING AND WRITTEN EXPRESSION

This course helps students strengthen their critical reading skills and written expression which are the essential analytic technique for academic success. This class will help students to identify information and ideas, as well as using outside knowledge, biases and values to properly analyze a given text. Students will learn how to enhance their reading comprehension skills and strategies. **Materials fee \$10.** 

Instructor: AGI Academy

1/28 - 2/25

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

Ages: 7-12 Sat

WINTER 2023 W23-2015

W23-2014 3/4 - 4/1 Ages: 7-12 Sat 11:30 AM - 12:30 PM \$122 / 5 wks

SPRING 2023

SP23-2014 4/8 - 5/13 Ages: 7-12 Sat 11:30 AM - 12:30 PM \$146 / 6 Weeks

SP23-2015 5/20 - 6/24 Ages: 7-12 Sat 11:30 AM - 12:30 PM \$146 / 6 Weeks

11:30 AM - 12:30 PM

11:30 AM - 12:30 PM

\$122 / 5 wks

\$122 / 5 wks

#### MICROSOFT OFFICE COMPUTING

Whether you want to use your computer to edit documents, produce tables, create slideshow presentations to have fun with animations, make spreadsheets with formulas and charts, this class will let you explore the basic skills to enrich your computer knowledge. **Materials fee \$10.** 

Instructor: AGI Academy

instructor: AGI Academy

1/28 - 2/25

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

Ages: 16+ Sat

WINTER 2023 W23-2001 1

W23-2000 3/4 - 4/1 11:30 AM - 12:30 PM \$122 / 5 wks Sat Ages: 16+ **SPRING 2023** SP23-2000 4/8 - 5/13 Ages: 16+ Sat 11:30 AM - 12:30 PM \$146 / 6 Weeks 11:30 AM - 12:30 PM \$146 / 6 Weeks SP23-2001 5/20 - 6/24 Ages: 16+





### **DANCE CLASSES**

#### **BALLET & TAP AT ARTE FLAMENCO**

Children will be introduced to music and basic ballet dance. They will develop rhythm, coordination, and focus while being introduced to basic ballet, position movements and dance routine.

Instructor: Arte Flamenco Staff

Location: Arte Flamenco Dance Studio, 226 E Main Street, Alhambra

**WINTER 2023** 

W23-6002	1/14 - 3/18	Ages: 3	Sat	9:00 - 10:00 AM	\$102/ 10 wks
W23-6003	1/14 - 3/18	Ages: 4-5	Sat	10:00 - 11:00 AM	\$102/ 10 wks
W23-6005	1/14 - 3/18	Ages: 6-12	Sat	11:00 AM - 12:00 PM	\$102/ 10 wks
SPRING 202	.3				
SP23-6002	4/15 - 6/17	Ages: 3	Sat	9:00 - 10:00 AM	\$102/ 10 wks
SP23-6003	4/15 - 6/17	Ages: 4-5	Sat	10:00 - 11:00 AM	\$102/ 10 wks
SP23-6005	4/15 - 6/17	Ages: 6-12	Sat	11:00 AM - 12:00 PM	\$102/ 10 wks

#### JAMMIN HIP HOP

Students will have fun learning the basic moves and elements of this American created dance form.

Arte Flamenco Flamenco Staff Instructor:

Location: Arte Flamenco Dance Studio, 226 E Main Street, Alhambra

WINTER 202	23					
W23-6007	1/14 - 3/18	Ages: 4-6	Sat	9:00 - 10:00 AM	\$102/ 10 wks	
W23-6008	1/14 - 3/18	Ages: 7-12	Sat	10:00 - 11:00 AM	\$102/ 10 wks	
W23-6047	1/14 - 3/18	Ages: 13+	Sat	11:00 AM - 12:00 PM	\$102/ 10 wks	
SPRING 2023						
SP23-6007	4/15 - 6/17	Ages: 4-6	Sat	9:00 - 10:00 AM	\$102/ 10 wks	
SP23-6008	4/15 - 6/17	Ages: 7-12	Sat	10:00 - 11:00 AM	\$102/ 10 wks	
SP23-6047	4/15 - 6/17	Ages: 13+	Sat	11:00 AM - 12:00 PM	\$102/10 wks	

#### **FOLKLORICO**

Students will learn traditional Folklorico dances from the different regions of Mexico. Girls will need Folklorico skirts. Boys and girls require Folklorico shoes.

Instructor: Arte Flamenco Flamenco Staff

Location: Arte Flamenco Dance Studio, 226 E Main Street, Alhambra

**WINTER 2023** 

***********					
W23-6009	1/10 - 3/14	Ages: 4-6	Tues	6:00 - 7:00 PM	\$102/ 10 wks
W23-6010	1/12 - 3/16	Ages: 7-12	Thurs	6:00 - 7:00 PM	\$102/ 10 wks
<b>SPRING 202</b>	3				
SP23-6009	4/11 - 6/13	Ages: 4-6	Tues	6:00 - 7:00 PM	\$102/ 10 wks
SP23-6010	4/13 - 6/15	Ages: 7-12	Thurs	6:00 - 7:00 PM	\$102/ 10 wks

#### **BEGINNING FLAMENCO**

This class introduces students to the foundational aspect of this exciting art form. Students learn a basic Flamenco rhythm, body positioning, arm and hand movements, along with basic heel work. Please contact Arte Flamenco for dress code requirements.

Instructor: Arte Flamenco Flamenco Staff

SP23-6013 4/15 - 6/17

Location: Arte Flamenco Dance Studio, 226 E Main Street, Alhambra **WINTER 2023** W23-6012 1/10 - 3/14 Ages: 13+ Tues 6:00 - 7:00 PM \$102/10 wks W23-6011 1/14 - 3/18 11:00 AM - 12:00 PM \$102/10 wks Ages: 7-12 Sat 1/14 - 3/18 Ages: 5-6 10:00 - 11:00 AM \$102/10 wks W23-6013 **SPRING 2023** SP23-6012 4/11 - 6/13 Ages: 13+ Tues 6:00 - 7:00 PM \$102/10 wks 4/15 - 6/17 Ages: 7-12 Sat 11:00 AM - 12:00 PM \$102/10 wks SP23-6011

Ages: 5-6

10:00 -11:00 AM

\$102/10 wks

#### MIDDLE EASTERN BELLY DANCE

Let your inner goddess shine in this course which is designed to introduce students to movements, music and cultural context of belly dance. The class will emphasize the development of physical coordination and body awareness while learning basic belly dance techniques. No class 1/16, 2/20, 5/29.

**Instructor:** Arte Flamenco Flamenco Staff

Location: Arte Flamenco Dance Studio, 226 E Main Street, Alhambra

WINTER 2023

W23-6016	1/9 - 3/27	Ages: 16+	Mon	7:00 - 8:00 PM	\$102/ 10 wks
W23-6017	1/11 - 3/15	Ages: 16+	Wed	7:00 - 8:00 PM	\$102/ 10 wks
<b>SPRING 202</b>	23				
SP23-6016	4/10 - 6/19	Ages: 16+	Mon	7:00 - 8:00 PM	\$102/10 wks
SP23-6017	4/12 - 6/14	Ages: 16+	Wed	7:00 - 8:00 PM	\$102/ 10 wks

#### RHYTHMIC TAP

Students will experience both tap dance styles Rhythmic and Broadway in this fun class! Students will improve musicality, rhythm, and coordination as well as applying props. This class is a fun experience for all ages.

**Instructor:** Arte Flamenco Flamenco Staff

Arte Flamenco Dance Studio, 226 E Main Street, Alhambra Location:

**WINTER 2023** 

W23-6066 1/11 - 3/15 Ages: 13+ Wed 6:00 - 7:00 PM \$102/10 wks

**SPRING 2022** 

SP23-6066 4/12 - 6/14 Ages: 13+ Wed 6:00 - 7:00 PM \$102/ 10 wks

#### HAWAIIAN POLYNESIAN

This class brings the elegance and beauty of the Hawaiian Islands to the classroom. A class for all ages, where students will learn about the traditions, language, and instruments used in the many dance forms, while having a joyful time.

**Instructor:** Arte Flamenco Flamenco Staff

Location: Arte Flamenco Dance Studio, 226 E Main Street, Alhambra

**WINTER 2023** 

W23-6015	1/10 - 3/14	Ages: 5-8	Tue	5:00 - 6:00 PM	\$102/ 10 wks
W23-6615	1/12 - 3/16	Ages: 9-13	Thur	5:00 - 6:00 PM	\$102/ 10 wks
SPRING 202	23				
SP23-6015	4/11 - 6/13	Ages: 5-8	Tue	5:00 - 6:00 PM	\$102/ 10 wks
SP23-6615	4/13 - 6/15	Ages: 9-13	Thur	5:00 - 6:00 PM	\$102/ 10 wks

#### JAZZ FUNK

A movement or style that involves both Jazz techniques as well as Hip-Hop basics. It's also known as Street Jazz. Involves mostly pop and hip-hop music.

Instructor: Arte Flamenco Flamenco Staff

Location: Arte Flamenco Dance Studio, 226 E Main Street, Alhambra

**WINTER 2023** 

W23-6054 1/10 - 3/14 Ages: 7-12 Tue 7:00 - 8:00 PM \$102/10 wks

**SPRING 2023** 

SP23-6054 4/11 - 6/13 Ages: 7-12 Tue 7:00 - 8:00 PM \$102/9 wks

#### LINE DANCE

Chambra Join a fun class that is a great low impact workout. Step out on the dance floor and learn a

new dance! Partners are not required. **Instructor:** Willard "Bill" Berry

Joslyn Adult Center, 210 N. Chapel Ave. Alhambra Location:

**WINTER 2023** 

W23-2016	1/10 - 3/21	Int/18+	Tue	7:30 - 9:00 PM	\$52 / 11 wks
W23-2017	1/11 - 3/22	Beg/18+	Wed	7:30 - 9:00 PM	\$52 / 11 wks
W23-2018	1/14 - 3/25	Beg/18+	Sat	8:30 - 10:00 AM	\$52 / 11 wks
W23-2019	1/14 - 3/25	Adv/18+	Sat	10:15 - 11:45 AM	\$52 / 11 wks
SPRING 202	23				
SP23-2016	4/11 - 6/20	Int/18+	Tue	7:30 - 9:00 PM	\$52 / 11 wks
SP23-2017	4/12 - 6/21	Beg/18+	Wed	7:30 - 9:00 PM	\$52 / 11 wks
SP23-2018	4/15 - 6/24	Beg/18+	Sat	8:30 - 10:00 AM	\$52 / 11 wks
SP23-2019	4/15 - 6/24	Adv/18+	Sat	10:15 - 11:45 AM	\$52 / 11 wks

#### LINE DANCE (POP, ROCK, AND LATIN)

This is fun AND fitness. Learn popular line dances to your favorite timeless music. Corrina breaks down each step, making it easy to learn, even if the dance is challenging. A great way to improve your memory and coordination. No class 1/16, 2/20, 5/29.

Instructor: Corrina

-								
L	ocation:	Joslyn Adult Center, 210 N. Chapel Ave. Alhambra						
V	WINTER 2023							
V	V23-2020	1/9 - 3/13	Beg/16+	Mon	1:15 - 2:15 PM	\$60/8 wks		
V	V23-2025	1/9 - 3/13	Int/16+	Mon	2:15 - 3:15 PM	\$60/8 wks		
V	V23-2021	1/13 - 3/3	All Levels/16+	Fri	6:15 - 7:15 PM	\$60/8 wks		
S	PRING 202	3						
S	P23-2020	4/10 - 6/5	Beg/16+	Mon	1:15 - 2:15 PM	\$60/8 wks		
S	P23-2025	4/10 - 6/5	Int/16+	Mon	2:15 - 3:15 PM	\$60/8 wks		
S	P23-2021	4/14 - 6/2	All Levels/16+	Fri	6:15 - 7:15 PM	\$60/8 wks		

#### "SHALL WE DANCE?" - SOCIAL DANCE

Have fun ...improve health... learn to dance. Dances taught may include Cha-Cha, Merengue, East Coast Swing, Foxtrot and Waltz. Step-by-step basic, easy footwork to form and connect dance patterns, to become a confident dance partner.

Instructor: Corrina

Location: Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** W23-2022 1/12 - 3/2 Ages: 16+ Thu 6:15 - 7:15 PM \$60/8 wks **SPRING 2023** 6:15 - 7:15 PM SP23-2022 4/13 - 6/1 Ages: 16+ Thu \$60/8 wks

#### SALSA DANCE

Is Salsa dancing on your "bucket list"? Learn easy Salsa dance steps and patterns forming combinations to sexy Salsa rhythms. Begin with basic steps, then embellish the steps to learn turns and styling. Dancing builds confidence and is fun exercise.

Instructor: Corrina Location: Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

WINTER 202	23				
W23-2023	1/13 - 3/3	Beg/ 16+	Fri	7:30 - 8:30 PM	\$60/ 8 wks
W23-2024	1/13 - 3/3	Int/ 16+	Fri	8:30 - 9:30 PM	\$60/8 wks
SPRING 202	23				
SP23-2023	4/14 - 6/2	Beg/ 16+	Fri	7:30 - 8:30 PM	\$60/8 wks
SP23-2024	4/14 - 6/2	Int/ 16+	Fri	8:30 - 9:30 PM	\$60/8 wks



# HEALTH & FITNESS CLASSES

#### ZUMBA

Zumba fuses Latin and world rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away! New routines are rotated weekly. Please bring a water bottle and a towel every class. No class 1/16, 2/20, 5/29, 6/5.

Instructor: Massiel Rincon

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2026 1/9 - 3/20 Ages: 18+ Mon 4:45 - 5:45 PM \$102/ 10 wks

SPRING 2023

SP23-2026 4/10 - 6/19 Ages: 18+ Mon 4:45 - 5:45 PM \$92 / 9 wks

#### STRETCH, BALANCE, & BREATHE

This is a 30-minute class. Stretching and breathing is a great way to start your day. We will be doing both standing stretches and seated stretches. Some of the standing stretches will require some balance. Chairs for balance, if needed.

**Instructor:** Bill Shuttic

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2042 1/10 - 3/23 Ages: 18+ Tue/Thur 8:15 - 8:45 AM \$112 / 22 mtgs

#### **BODY TONING & SCULPTING**

Increase muscular strength and endurance with focus on core muscles. First Warm-up, proceed to standing and floor resistance exercises, then a stretch. Optional pair of hand weights - mat. Katalina becomes your personal trainer advising you on the proper moves!

**Instructor:** Katalina Beltran

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambr

WINTER 2023

W23-2029 1/11 - 3/16 Ages: 18+ Wed 3:30 - 4:30 PM \$60/ 10 wks

SPRING 2023

SP23-2029 4/12 - 6/14 Ages: 18+ Wed 3:30 - 4:30 PM \$60/ 10 wks

#### PILATES WITH A BALL

Pilates really works — an exercise method, learning "super 5" strength-building sequences to develop strong abs and lower back muscles known as your "core". Bring a stability ball, mat, and a 5-ft stretch band improve posture, balance, less body aches and stiffness.

**Instructor:** Corrina

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2030 1/12 - 3/2 Ages: 16+ Thu 8:30 - 9:45 AM \$60/ 8 wks

SPRING 2023

SP23-2030 4/13 - 6/1 Ages: 16+ Thu 8:30 - 9:45 AM \$60/8 wks

# BUTTS AND GUTS LOW IMPACT AEROBICS (CIRCUIT TRAINING)

Lose those pandemic pounds. Great cardio choreography (No jumping) to decades of fun popular music. Gain energy as you lose inches and boost metabolism. Bring your own stability ball, mat, hand weights, and a resistance cord to tighten, tone and firm.

Instructor: Corrina

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2041 1/12 - 3/2 Ages: 16+ Thu 7:30 - 8:30 PM \$60/8 wks

SPRING 2023

SP23-2041 4/13 - 6/1 Ages: 16+ Thu 7:30 - 8:30 PM \$60/ 8 wks

City of Alhambra (626) 570-3242



#### TOTAL FITNESS WORKOUT: MUSCLE AND CARDIO CONDITIONING

A fun, exciting, & ever-changing workout for your entire body! This class combines resistance training using dumbbells, stability ball, body weight exercises, cardio intervals & core exercises for a challenging, metabolism boosting workout. All levels welcome! Modifications offered. See receipt for equipment list. No class 1/16, 2/20, 5/29.

Instructor: Melissa Crown - NASM Certified Personal Trainer Joslyn Adult Center, 210 N. Chapel Ave., Alhambra Location:

WINTER 2023

W23-2031	1/9 - 3/20	Ages: 18+	Mon	6:00 - 7:00 PM	\$61 / 9 wks
W23-2032	1/11 - 3/22	Ages: 18+	Wed	6:00 - 7:00 PM	\$74 / 11 wks
W23-2033	1/9 - 3/22	Ages: 18+	M/W	6:00 - 7:00 PM	\$126 / 20 mtgs
SPRING 202	23				
SP23-2031	4/10 - 6/19	Ages: 18+	Mon	6:00 - 7:00 PM	\$67 / 10 wks
SP23-2032	4/12 - 6/21	Ages: 18+	Wed	6:00 - 7:00 PM	\$74 / 11 wks

Ages: 18+ M/W 6:00 - 7:00 PM

#### TAI CHI CHUAN FOR LIFE AND EXERCISE

This class begins with basic steps of the Chinese ancient art of Tai Chi Chuan and progresses to the practice and training of the full repertoire of Tai Chi skills such as the Tai Chi forms, push-hands, Tai Chi swords and fans. No class 1/16, 2/20, 5/29.

Instructor: Ken Hui

SP23-2033 4/10 - 6/21

Granada Park Gym, 2000 Hellman Ave, Alhambra Location:

**WINTER 2023** 

W23-4002 1/9 - 3/20 7:00 - 8:00 PM \$62/9 wks

**SPRING 2023** 

SP23-4002 4/10 - 6/19 Ages: 18+ Mon 7:00 - 8:00 PM \$62/10 wks

#### **FUNCTIONAL FITNESS**

This 50-minute workout is a full-body workout. The first 20-minutes is a warm-up with stretching and balance. The second 20-minutes is a little more challenging. The last 10-minutes is a cool down with bands. We work strength, balance, coordination, and cardio.

**Instructor:** Bill Shuttic

Location: Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2043 1/10 - 3/23 Ages: 18+ Tue/Thur 9:00 - 9:50 AM \$112 / 22 mtgs

#### **BILLY'S BOOTCAMP**

This is a fast-paced 30-minute workout for people who don't want to spend an hour working out. Get in, get out. Get it done. It's a full-body workout using nothing but bodyweight. We work upper body, lower body, and core, as well as balance and coordination. All you need is a mat.

Instructor: **Bill Shuttic** 

Location: Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

\$132 / 21 mtgs

\$57 / 11 wks W23-2046 1/10 - 3/21 Ages: 18+ Tue 6:00 - 6:30 PM

#### KARDIO KENPO TM

This kickboxing workout squeezes an hour workout into 30-minutes. No dance routines here. This workout comes straight from the dojo with punches, kicks, and combos. Throw in some sit-ups, push-ups, squats, and squat-jumps! You are going to sweat! Fast-paced and fun!

Instructor: **Bill Shuttic** 

Location: Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2047 1/12 - 3/23 Ages: 18+ Thur 6:00 - 7:00 PM \$68 / 11 wks



# YOGA CLASSES

#### **BEGINNING YOGA LEVEL**

This class is for the student new to yoga or lyengar Yoga method. This course introduces the basic poses, principles of movement and posture, yoga philosophy and simple relaxation techniques. Weak parts are strengthened and stiff parts are stretched.

Ages: 16+ Mon 12:00 - 1:00 PM

\$122/11 wks

#### No class 1/16, 2/20, 5/29.

W23-6700 1/9 - 4/3

Instructor: Dora Hasenbien

Yoga Darsana, 11 N. Fourth St., Alhambra Location:

#### **WINTER 2023**

W23-6700	1/11 - 3/22	Ages: 16+	Wed	12:00 - 1:00 PM	\$122/ 11 wks
W23-6700	1/12 - 3/23	Ages: 16+	Thur	12:00 - 1:00 PM	\$122/ 11 wks
W23-6700	1/12 - 3/24	Ages: 16+	Fri	12:00 - 1:00 PM	\$122/ 11 wks
W23-6700	1/14 - 3/25	Ages: 16+	Sat	12:00 - 1:00 PM	\$122/ 11 wks
W23-6700	1/17 - 3/26	Ages: 16+	Sun	12:00 - 1:00 PM	\$122/ 11 wks
SPRING 202	23				
SP23-6700	4/10 - 6/26	Ages: 16+	Mon	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6700	4/12 - 6/21	Ages: 16+	Wed	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6700	4/13 - 6/22	Ages: 16+	Thur	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6700	4/14 - 6/23	Ages: 16+	Fri	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6700	4/15 - 6/24	Ages: 16+	Sat	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6700	4/16 - 6/25	Ages: 16+	Sun	12:00 - 1:00 PM	\$122/ 11 wks

#### LEVEL 1 YOGA

This class is for the student new to yoga or lyengar Yoga method. This course introduces the basic poses, principles of movement and posture, yoga philosophy and simple relaxation techniques. Weak parts are strengthened and stiff parts are stretched.

#### No class 1/16, 2/20, 5/29.

Instructor: Dora Hasenbien

Yoga Darsana, 11 N. Fourth St., Alhambra Location:

WINTER 202	23				
W23-6702	1/9 - 4/3	Ages: 18+	Mon	6:00 - 7:15 PM	\$122/ 11 wks
W23-6702	1/10 - 3/21	Ages: 18+	Tue	6:00 - 7:15 PM	\$122/ 11 wks
W23-6702	1/11 - 3/22	Ages: 18+	Wed	6:00 - 7:15 PM	\$122/ 11 wks
W23-6702	1/12 - 3/23	Ages: 18+	Thur	6:00 - 7:15 PM	\$122/ 11 wks
W23-6701	1/9 - 4/3	Ages: 18+	Mon	12:00 - 1:00 PM	\$122/ 11 wks
W23-6701	1/11 - 3/22	Ages: 18+	Wed	12:00 - 1:00 PM	\$122/ 11 wks
W23-6701	1/12 - 3/23	Ages: 18+	Thur	12:00 - 1:00 PM	\$122/ 11 wks
W23-6701	1/13 - 3/24	Ages: 18+	Fri	12:00 - 1:00 PM	\$122/ 11 wks
W23-6701	1/14 - 3/25	Ages: 18+	Sat	12:00 - 1:00 PM	\$122/ 11 wks
W23-6701	1/15 - 3/26	Ages: 18+	Sun	12:00 - 1:00 PM	\$122/ 11 wks
W23-6708	1/10 - 3/21	Ages: 18+	Tue	10:30 - 11:30 AM	\$122/ 11 wks

					11/10
W23-6703	1/14 - 3/25	Ages: 18+	Sat	10:00 - 11:30 AM	\$122/ 11 wks
W23-6714	1/15 - 3/26	Ages: 18+	Sun	10:00 - 11:15 AM	\$122/ 11 wks
W23-6711	1/15 - 3/26	Ages: 18+	Sun	8:30 - 9:30 AM	\$122/ 11 wks
W23-6713	1/9 - 4/3	Ages: 18+	Mon	7:30 - 8:30 PM	\$122/ 11 wks
W23-6713	1/11 - 3/22	Ages: 18+	Wed	7:30 - 8:30 PM	\$122/ 11 wks
<b>SPRING 202</b>	3				
SP23-6702	4/10 - 6/26	Ages: 18+	Mon	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6702	4/11 - 6/20	Ages: 18+	Tue	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6702	4/12 - 6/21	Ages: 18+	Wed	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6702	4/13 - 6/22	Ages: 18+	Thur	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6701	4/10 - 6/26	Ages: 18+	Mon	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6701	4/13 - 6/22	Ages: 18+	Wed	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6701	4/13 - 6/22	Ages: 18+	Thur	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6701	4/14 - 6/23	Ages: 18+	Fri	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6701	4/15 - 6/24	Ages: 18+	Sat	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6701	4/16 - 6/25	Ages: 18+	Sun	12:00 - 1:00 PM	\$122/ 11 wks
SP23-6708	4/11 - 6/20	Ages: 18+	Tue	10:30 - 11:30 AM	\$122/ 11 wks
SP23-6703	4/15 - 6/24	Ages: 18+	Sat	10:00 - 11:30 AM	\$122/ 11 wks
SP23-6714	4/16 - 6/25	Ages: 18+	Sun	10:00 - 11:15 AM	\$122/ 11 wks
SP23-6711	4/16 - 6/25	Ages: 18+	Sun	8:30 - 9:30 AM	\$122/ 11 wks
SP23-6713	4/10 - 6/26	Ages: 18+	Mon	7:30 - 8:30 PM	\$122/ 11 wks
SP23-6713	4/12 - 6/21	Ages: 18+	Wed	7:30 - 8:30 PM	\$122/ 11 wks
		-			

#### LEVEL 2 YOGA

This class is for the student new to yoga or lyengar Yoga method. This course introduces the basic poses, principles of movement and posture, yoga philosophy and simple relaxation techniques. Weak parts are strengthened and stiff parts are stretched.

#### No class 1/16, 2/20, 5/29.

**Instructor:** Dora Hasenbien

Location: Yoga Darsana, 11 N. Fourth St., Alhambra

WINTER 202	23				
W23-6704	1/9 - 4/3	Ages: 18+	Mon	6:00 - 7:15 PM	\$122/ 11 wks
W23-6704	1/10 - 3/21	Ages: 18+	Tue	6:00 - 7:15 PM	\$122/ 11 wks
W23-6704	1/11 - 3/22	Ages: 18+	Wed	6:00 - 7:15 PM	\$122/ 11 wks
W23-6704	1/12 - 3/23	Ages: 18+	Thur	6:00 - 7:15 PM	\$122/ 11 wks
W23-6715	1/14 - 3/25	Ages: 18+	Sat	10:00 - 11:30 AM	\$122/ 11 wks
W23-6705	1/15 - 3/26	Ages: 18+	Sun	10:00 - 11:15 AM	\$122/ 11 wks
SPRING 202	23				
SP23-6704	4/10 - 6/26	Ages: 18+	Mon	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6704	4/11 - 6/20	Ages: 18+	Tue	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6704	4/12 - 6/21	Ages: 18+	Wed	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6704	4/13 - 6/22	Ages: 18+	Thur	6:00 - 7:15 PM	\$122/ 11 wks
SP23-6715	4/15 - 6/24	Ages: 18+	Sat	10:00 - 11:30 AM	\$122/ 11 wks
SP23-6705	4/16 - 6/25	Ages: 18+	Sun	10·00 - 11·15 AM	\$122/11 wks



#### **GENTLE YOGA & MEDITATION**

Meditation and yoga are both healing and it enhances mental clarity, strength, flexibility and balance. This class is ideal for all ages and as Senior and Prenatal exercise. Please bring a yoga mat, an empty stomach and wear comfortable clothing.

Instructor: Dora Hasenbien

Location: Yoga Darsana, 11 N. Fourth St., Alhambra

**WINTER 2023** 

W23-6709 1/14 - 3/25 Ages: 16+ Sat 8:30 - 9:30 AM \$122/11 wks

**SPRING 2023** 

SP23-6709 4/15 - 6/24 Ages: 16+ Sat 8:30 - 9:30 AM \$122/ 11 wks

#### RESTORATIVE

Class focuses on relaxation. Perfect for allowing the body to rest deeply, offering recovery and a restored sense of tranquility. Poses are healing and alleviate chronic tension. The relaxing, calming, resting benefits of the poses are cultivated through the support of props.

**Instructor:** Dora Hasenbien

**Location:** Yoga Darsana, 11 N. Fourth St., Alhambra

**WINTER 2023** 

W23-6710 1/14 - 3/25 Ages: 18+ Fri 6:00 - 7:00 PM \$122/11 wks

**SPRING 2023** 

SP23-6710 4/14 - 6/23 Ages: 16+ Fri 6:00 - 7:00 PM \$122/11 wks

#### TEEN YOGA

This class introduces teens to yoga and meditation. They will learn a variety of postures and styles to keep teens actively engaged and challenged. Teens will develop emotional stability, self-esteem, concentration with deep breathing, and relaxation techniques.

**Instructor:** Dora Hasenbien

**Location:** Yoga Darsana, 11 N. Fourth St., Alhambra

**WINTER 2023** 

W23-6712 1/14 - 3/25 Ages: 16+ Fri 5:00 - 5:45 PM \$122/ 11 wk

**SPRING 2023** 

SP23-6712 4/14 - 6/23 Ages: 16+ Fri 5:00 - 5:45 PM \$122/ 11 wks

EASY CHAIR YOGA AND BODY STRETCH

EveryBODY can do yoga using a chair for assistance, sitting and standing yoga poses. Improve your quality of life by destressing, improving joint health, and immune system. Corrina reminds you to do what you can at your own comfort level.

Yoga strap required.

Instructor: Corrina

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

WINTER 2023

W23-2037 1/12 - 3/2 Ages: 18+ Thu 10:00 - 11:00 AM \$60/8 wks

**SPRING 202** 

SP23-2037 4/13 - 6/1 Ages: 18+ Thu 10:00 - 11:00 AM \$60/8 wks

#### YOGA

This is a 50-minute Yoga class suitable for all levels. We start with some Chi Gong breathing exercises, the move into some basic standing poses. Then we move to seated poses and stretching on the mat, and we end with deep breathing and relaxation. Mat Required.

**Instructor:** Bill Shuttic

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2044 1/10 - 3/23 Ages: 18+ Tue/Thur 4:10 - 5:00 PM \$112 / 22 mtgs

#### SEATED WORKOUT

This is a 30-minute workout for the older crowd who cannot stand for a full workout. Great for the elderly, stroke survivors, and people with Parkinson's disease. We work upper/lower body as well as left/right coordination. Work your muscles and brain!

**Instructor:** Bill Shuttic

**Location:** Joslyn Adult Center, 210 N. Chapel Ave. Alhambra

**WINTER 2023** 

W23-2045 1/10 - 3/23 Ages: 60+ Tue/Thur 5:15 - 5:45 PM \$112 / 22 mtgs





#### MOMMY/DADDY & ME SOCCER

As you and your child participate in our fun activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action!

**Instructor:** Kidz Love Soccer Instructor

Location: Granada Park Fields 2000 Hellman Ave., Alhambra

**SPRING 2023** 

SP23-4003 4/10 - 5/22 Ages: 2-3 ½ Mon 5:35 - 6:05 PM \$156/ 7 wks

#### TOT/PRE SOCCER

Little tykes will enjoy running and kicking just like the big kids! Encouraging large motor skill development through fun soccer games and introduces small children to the group setting. Shin quards are required after first meeting. No class 2/20.

**Instructor:** Kidz Love Soccer Instructor

**Location:** Granada Park Fields 2000 Hellman Ave., Alhambra

**WINTER 2023** 

W23-4004 1/23 - 2/27 Ages: 3 ½-5 Mon 4:55 - 5:30 PM \$119/ 5 wks

**SPRING 2023** 

SP23-4004 4/10 - 5/22 Ages: 3 ½-5 Mon 4:55 - 5:30 PM \$156/7 wks

#### SOCCER 1: TECHNIQUES & TEAMWORK

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. No class 2/20.

**Instructor:** Kidz Love Soccer Instructor

Location: Granada Park Fields 2000 Hellman Ave., Alhambra

WINTER 2023

W23-4005 1/23 - 2/27 Ages: 5-6 Mon 4:05 - 4:50 PM \$119/ 5 wks

SPRING 2023

SP23-4005 4/10 - 5/22 Ages: 5-6 Mon 4:05 - 4:50 PM \$156/7 wks

#### SOCCER 2: SKILLZ & SCRIMMAGES

Kidz will enjoy advanced skill building: dribbling, passing, shooting, and more in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Shin quards are required. No class 2/20.

**Instructor:** Kidz Love Soccer Instructor

**Location:** Granada Park Fields 2000 Hellman Ave., Alhambra

**WINTER 2023** 

W23-4006 1/23 - 2/27 Ages: 7-10 Mon 3:15 - 4:00 PM \$119/ 5 wks

**SPRING 2023** 

SP23-4006 4/10 - 5/22 Ages: 7-10 Mon 3:15 - 4:00 PM \$156/7 wks

#### KIDS GOLF

A simple and proven system developed by U.S. Kids Golf, the leader in junior golf clubs and junior golf player development. Your child will learn the basic fundamentals- grip, posture, alignment, swing and putting forms, chipping, pitching and sand play. Materials fee \$20.

Instructor:	Stephen Knittle					
Location:	Alhambra Go	lf Course, 630	) S Alma	nsor St, Alhambra, CA 9	1801	
WINTER 202	23 (SESSION1)					
W23-6050	1/12 - 2/9	Ages: 5-9	Thu	3:00 - 4:00 PM	\$129 / 5 wks	
W23-6051	1/14 - 2/11	Ages: 5-6	Sat	9:00 - 10:00 AM	\$129 / 5 wks	
W23-6052	1/14 - 2/11	Ages: 7-9	Sat	10:00 - 11:00 AM	\$129 / 5 wks	
WINTER 202	23 (SESSION 2)	)				
W23-6056	2/23 - 3/23	Ages: 5-9	Thu	3:00 - 4:00 PM	\$129 / 5 wks	
W23-6057	2/25 - 3/25	Ages: 5-6	Sat	9:00 - 10:00 AM	\$129 / 5 wks	
W23-6058	2/25 - 3/25	Ages: 7-9	Sat	10:00 - 11:00 AM	\$129 / 5 wks	
SPRING 202	3 (SESSION 1)					
SP23-6050	4/13 - 5/11	Ages: 5-9	Thu	3:00 - 4:00 PM	\$129 / 5 wks	
SP23-6051	4/15 - 5/13	Ages: 5-6	Sat	9:00 - 10:00 AM	\$129 / 5 wks	
SP23-6052	4/15 - 5/13	Ages: 7-9	Sat	10:00 - 11:00 AM	\$129 / 5 wks	
SPRING 202	3 (SESSION 2)					
SP23-6056	5/25 - 6/22	Ages: 5-9	Thu	3:00 - 4:00 PM	\$129 / 5 wks	
SP23-6057	5/27 - 6/24	Ages: 5-6	Sat	9:00 - 10:00 AM	\$129 / 5 wks	

#### JUNIOR GOLF

SP23-6058

SP23-6069

Simple and proven system developed by U.S. Kids Golf, the leader in junior golf clubs and junior golf player development. Your child will learn the basic fundamentals- grip, posture, alignment, swing and putting forms, chipping, pitching and sand play. Materials fee \$20.

10:00 - 11:00 AM

\$129 / 5 wks

SP23-6078

**Instructor:** Stephen Knittle

5/27 - 6/24

Location:	Alhambra Golf Course, 630 S Almansor St, Alhambra, CA 91801
WINTER 2023	R (SESSION 1)

Ages: 7-9

W23-6061	1/12 - 2/9	Ages: 10-16 Thu	4:00 - 5:00 PM	\$129 / 5 wks
W23-6063	1/14 - 2/11	Ages: 10-12 Sat	11:00 AM -12:00 PM	\$129 / 5 wks
W23-6064	1/14 - 2/11	Ages: 13-16 Sat	12:00 - 1:00 PM	\$129 / 5 wks
WINTER 202	3 (SESSION 2)			
W23-6067	2/23 - 3/23	Ages: 10-16 Thu	4:00 - 5:00 PM	\$129/ 5 wks
W23-6069	2/25 - 3/25	Ages: 10-12 Sat	11:00 AM - 12:00 PM	\$129 / 5 wks
W23-6070	2/25 - 3/25	Ages: 13-16 Sat	12:00 - 1:00 PM	\$129 / 5 wks
<b>SPRING 202</b>	3 (SESSION 1)			
SP23-6061	4/13 - 5/11	Ages: 10-16 Thu	4:00 - 5:00 PM	\$129 / 5 wks
SP23-6063	4/15 - 5/13	Ages: 10-12 Sat	11:00 AM - 12:00 PM	\$129 / 5 wks
SP23-6064	4/15 - 5/13	Ages: 13-16 Sat	12:00 - 1:00 PM	\$129 / 5 wks
<b>SPRING 202</b>	3 (SESSION 2)			
SP23-6067	5/25 - 6/22	Ages: 10-16 Thu	4:00 - 5:00 PM	\$129 / 5 wks



This class is for new golfers that would like to get a thorough introduction to the game. Some golfers may have been playing for a few years, but have never really broken through the challenging beginner stage.

Pehambra

\$159 / 5 wks

the challengi	ng beginner stag	je.			
Instructor:	Stephen Knitt	le			
Location:	Alhambra Gol	f Course, 630	S Alma	nsor St, Alhambra, CA 9°	1801
WINTER 202	3 (SESSION 1)				
W23-6072	1/12 - 2/9	Ages: 18+	Thu	6:00 - 7:30 PM	\$159 / 5 wks
W23-6073	1/14 - 2/11	Ages: 18+	Sat	4:00 - 5:30 PM	\$159 / 5 wks
W23-6074	1/15 - 2/12	Ages: 18+	Sun	5:00 - 6:30 PM	\$159 / 5 wks
WINTER 202	3 (SESSION 2)				
W23-6076	2/23 - 3/23	Ages: 18+	Thu	6:00 - 7:30 PM	\$159 / 5 wks
W23-6077	2/25 - 3/25	Ages: 18+	Sat	4:00 - 5:30 PM	\$159 / 5 wks
W23-6078	2/26 - 3/26	Ages: 18+	Sun	5:00 - 6:30 PM	\$159 / 5 wks
<b>SPRING 202</b>	3 (SESSION 1)				
SP23-6072	4/13 - 5/11	Ages: 18+	Thu	6:00 - 7:30 PM	\$159 / 5 wks
SP23-6073	4/15 - 5/13	Ages: 18+	Sat	4:00 - 5:30 PM	\$159 / 5 wks
SP23-6074	4/15 - 5/13	Ages: 18+	Sun	5:00 - 6:30 PM	\$159 / 5 wks
<b>SPRING 202</b>	3 (SESSION 2)				
SP23-6076	5/25 - 6/22	Ages: 18+	Thu	6:00 - 7:30 PM	\$159 / 5 wks
SP23-6077	5/27 - 6/24	Ages: 18+	Sat	4:00 - 5:30 PM	\$159 / 5 wks

#### INTERMEDIATE GOLF FOR ADULTS

Ages: 18+

5/27 - 6/24

Golfers who have experience playing on the golf course and are looking for a boost to get their game to the next level. We will focus on proper grip, posture, alignment, course management and developing an effective pre-shot routine.

5:00 - 6:30 PM

**Instructor:** Stephen Knittle, PGA Director of Instruction

<b>Location:</b> Alhambra Golf Course, 630 S Almansor St, Alhambra, CA 91801					1801	
WINTER 2023 (SESSION 1)						
W23-6079	1/11 - 2/8	Ages: 18+	Wed	6:00 - 7:30 PM	\$159 / 5 wks	
WINTER 202	23 (SESSION 2)					
W23-6082	2/22 - 3/22	Ages: 18+	Wed	6:00 - 7:30 PM	\$159 / 5 wks	
<b>SPRING 202</b>	3 (SESSION 1)					
SP23-6079	4/12 - 5/10	Ages: 18+	Wed	6:00 - 7:30 PM	\$159 / 5 wks	
<b>SPRING 202</b>	3 (SESSION 2)					
SP23-6082	5/24 - 6/21	Ages: 18+	Wed	6:00 - 7:30 PM	\$159 / 5 wks	



www.cityofalhambra.org



#### NRG BASKETBALL ACADEMY

A fundamentals-based training program. NRG's training program is designed for players of any skill levels. Our training techniques challenge player's abilities and transform them into the best basketball players they can be. Bring your own basketball to class. **No class 4/9.** 

**Instructor:** NRG Basketball Academy Staff

**Location:** Granada Park Gym 2000 Hellman Ave., Alhambra

**WINTER 2023** 

**ROOKIES CLINICS** (No experience necessary; clinic teaches the fundamentals of basketball: dribbling, shooting and passing)

W23-4011	1/8 - 1/29	Ages: 6-8	Sun	10:00 - 10:50 AM	\$102/ 4 wks
W23-4012	2/5 - 2/26	Ages: 6-8	Sun	10:00 - 10:50 AM	\$102/ 4 wks
W23-4013	3/5 - 3/26	Ages: 6-8	Sun	10:00 - 10:50 AM	\$102/ 4 wks
SPRING 2023					

**ROOKIES CLINICS** (No experience necessary; clinic teaches the fundamentals of basketball: dribbling, shooting and passing)

SP23-4011	4/2 - 4/30	Ages: 6-8	Sun	10:00 - 10:50 AM	\$102/ 4 wks
SP23-4012	5/7 - 5/28	Ages: 6-8	Sun	10:00 - 10:50 AM	\$102/ 4 wks
SP23-4013	6/4 - 6/25	Ages: 6-8	Sun	10:00 - 10:50 AM	\$102/ 4 wks
WINTER 2023					

**BEGINNERS CLINICS** (No experience necessary; clinic teaches the fundamentals of basketball: dribbling, shooting and passing)

W23-4017	1/8 - 1/29	Ages: 8-12	Sun	11:00 - 11:50 AM	\$102/ 4 wks
W23-4018	2/5 - 2/26	Ages: 8-12	Sun	11:00 - 11:50 AM	\$102/ 4 wks
W23-4019	3/5 - 3/26	Ages: 8-12	Sun	11:00 - 11:50 AM	\$102/ 4 wks
SPRING 202	23				

**BEGINNERS CLINICS** (No experience necessary; clinic teaches the fundamentals of basketball: dribbling, shooting and passing)

WINTER 202	13				
SP23-4019	6/4 - 6/25	Ages: 8-12	Sun	11:00 - 11:50 AM	\$102/ 4 wks
SP23-4018	5/7 - 5/28	Ages: 8-12	Sun	11:00 - 11:50 AM	\$102/ 4 wks
SP23-4017	4/2 - 4/30	Ages: 8-12	Sun	11:00 - 11:50 AM	\$102/ 4 wks

**OPEN CLINICS** (This clinic is for experienced players with good ball handling skills that have played basketball for at least 2 years)

CDDING 20	22				
W23-4025	3/5 - 3/26	Ages: 9-12	Sun	12:00 - 1:00 PM	\$102/ 4 wks
W23-4024	2/5 - 2/26	Ages: 9-12	Sun	12:00 - 1:00 PM	\$102/ 4 wks
W23-4023	1/8 - 1/29	Ages: 9-12	Sun	12:00 - 1:00 PM	\$102/ 4 wks

**OPEN CLINICS** (This clinic is for experienced players with good ball handling skills that have played basketball for at least 2 years)

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SP23-4023	4/2 - 4/30	Ages: 9-12	Sun	12:00 - 1:00 PM	\$102/ 4 wks
SP23-4024	5/7 - 5/28	Ages: 9-12	Sun	12:00 - 1:00 PM	\$102/ 4 wks
SP23-4025	6/4 - 6/25	Ages: 9-12	Sun	12:00 - 1:00 PM	\$102/4 wks

#### KENDO DOJO

Our Dojo teaches Kendo, the modern Japanese martial art which descended from swordmanship. We will focus on basic techniques, advanced techniques and etiquette. Alhambra Kendo Dojo is part of the All United States Kendo Federation and the International Kendo Federation.

**Beginners:** Bamboo Stick \$25.00. **Instructor:** Shuntaro Shinada

**Location:** Granada Park Gym, 2000 W. Hellman Ave., Alhambra

**WINTER 2023** 

W23-4007 1/10 - 3/23 Beg/7+ Tue/Thurs 6:00 - 7:30 PM \$86 / 11 wks W23-4010 1/10 - 3/23 Adv/7+ Tue/Thurs 7:30 - 9:00 PM \$86 / 11 wks SPRING 2023

 SP23-4007
 4/11 - 6/22
 Beg/7+
 Tue/Thurs
 6:00 - 7:30 PM
 \$86 / 11 wks

 SP23-4010
 4/11 - 6/22
 Adv/7+
 Tue/Thurs
 7:30 - 9:00 PM
 \$86 / 11 wks

#### KUNG FU- NORTHERN SHAOLIM

Traditional Kung Fu from Hong Kong Masters. Learn the dynamic kicking maneuvers unique to Northern Shaolim Kung Fu. Tai Chi training included in curriculum.

Instructor:

Granada Park Gym, 2000 Hellman Ave, Alhambra Location:

WINTER 2023

W23-4008 \$68/11 wks 1/14 - 3/25 1:30 - 3:30 PM W23-4009 1/14 - 3/25 Sat 4:00 - 6:00 PM \$68/11 wks Ages: 15+

**SPRING 2023** 

SP23-4008 4/15 - 6/24 1:30 - 3:30 PM \$68/11 wks Ages: 8+





#### **AGES & STAGES**

This class will nurture the bond between parent and child. Instructors will assist you and your children through fun activities, music and social play as well as parenting skills and techniques. Enrollment fee is per child. No eating or drinking in class.

No class 1/16, 2/20, 5/29.

**Instructor:** Credentialed Parent Education Instructor

Location: Emery Park Youth Center, 2700 Mimosa Street, Alhambra

**WINTER 2023** 

W23-5001 1/9 - 3/20 Ages: 0-4 ½ Mon 9:00 - 10:30 AM \$128/9 wks

**SPRING 2023** 

\$142/10 wks SP23-5001 4/10 - 6/19 Ages: 0-4 ½ Mon 9:00 - 10:30 AM

#### **FUN WITH TODDLERS**

Join this fun class with your toddler and learn the techniques used to help them discover and understand the adventures of his/her world. Enrollment fee is per child. No eating or drinking in class. Child must be under 2 on September 1, 2023.

**Instructor:** Credentialed Parent Education Instructor

Location: Emery Park Youth Center, 2700 Mimosa Street, Alhambra

WINTER 2023

W23-5003 1/11 - 3/22 Ages: 0-2 Wed 9:00 - 10:30 AM \$156/11 wks W23-5006 1/13 - 3/24 Ages: 0-2 9:00 - 10:30 AM \$156/11 wks **SPRING 2023** SP23-5003 4/12 - 6/21 9:00 - 10:30 AM \$156/11 wks Ages: 0-2 Wed SP23-5006 4/14 - 6/23 Ages: 0-2 Fri 9:00 - 10:30 AM \$156/11 wks

#### TWO TOO MUCH

Through teacher-led group play, music, and fun activities, this class will help you pick up the skills necessary to help you understand and cope with the growing independence of your two year old. Enrollment fee is per child. No eating or drinking in class.

Child must be 2 on September 1, 2023.

Instructor: Credentialed Parent Education Instructor

Location: Emery Park Youth Center, 2700 Mimosa Street, Alhambra

**WINTER 2023** 

1/10 - 3/21 W23-5005 9:00 - 10:30 AM \$156/11wks Ages: 2 Tue W23-5004 1/12 - 3/23 9:00 - 10:30 AM \$156/11wks Ages: 2 Thu **SPRING 2023** SP23-5005 4/11 - 6/20 Ages: 2 Tue 9:00 - 10:30 AM

\$156/11 wks SP23-5004 4/13 - 6/22 Ages: 2 Thu 9:00 - 10:30 AM \$156/11 wks

## **MUSIC** CLASSES

#### CHILDREN'S PIANO PLAYTIME

A fun first introduction to music. Students have their own piano, learn to read notes, rhythms, play popular children's songs. Mr. Evans has been teaching for 30 years, performs in public, and has two CDs of piano music that sell nationwide.

**Instructor:** Larry Evans

248 E. Main St., Alhambra Location:

WINTER 2023

W23-6045 1/12 - 3/2 Ages: 6-12 Thur 6:00 - 7:00 PM \$144 / 8 wks W23-6046 1/14 - 3/4 Ages: 6-12 Sat 11:00 - 12:00 PM \$144 / 8 wks **SPRING 2023** 

SP23-6045 4/13 - 6/1 Ages: 6-12 Thur 6:00 - 7:00 PM \$144 / 8 wks SP23-6046 4/15 - 6/3 Ages: 6-12 Sat 11:00 - 12:00 PM \$144 / 8 wks





# TENNIS CLASSES

TENNIS ANYONE - PEE WEE, YOUTH & ADULTS
Our clinics emphasize learning in a fun, dynamic, fitness friendly, and engaging tennis environment. Students will learn how to properly hit the 4 major strokes of the game while building stroke dependability for match play. Our system incorporates lots of unique tennis games that make learning fun and exciting. We believe that tennis will bring each of our students more fun, fitness, and friendships for a lifetime.

Students must provide a tennis racket.

Instructor: T	ennis Anyone	Instructors
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Alhambra Park Tennis Courts, 500 N. Palm Ave., Alhambra

#### WINTER 2023 PFF WFF - SESSION 1

WINT LIL ZUZ	JILL WLL - J	LJJION I					
W23-1001	1/11 - 2/1	Ages: 3-6	Wed	4:45 - 5:30 PM	\$159 / 4 wks		
W23-1002	1/13 - 2/3	Ages: 3-6	Fri	4:45 - 5:30 PM	\$159 / 4 wks		
W23-1003	1/11 - 2/3	Ages: 3-6	Wed/Fri	4:45 - 5:30 PM	\$249 / 4 wks		
WINTER 202	WINTER 2023 PEE WEE – SESSION 2						
W23-1004	2/8 - 3/1	Ages: 3-6	Wed	4:45 - 5:30 PM	\$159 / 4 wks		
W23-1005	2/10 - 3/3	Ages: 3-6	Fri	4:45 - 5:30 PM	\$159 / 4 wks		
W23-1006	2/8 - 3/3	Ages: 3-6	Wed/Fri	4:45 - 5:30 PM	\$249 / 4 wks		
WINTER 202	WINTER 2023 PEE WEE – SESSION 3						
W23-1007	3/8 - 3/29	Ages: 3-6	Wed	4·45 - 5·30 PM	\$159 / 4 wks		

W23-100/	3/8 - 3/29	Ages: 3-6	Wed	4:45 - 5:30 PM	\$159 / 4 wks
W23-1008	3/10 - 3/31	Ages: 3-6	Fri	4:45 - 5:30 PM	\$159 / 4 wks
W23-1009	3/8 - 3/31	Ages: 3-6	Wed/Fri	4:45 - 5:30 PM	\$249 / 4 wks
<b>SPRING 202</b>	23 PEE WEE –	SESSION 1			
SP23-1001	4/5 - 4/26	Ages: 3-6	Wed	4.45 - 5.30 PM	\$159 / 4 wks

4:45 - 5:30 PM

Wed/Fri 4:45 - 5:30 PM

\$159 / 4 wks

\$249 / 4 wks

#### SP23-1002 4/7 - 4/28 SP23-1003 4/5 - 4/28 Ages: 3-6

SPRING 202	3 PEE WEE –	SESSION 2			
SP23-1004			Wed	4:45 - 5:30 PM	\$159 / 4 wks
SP23-1005		,		4:45 - 5:30 PM	\$159 / 4 wks
SP23-1006		,		4:45 - 5:30 PM	\$249 / 4 wks
	3 PEE WEE –	,	WCG/III	1.15 5.501111	72177 TWIS
			Wed	4·45 - 5·30 PM	\$159 / 4 wks

51 111110 202		525510115			
SP23-1007	5/31 - 6/21	Ages: 3-6	Wed	4:45 - 5:30 PM	\$159 / 4 wks
SP23-1008	6/2 - 6/23	Ages: 3-6	Fri	4:45 - 5:30 PM	\$159 / 4 wks
SP23-1009	5/31 - 6/23	Ages: 3-6	Wed/Fri	4:45 - 5:30 PM	\$249 / 4 wks
WINTED	2 ID ACADE	MV CECCION	4		

#### WINTER 2023 JR. ACADEMY – SESSION 1

W23-1010	1/11 - 2/1	Beg-Intm 7-13	Wed	5:30 - 6:30 PM	\$149/ 4 wks
W23-1011	1/13 - 2/3	Beg-Intm 7-13	Fri	5:30 - 6:30 PM	\$149 / 4 wks
W23-1012	1/11 - 2/3	Beg-Intm 7-13	Wed & Fri	5:30 - 6:30 PM	\$249 / 4 wks
W23-1013	1/11 - 2/1	Intm-Adv 7-17	Wed	6:30 - 7:30 PM	\$149/ 4 wks
W23-1014	1/13 - 2/3	Intm-Adv 7-17	Fri	6:30 - 7:30 PM	\$149/ 4 wks
W23-1015	1/11 - 2/3	Intm-Adv 7-17	Wed & Fri	6:30 - 7:30 PM	\$249 / 4 wks
WINTER 2023 JR. ACADEMY – SESSION 2					

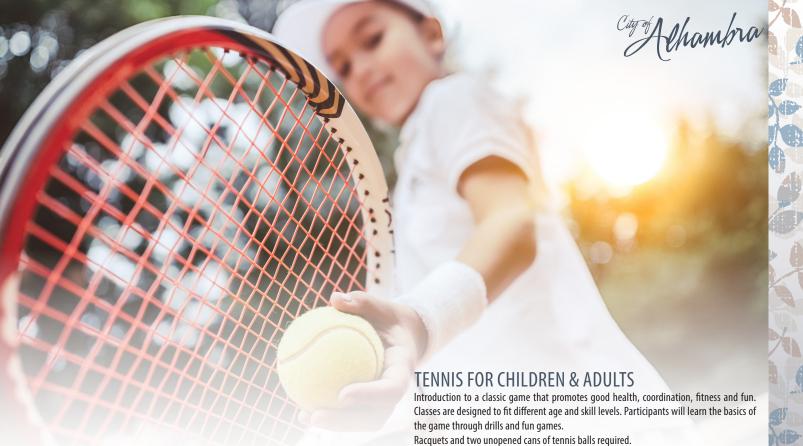
WINTER 202	3 JR. ACADEMY	- SESSION 2	2		
W23-1016	2/8 - 3/1	Beg-Intm 7-13	Wed	5:30 - 6:30 PM	\$149/ 4 wks
W23-1017	2/10 - 3/3	Beg-Intm 7-13	Fri	5:30 - 6:30 PM	\$149 / 4 wks
W23-1018	2/8 - 3/3	Beg-Intm 7-13	Wed & Fri	5:30 - 6:30 PM	\$249 / 4 wks
W23-1019	2/8 - 3/1	Intm-Adv 7-17	Wed	6:30 - 7:30 PM	\$149/4 wks
W23-1020	2/10 - 3/3	Intm-Adv 7-17	Fri	6:30 - 7:30 PM	\$149/4 wks
W23-1021	2/8 - 3/3	Intm-Adv 7-17	Wed & Fri	6:30 - 7:30 PM	\$249 / 4 wks
WINTER 202	3 IR. ACADEMY	- SESSION :	3		

W23-1022	3/8 - 3/29	Beg-Intm 7-13	Wed	5:30 - 6:30 PM	\$149/ 4 WKS
W23-1023	3/10 - 3/31	Beg-Intm 7-13	Fri	5:30 - 6:30 PM	\$149 / 4 wks
W23-1024	3/8 - 3/31	Beg-Intm 7-13	Wed & Fri	5:30 - 6:30 PM	\$249 / 4 wks
W23-1025	3/8 - 3/29	Intm-Adv 7-17	Wed	6:30 - 7:30 PM	\$149/ 4 wks
W23-1026	3/10 - 3/31	Intm-Adv 7-17	Fri	6:30 - 7:30 PM	\$149/ 4 wks
W23-1027	3/8 - 3/31	Intm-Adv 7-17	Wed & Fri	6:30 - 7:30 PM	\$249 / 4 wks

#### SPRING 2023 JR. ACADEMY - SESSION 1

SP23-1010	4/5 - 4/26	Beg-Intm 7-13	Wed	5:30 - 6:30 PM	\$149/ 4 wks
SP23-1011	4/7 - 4/28	Beg-Intm 7-13	Fri	5:30 - 6:30 PM	\$149 / 4 wks
SP23-1012	4/5 - 4/28	Beg-Intm 7-13	Wed & Fri	5:30 - 6:30 PM	\$249 / 4 wks
SP23-1013	4/5 - 4/26	Intm-Adv 7-17	Wed	6:30 - 7:30 PM	\$149/ 4 wks
SP23-1014	4/7 - 4/28	Intm-Adv 7-17	Fri	6:30 - 7:30 PM	\$149/ 4 wks
SP23-1015	4/5 - 4/28	Intm-Adv 7-17	Wed & Fri	6:30 - 7:30 PM	\$249 / 4 wks
<b>SPRING 202</b>	3 JR. ACADEMY	/ – SESSION	2		
SP23-1016	5/3 - 5/24	Beg-Intm 7-13	Wed	5:30 - 6:30 PM	\$149/ 4 wks
SP23-1017	5/5 - 5/26	Beg-Intm 7-13	Fri	5:30 - 6:30 PM	\$149/ 4 wks
SP23-1018	5/3 - 5/26	Beg-Intm 7-13	Wed & Fri	5:30 - 6:30 PM	\$249 / 4 wks
SP23-1019	5/3 - 5/24	Intm-Adv 7-17	Wed	6:30 - 7:30 PM	\$149/ 4 wks
SP23-1020	5/5 - 5/26	Intm-Adv 7-17	Fri	6:30 - 7:30 PM	\$149/ 4 wks
SP23-1021	5/3 - 5/26	Intm-Adv 7-17	Wed & Fri	6:30 - 7:30 PM	\$249 / 4 wks
SPRING 202	3 JR. ACADEMY				
SP23-1022	5/31 - 6/21	Beg-Intm 7-13	Wed	5:30 - 6:30 PM	\$149 / 4 wks
SP23-1023	6/2 - 6/23	Beg-Intm 7-13	Fri	5:30 - 6:30 PM	\$149 / 4 wks
SP23-1024	5/31 - 6/23	Beg-Intm 7-13	Wed & Fri	5:30 - 6:30 PM	\$249 / 4 wks
SP23-1025	5/31 - 6/21	Intm-Adv 7-17	Wed	6:30 - 7:30 PM	\$149 / 4 wks
SP23-1026	6/2 - 6/23	Intm-Adv 7-17	Fri	6:30 - 7:30 PM	\$149 / 4 wks
SP23-1027	5/31 - 6/23	Intm-Adv 7-17	Wed & Fri	6:30 - 7:30 PM	\$249 / 4 wks
	3 ADULTS – SES				
W23-1028	1/11 - 2/1	Ages: 18+	Wed	7:30 - 8:30 PM	\$149 / 4 wks
W23-1029	1/13 - 2/3	Ages: 18+	Fri	7:30 - 8:30 PM	\$149 / 4 wks
W23-1030	1/11 - 2/3	Ages: 18+	Wed & Fri	7:30 - 8:30 PM	\$249 / 4 wks
	3 ADULTS – SES				
W23-1031	2/8 - 3/1	Ages: 18+	Wed	7:30 - 8:30 PM	\$149 / 4 wks
W23-1032	2/10 - 3/3	Ages: 18+	Fri	7:30 - 8:30 PM	\$149 / 4 wks
W23-1033	2/8 - 3/3	Ages: 18+	Wed & Fri	7:30 - 8:30 PM	\$249 / 4 wks
WINTER 202	3 ADULTS – SES				
W23-1034	3/8 - 3/29	Ages: 18+	Wed	7:30 - 8:30 PM	\$149 / 4 wks
W23-1035	3/10 - 3/31	Ages: 18+	Fri	7:30 - 8:30 PM	\$149 / 4 wks
W23-1036	3/8 - 3/31	Ages: 18+	Wed & Fri	7:30 - 8:30 PM	\$249 / 4 wks
	3 ADULTS – SE				
SP23-1028	4/5 - 4/26	Ages: 18+	Wed	7:30 - 8:30 PM	\$149 / 4 wks
SP23-1029	4/7 - 4/28	Ages: 18+	Fri	7:30 - 8:30 PM	\$149 / 4 wks
SP23-1030	4/5 - 4/28	Ages: 18+	Wed & Fri	7:30 - 8:30 PM	\$249 / 4 wks
	3 ADULTS – SE				
SP23-1031	5/3 - 5/24	Ages: 18+	Wed	7:30 - 8:30 PM	\$149 / 4 wks
SP23-1032	5/5 - 5/26	Ages: 18+	Fri	7:30 - 8:30 PM	\$149/ 4 wks
SP23-1033	5/3 - 5/26	Ages: 18+	Wed & Fri	7:30 - 8:30 PM	\$249 / 4 wks
	3 ADULTS – SE				
SP23-1034	5/31 - 6/21	Ages: 18+	Wed	7:30 - 8:30 PM	\$149 / 4 wks
SP23-1035	6/2 - 6/23	Ages: 18+	Fri	7:30 - 8:30 PM	\$149 / 4 wks
SP23-1036	5/31 - 6/23	Ages: 18+	Wed & Fri	7:30 - 8:30 PM	\$249 / 4 wks





#### TENNIS CHAMPIONS

Coach Tom welcomes students 5-17. Beginners through 4.5 level advanced. We hit lots of balls and develop eye hand coordination. Tie breakers for advanced players.

**Instructor:** Tom Eilers

Location: Alhambra Park Tennis Courts, 500 N. Palm Ave, Alhambra **WINTER 2023** 

W23-1037 1/14 - 3/4 Ages: 5-17 Sat 4:00 - 5:00 PM \$98 / 8 wks W23-1038 1/14 - 3/4 Ages: 5-17 Sat 5:00 - 6:00 PM \$98 / 8 wks **SPRING 2023** SP23-1037 4/15 - 6/3 Ages: 5-17 Sat 4:00 - 5:00 PM \$98 / 8 wks SP23-1038 4/15 - 6/3 Ages: 5-17 Sat 5:00 - 6:00 PM \$98 / 8 wks

#### TENNIS CHAMPIONS

This class includes Tennis Lessons, ball pickups, and various floor exercises.

No class 1/16, 5/29.

Instructor: Tom Eilers

Location: Alhambra Park Tennis Courts, 500 N. Palm Ave, Alhambra

**WINTER 2023** 

W23-1047 \$50 / 8 wks 1/9 - 3/13 Ages: 5-14 Mon 5:00 - 5:30 PM W23-1048 1/9 - 3/13 Ages: 5-14 Mon 6:00 - 6:30 PM \$50 / 8 wks **SPRING 2023** \$50 / 8 wks SP23-1047 4/10 - 6/5 Ages: 5-14 Mon 5:00 - 5:30 PM SP23-1048 4/10 - 6/5 Ages: 5-14 Mon 6:00 - 6:30 PM \$50 / 8 wks

#### TENNIS CHAMPIONS

Tournament Player Tennis (All Ages) USTA 3.5 to 4.5 level.

Instructor: Tom Eilers

Alhambra Park Tennis Courts, 500 N. Palm Ave, Alhambra Location:

**WINTER 2023** 

W23-1067 1/14 - 3/4 All Ages 6:00 - 7:30 PM \$146 / 8 wks Sat

**SPRING 2023** 

SP23-1067 4/15 - 6/3 All Ages Sat 6:00 - 7:30 PM \$146 / 8 wks Introduction to a classic game that promotes good health, coordination, fitness and fun. Classes are designed to fit different age and skill levels. Participants will learn the basics of

**Instructor:** Mario Ross USPTA Certified Professional

Location: Alhambra Park Tennis Courts, 500 N. Palm Avenue, Alhambra

**PEE WEE TENNIS WINTER 2023** 

1/11 - 3/15 Wed 3:00 - 4:00 PM \$135 / 10 wks W23-1039 Ages: 4-7 \$135 / 10 wks W23-1040 1/14 - 3/18 Ages: 4-7 8:00 - 9:00 AM **PEE WEE TENNIS SPRING 2023** 4/12 - 6/14 Wed 3:00 - 4:00 PM \$135 / 10 wks SP23-1039 Ages: 4-7 4/15 - 6/17 8:00 - 9:00 AM \$135 / 10 wks SP23-1040 Ages: 4-7 Sat

**LITTLE STARS WINTER 2023** W23-1041 1/11 - 3/15 Ages: 8-12 Wed 4:00 - 5:00 PM \$135 / 10 wks W23-1042 1/14 - 3/18 Ages: 8-12 Sat 9:00 - 10:00 AM \$135 / 10 wks

**LITTLE STARS SPRING 2023** SP23-1041 4/12 - 6/14 Ages: 8-12 Wed 4:00 - 5:00 PM \$135 / 10 wks 9:00 - 10:00 AM \$135 / 10 wks SP23-1042 4/15 - 6/17 Ages: 8-12 Sat

**JUNIOR CHAMPS WINTER 2023** 5:00 - 6:00 PM \$135 / 10 wks W23-1043 1/11 - 3/15 Ages: 13-17 Wed W23-1044 1/14 - 3/18 Ages: 13-17 Sat 10:00 - 11:00 AM \$135 / 10 wks

**JUNIOR CHAMPS SPRING 2023** SP23-1043 4/12 - 6/14 Ages: 13-17 Wed 5:00 - 6:00 PM \$135 / 10 wks SP23-1044 4/15 - 6/17 Ages: 13-17 Sat 10:00 - 11:00 AM \$135 / 10 wks

**INTERMEDIATE WINTER 2023** W23-1045 1/11 - 3/15 6:00 - 7:00 PM \$135 / 10 wks Ages: 8-17 Wed \$135 / 10 wks W23-1046 1/14 - 3/18 11:00 AM - 12:00 PM Ages: 8-17 Sat

**INTERMEDIATE SPRING 2023** SP23-1045 4/12 - 6/14 6:00 - 7:00 PM \$135 / 10 wks Ages: 8-17 Wed

SP23-1046 4/15 - 6/17 Ages: 8-17 Sat 11:00 AM - 12:00 PM \$135 / 10 wks **ADULT CLASSES WINTER 2023** 

\*Held at the Almansor Park Tennis Courts, 800 S. Almansor St.

Ages: 18-59 Thu \$135 / 10 wks W23-3005 1/12 - 3/16 6:00 - 7:00 PM **ADULT CLASSES SPRING 2023** 

\*Held at the Almansor Park Tennis Courts, 800 S. Almansor St.

SP23-3005 4/13 - 6/15 Ages: 18-59 Thu 6:00 - 7:00 PM \$135 / 10 wks **SENIOR CLASSES WINTER 2023** 

\*Held at the Almansor Park Tennis Courts, 800 S. Almansor St.

W23-3006 1/12 - 3/16 Ages: 60+ Thu 7:00 - 8:00 PM \$135 / 10 wks **SENIOR CLASSES SPRING 2023** 

\*Held at the Almansor Park Tennis Courts, 800 S. Almansor St. \$135 / 10 wks SP23-3006 4/13 - 6/15 Ages: 60+ Thu 7:00 - 8:00 PM

www.cityofalhambra.org



# SWIMMING LESSONS, LAP SWIM, RECREATIONAL SWIM

General Information: Phone activated messages • (626) 570-5063

Winter/Spring programs will run Jan. 2 - May 31, 2023. Alhambra Park "Water Playground" will be open on weekends and during extreme temperature heat conditions. Schedules are subject to change without notice.

#### ALHAMBRA PARK POOL

500 North Palm Avenue • (626) 570-5063

#### GRANADA PARK POOL

2233 Whitney Drive • (626) 570-5093

#### **Staffed Office Hours:**

January 3 - May 31, 2023

LAP SWIM (18 and over)

Wednesday 4:00 PM - 6:30 PM Saturday & Sunday 9:00 AM - 11:30 AM

#### GENERAL ADMISSION FEES

SWIM LESSON FEES (per session): YOUTH ADMISSION (17 and under) \$1.50 per Rec. Swim ADULT ADMISSION (18 and over)

\$2.50 per Rec. Swim \$3.00 per Lap swim

Children/\$42.00 & Adults/\$47.00

At Granada Pool (Sat/Sun) 9:30 AM - 11:00 AM (ONLY 1 Shallow Lane Available). Dependent on weather and holiday schedules.

#### AOUATIC EMPLOYMENT OPPORTUNITIES

Applicants for the summer season are being accepted in March. Full certification is not required at time of testing evaluation. For an application or for information call City of Alhambra - Human Resources Department at (626) 570-5095.

#### ALHAMBRA PARK WATER PLAYGROUND HOURS

Admission to the Water Playground is FREE. For safety precautions admission may be limited based on capacity standards and admission will be allowed on a first come-first served basis. In the event we experience Extreme Heat the Water Playground will be opened for cooling. Please call (626) 570-5063 on extreme heat days to ask about status.

March 4 - May 28 (Weekends ONLY) 10:00 AM - 4:00 PM Sat/Sun

#### WATER AEROBICS CLASS

A terrific activity for adults of any age who want a low impact aerobic program for trimming and toning. No swimming ability required and exercise equipment is provided for your convenience. MONTHLY MINIMUM SIGN-UP MUST BE MET TO HOLD THE CLASS!

Alhambra Park Pool Friday 6:00 PM - 6:45 PM

#### **SCHEDULE & FEES:**

March 3 - 31	\$15/Monthly Fee
April 7 - 28	\$12/Monthly Fee
May 5 - 26	\$12/Monthly Fee
June 2 - 30	\$15/Monthly Fee
July 7 - 28	\$12/Monthly Fee
August 4 - 25	\$12/Monthly Fee
September 1 - 29	\$15/Monthly Fee
October 6 - 27	\$12/Monthly Fee
ACCEPTAGE NAME OF THE PERSON O	

Now Available! Online Registration for all Programs, please visit Cityofalhambra.org



Youth and Adult lessons will consist of a 40 minute class on Saturday & Sunday for four weeks; and a 30 minute class on Tuesday & Thursday for 3 weeks. A skill's test will be given, when needed, at the beginning of each session, to determine the appropriate level of instruction. Please note that the following are general age and class descriptions intended to help you register for the appropriate class. Classes require a minimum enrollment to be conducted. Registration is accepted online – Cityofalhambra.org.

**Parent/Child** - This class is designed to introduce parents & children to the aquatic environment. Parents will be instructed on how to teach water adjustment skills to their children. Ages: 6 months to 3 years.

**Tots** - This class is designed for ages 3 - 5 with little or no swimming experience, and is geared mainly toward water adjustment, while introducing primary swimming skills.

**Beginner** - This class is for children ages 6 and up. It will teach a basic introduction to swimming techniques and strokes.

**Advanced Beginner** - In this class participants will work to perfect the strokes and skills learned in the beginner class. (25 yard swim test required)

**Intermediate/Swimmer** - This course is designed to increase swimmer endurance and introduce new strokes to the advanced students. (50 yard swim test required)

**Adult Swim Lessons** - This class is ideal for adults of all levels, who desire to learn to swim or simply want to improve on their skills.

**Adaptive Swim Lesson** - The class instructor will provide instruction for those swimmers with limited motor skills and abilities. The intent of this program is to improve cardiovascular endurance and motor function. You may want to consult with a health care provider before entering this program. \*Dependent on Availability

**Springboard Diving** - This course is designed to develop elementary skills in the use of 1 meter & 3 meter diving boards. Students recommended swim skill level is at the advanced beginner+/9years+. (A successful deep water 50 yd Swim Test is Required)

#### **SATURDAY & SUNDAY LESSON SCHEDULE: Granada Park Pool**

Saturday A	February 4 - 25, 2023	9:00 AM - 11:55 AM
Sunday A	February 5 - 26, 2023	9:00 AM - 11:55 AM
Saturday B	March 4 - 25, 2023	9:00 AM - 11:55 AM
Sunday B	March 5 - 26, 2023	9:00 AM - 11:55 AM
Saturday C	April 1 - 22, 2023	9:00 AM - 11:5 AM
Sunday C	April 2 - 30, 2023	9:00 AM - 11:55 AM
Saturday D	May 6 - 27, 2023	9:00 AM - 11:55 AM

This program is for youth 6-17 years and under who would like to enjoy the fun of competition and individual growth. Workouts will concentrate on strokes and skills for novice swimmers. Participants tryout with coach prior to beginning of Group 1 or 2. Participants at the novice level must be able to swim four lengths of a 25-yard pool using basic competitive strokes. Team fee \$67.00 per month and due on the first week of each month.

Practices on Wednesday ADST 1 - 4:00 PM - 5:30 PM ADST 2 - 5:30 PM - 7:00 PM (Granada Pool) Practices on Sat/Sun
ADST 1 - 8:30 AM or 10:00 AM
ADST 2 - 10:15 AM - 11:45 AM
(Granada Pool)

\*For swimmers interested in a more competitive team, email questions to Dare Aquatics, linda\_c\_tang@yahoo.com, our USS partnership team.

# LIFEGUARD TRAINING AMERICAN RED CROSS (ARC) CERTIFICATION COURSE: (LG TR 2023)

This certification course meets California public safety lifeguard requirements. The certificate enables participants to apply for California non-surf lifeguard jobs. It is a required course for municipal lifeguard applicants. The 110 hour course includes training in swim instructing and additional life guarding skills, but does not include the text. Prerequisites: 15+ years, 500 yard swim using crawl, breaststroke, elementary backstroke, and sidestroke; deep water retrieval; 15 yard underwater swim; and tread water (legs only) for 2 minutes. The Lifeguard Training-CPR-First Aid and AED Certificates will be issued to all successful candidates.

#### **Granada Park Pool**

LT A-B Tue. & Thur., December 20 - 29, 2022 LT-A Saturday's, January 7 - April 29, 2023 LT-B Sunday's, January 8 - April 30, 2023 8:30 AM - 3:30 PM (w/45 min. break)

Class Fee: \$110.00/19 weeks Certification Fee: \$41.00/ARC

**REGISTRATION:** Registration is on-line or by walk-in. Phone and mail-in registration is not available. Payment can be made by cash (exact change,) check (made payable to the City of Alhambra) and credit card (Visa, MasterCard, Discover Card.) A waiting list will be established when classes are full. If space in a class becomes available, the opening will be first filled from the waiting list. The lesson schedule is subject to change. Specific class times will be posted at the pools or visit **www.cityofalhambra.org** to register on-line.

#### **REFUND/TRANSFER POLICY**

Refunds & Transfers will only be granted if the participant cancels **PRIOR** to the second class meeting. A \$10 processing fee will be assessed for all refunds. Full refunds will be issued only if the class is canceled by the City of Alhambra. The city is not responsible for accidents or other incidences occur out of the city's control and there will be no compensation for the missed class.



# SENIOR **SERVICES**

CLUBS, NUTRITION, EDUCATION, FITNESS & FUN

# SPECIAL INTEREST CLUBS & ACTIVITIES

All clubs meet on a weekly or monthly basis on the day and time listed below. Clubs are run independently. If you have special interests and would like to start a club, call (626) 570-5056.

# **Joslyn Adult Recreation Center**

210 N. Chapel Ave. Alhambra, CA (626) 570-5056

**Center Hours:** 

Monday - Friday, 7:00 AM - 5:30 PM The Joslyn Adult Recreation Center has been designated as a Focal Point by the Los Angeles County Area Agency on Aging to serve the Southwest San Gabriel Valley Community Services Area. As a Focal Point Network Member, the Joslyn Adult Recreation Center serves as a central access point for information and services to assist senior citizens and their family members.

The Department of Parks & Recreation, Senior Services Division, features a wide variety of programs and activities for adults age 60 and over, including recreation, social services, congregate meals, and transportation. Unless otherwise indicated, all programs take place at Joslyn Adult Recreation Center. For more information on these programs please refer to the following numbers:

#### **JOSLYN ADULT RECREATION CENTER OFFICE**

(626) 570-5056

**CASE MANAGEMENT OFFICE** (626) 570-3220

SENIOR RIDE RESERVATIONS (626) 289-7433

**SENIOR RIDE ADMINISTRATION** 

(626) 570-5088

**LUNCH RESERVATIONS** 

(626) 458-4455

**HOME DELIVERED MEALS** (626) 214-9465

#### ALHAMBRA SENIOR TENNIS CLUB FREE Fridays • 8:00 AM - 10:00 AM

New Players Welcome!

#### **ASIAN PACIFIC DANCE CLUB** Fridays • 1:00 PM - 4:00 PM Fee: \$1.00

Learn popular ballroom dances by an instructor.

#### **CHESS FOR FUN FREE**

2<sup>nd</sup> to last Thursday 2:00 PM - 4:00 PM Last Thursday each month 2:00 PM - 4:00 PM Play, Learn, Practice.

#### CHINESE YUEN CHI CLUB FREE

Fridays • 12:30 PM - 3:00 PM

Immerse yourself in Chinese culture by practicing Tai Chi movements and choreographed exercises.

#### **CRAFT CIRCLE FREE**

#### Mondays • 9:00 AM - 12:00 PM

Learn basic knitting and crocheting skills or bring your favorite project. Please bring your own needles, crochet hooks, and yarn. On the 2nd Monday help support VITAS by joining in and making crochet, knit and sewn items for individuals receiving hospice care.

#### HAPPY DANCE CLUB

Saturdays • 12:30 PM - 3:30 PM Fee: \$3.00

Socialize and dance with friends.

#### **MOVIE GOERS FREE**

Thursdays • 12:30 PM - 3:00 PM

Enjoy some popcorn as you watch a new release or an older time classic movie.

#### **OLDIES BUT GOODIES** SINGING GROUP FREE

Thursdays • 10:00 AM - 12:00 PM Sing-along to your favorite tunes.

#### **RAINBOW SENIOR DANCE CLUB**

Sundays • 2:00 PM - 5:00 PM Annual Membership: \$10.00 Weekly donations are appreciated.

#### **SENIOR ART CLUB Varies weekly**

Mondays • 12:30 PM - 3:30 PM

Sessions are Non-Instructed. Fees cover payment for model. Models needed (a small honorarium provided). For more information please contact Joslyn Adult Center.

#### **TABLE TENNIS - OPEN PLAY FREE**

Tuesdays • 12:00 PM - 3:00 PM

Table use is first come first served.

#### WII BOWLERS FREE

Thursdays • 10:00 AM -11:00 AM

Bowl at the Joslyn Center, video game style, using the Nintendo Wii.

#### **WOMEN'S SUPPORT GROUP FREE**

Mondays • 12:00 PM - 1:00 PM

Join your peers for support and companionship. Share what is on your mind. Learn new skills to improve the quality of your life.



# CASE MANAGEMENT SERVICES

Seniors (age 60+) who reside in Alhambra are assisted with finding resources to remain living independently in their homes for as long as it is safely possible. Services are provided free of charge. Donations from clients and their families are accepted and gratefully acknowledged. Assistance is available in English, Mandarin, and Spanish.

#### **OFFICE LOCATION**

The Joslyn Adult Recreation Center, 210 North Chapel Avenue Telephone: (626) 570-3220

Office Hours: Monday through Thursday, 7:00 AM - 5:30 PM

#### **SERVICES INCLUDE:**

#### **CASE MANAGEMENT**

Case Management Services include a comprehensive assessment of the Client, Care Plan for services, and monthly contact to monitor and modify services as needed.

#### **HOMEMAKER SERVICES**

Case Management Project staff will coordinate temporary assistance for Clients in the form of meal preparation, basic household tasks, and light cleaning.

#### **PERSONAL CARE SERVICES**

Case Management Project staff will coordinate temporary assistance for Clients to maintain bodily hygiene, personal safety, and activities of daily living.

#### **RESPITE SERVICES**

Case Management Project staff will coordinate temporary assistance to a Client in the absence of their current caregiver.

#### **REGISTRY SERVICES**

The Case Management Project has a list of Registry Workers who are able to deliver services to Case Management Clients. Providers are screened with a LIVESCAN and interviewed prior to being placed on a Registry List. Services are at a negotiated rate between the Client and the Registry Workers. You must be a Case Management Client to utilize Registry services.

#### **TELEPHONE REASSURANCE**

Case Management Project senior volunteers make weekly telephone calls to seniors. Calls are made to check on their safety, well-being, and provide contact with the outside world.

#### **NUTRITION REFERRALS**

Home Delivered Meals / YWCA San Gabriel Valley Senior Cafe / Food Banks

#### **TRANSPORTATION**

Senior Ride / Access Services

#### **ASSISTIVE EQUIPMENT**

Staff can provide referrals and resources for walkers, commodes, canes, wheelchairs, etc.

#### **HOUSING REFERRALS**

Housing Lists / Assistance with placement

#### **PAPERWORK**

Assistance with Social Security Issues / Advocacy for Seniors / Consultations

# ALHAMBRA CASE MANAGEMENT PROJECT ADVISORY BOARD

#### 2nd Thursday of every month

10:00 AM

These meetings provide advice to the City and an opportunity for businesses and organizations to discuss issues and trends in the senior community. These meetings are advisory in nature. Businesses and organizations that serve seniors in the community are invited to share resources and make suggestions regarding the Case Management Project, Senior Services, and the Senior Ride Program.

#### PHILIPS LIFELINE MEDICAL ALERT SERVICE

The Joslyn Adult Center provides registration materials on the Philips Lifeline Program. This program helps you feel like you are never alone and knowing that with the push of a button someone will be there to help you. Call 1-800-242-1306 ext. 4791 to rach Lifeline directly or call the Jolsyn Center at (626) 570-3220 to have a brochure mailed to you.

#### **SENIOR HOUSING**

Alhambra has four senior housing facilities for seniors over the age of 62. For availability information, please contact the names below.

Telecu Las Palmas Manor (626) 457-1643	89 S. Chapel
Burke Manor (626) 458-1505	15 N. 3rd St.
Wysong Plaza (626) 284-3956	111 N. Chapel
Plaza on Main (626) 289-5800	333 W. Main St

# INSTRUCTIONAL CLASSES, SEMINARS & HEALTH SCREENINGS

Registration is required for all Instructional Classes, Seminars & Health Screenings. To register, call, come to the Joslyn Adult Center or register online at cityofalhambra.org. Cancellations may occur due to low enrollment, so please sign up if you are interested in the topic. Instructional Classes, Seminars & Health Screenings are free of charge unless otherwise noted. Classes, Screenings and Seminars can be added with little notice. Visit or call the Joslyn Adult Center regularly to receive up-to-date information. To register or for more information, call the Joslyn Adult Center at (626) 570-5056, Monday through Friday, 7:00 AM - 5:30 PM. Advertised Instructional Classes, Seminars & Health Screenings may be offered in per or as Zoom meetings. For more information call (626) 570-5056.

#### **SENIOR CLASSES**

#### AARP SMART DRIVER COURSE

#### Fee: \$21.95 AARP Members / \$27.95 Non-AARP Members

The AARP Smart Driver™ course is eight (8) hours in length for first-time participants. If you have previously taken the course within the past 3 years, you are eligible to take the shorter 4-hour refresher course. You must complete the course in order to receive a certificate. This defensive driving class is accepted by many insurance companies for a discount.

#### 8 Hour Course

Wednesday & Thursday

January 18th & 19th

12:30 PM - 4:30 PM

Wednesday & Thursday May 1

May 17th & 18th

12:30 PM - 4:30 PM

#### **4 Hour Refresher Course**

Wednesday

March 15th

12:30 PM - 5:00 PM

#### **SEMINARS**

#### PARTNERS IN CARE FOUNDATION

Various workshops help you learn ways to manage your health, so that you can feel better and live life more fully, every day. You'll meet other people who have similar health conditions and learn together in a supportive and social environment.

#### **Bingocize**

Mondays & Fridays

January 23rd - April 3rd

8:30 AM - 9:30 AM

#### \*No class Monday, February 20th

Bingocize is a fun way to both exercise and connect with others, all while improving you r balance and coordination. This program combines Bingo with exercises and health education.

#### **Diabetes Self-Mangement**

Tuesdays

May 2nd - June 6th

1:00 PM - 3:30 PM

The workshop helps people with Typy 2 diabetes manage symptoms like fatigue, depression and stress. In a socially interactive and mutually supportive setting, you will learn to make weekly action plans for healthy eating, medication management and exercise.

#### **SCREENINGS & SPECIAL SERVICES**

#### **BLOOD PRESSURE SCREENINGS**

2nd & 4th Monday • 10:00 AM (PENDING)

Bi-weekly Blood Pressure Screenings are Co-Sponsored by Alhambra Hospital Medical Center.

#### **HEALTH SCREENING**

Monthly cholesterol, vision, blood pressure screenings and COVID-19 Rapid Antigen Test kit distribution are Co-sponsored by Garfield Health Center. Registration is highly recommended.

4th Monday • 11:00 AM - 1:00 PM

# HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

Presented by Center for Health Care Rights

In these challenging times one thing is certain, the need for HICAP services. Center for Health Care Rights has continued to provide free and unbiased information, counseling and advocacy on Medicare, MediCal and related health insurance to Medicare beneficiaries and their families. For help call HICAP's toll free telephone hotline 1-800-824-0780.

#### **TECH TALK**

1st Thursday • 4:00 PM - 5:00 PM

#### \*Appointments are required!

Do you need help with your cellphone, laptop or tablet? Ask a specific question about one "tech" device. Receive a 15-minute consultation. Volunteers from the Alhambra Youth Commission.

#### **SEMINARS**

#### MANAGING ELDER CARE, TRUSTS & MEDI-CAL

Presented by: Elder Law Attorney, Carlos A. Arcos

\*Presentation will be held as a webinar.

#### "Managing Trusts Pre and Post Death"

Thursday, January 19th • 11:00 AM - 12:00 PM

#### "Trusts, Medi-Cal and Elder Care"

Thursday, February 16th • 11:00 AM - 12:00 PM

#### "Understanding & Reviewing Your Trusts"

Thursday, March 23rd • 11:00 AM - 12:00 PM

#### "Trustees Duties & Trusts"

Thursday, April 20th • 11:00 AM - 12:00 PM

#### "Trustees and Planning for Aging Parents"

Thursday, May 18th • 11:00 AM - 12:00 PM

#### "Managing Trusts Pre and Post Death"

Thursday, June 15th 11:00 AM - 12:00 PM

#### FREE LEGAL CONSULTATIONS

Elder Law Attorney, Carlos Arcos provides free legal consults in matters of Living Trusts, Probate Wills, Powers of Attorney, Elder Care & Medical, Nursing Home Benefits, and Assisted Living. Consultations are by appointment. It is strongly suggested that you attend the seminar before requesting a consultation. Call the Joslyn Adult Center at (626) 570-5056 for more information or to schedule consultation.

# **NUTRITION PROGRAM**& SPECIAL EVENTS



#### **NUTRITION PROGRAM**

#### **SENIOR NUTRITION PROGRAM**

Monday & Tuesday • 11:00 AM

The Senior Nutrition Program provides a nutritionally balanced congregate meal to senior citizens 60+ years of age. Lunch is provided by YWCA San Gabriel Valley Senior Cafe for a suggested donation of \$3.00. Reservations must be made at least one day in advance. Lunch is first come first served. If you have any questions or concerns about YWCA San Gabriel Valley Senior Café please contact YWCA San Gabriel Valley Senior Café at (626) 214-9456. Additional modifications have been made to provide meals during the COVID-19 pandemic. For more information contact (626) 214-9467.

#### **HOME DELIVERED MEALS**

The Home Delivered Meal Program is offered through YWCA San Gabriel Valley Senior Services and provides healthy meals to homebound older adults. The meals can be hot lunches that are delivered each weekday, or can be frozen meals that are delivered in a package of seven once per week. For more information on how to receive this service call (626) 214-9465.

City Staff plan fun celebrations throughout the year. For more information pick up a schedule of activities and celebrations taking place at the Joslyn Adult Center. Participation in celebrations requires a lunch reservation.

#### **LUNCH CELEBRATIONS**

CHINESE NEW YEAR LUNCH Fee: \$7.00 Friday, January 20th 10:00 AM

Registration ends January 27th

If you feel the ground trembling beneath your feet - don't fear! It's simply the beginning of the Chinese New Year. Celebrate the year of the Tiger at the Joslyn Center. Enjoy lunch and entertainment by the Chinese Yen Chi Club. This lunch will replace the YWCA congregate meal. Co-Sponsored by United Healthcare and Brookdale Senior Living.

ST. PATRICK'S DAY LUNCH Fee: \$7.00 Friday, March 17th 10:00 AM

Registration ends March 10th

Everyone is Irish and lucky today! Wear your green and get in the spirit with Irish music & entertainment, food, and green non-alcoholic beer. Everyone who wears green will be entered in a raffle. This lunch will replace the YWCA congregate meal. Co-Sponsored by United Healthcare and Ace Beverages.

WESTERN BBQ LUNCH Fee: \$7.00 Thursday, June 8th 11:00 AM

Registration ends June 1st

Enjoy a BBQ lunch and entertainment at the Joslyn Center. Wear your favorite cowboy or cowgirl attire and saddle up for a doggone good time! The BBQ will replace the YWCA lunch.

#### **SPECIAL EVENTS**

Registration is required for Special Events. All registrations are taken on a first come, first serve basis. Special Events may be cancelled due to low enrollment. Registration can be done at the Joslyn Adult Center during business hours, Monday – Friday, 7:00 AM – 5:30 PM, online at cityofalhambra.org, or by calling (626) 570-5056. Tickets can be purchased at the Joslyn Center with cash (exact amount), check or money order (payable to the City of Alhambra), or Visa/MasterCard/Discover. You must pay by credit card for all online or phone transactions. Tickets are non-refundable. Special Events can be added with little notice. Visit or call the Joslyn Adult Center regularly to receive up-to-date information.

BINGO Fee: \$5.00

Fourth Thursday every month 9:00 AM - 11:00 AM

Stop by the Joslyn Adult Center for a few games of Bingo. Price includes one game card for 10 games, a dauber and light refreshments. Game winners will receive prizes.

VALENTINE'S DAY CRAFT Fee: \$5.0

Friday, February 3rd 9:00 AM – 10:30 AM

Registration ends January 26th

Make the season lovely with a Valentine's Day inspired craft. A sample will be on display.

SPA DAY Fee: \$6.00

Wednesday, February 15th 1:30 PM - 4:00 PM

**Registration ends February 3rd** 

Treat yourself to an afternoon of pampering with a facial, manicure, and massage. Light refreshments will be provided.

SPRING CRAFT Fee: \$5.00

Friday, April 14th 9:00 AM – 10:30 PM

**Registration ends March 30th** 

Spring is nature's way of saying "Let's Party!" So join the party and make a Spring Craft. A sample will be on display.

70's DANCE Fee: \$12.00 Friday, April 21st 6:00 PM - 9:30 PM

Registration ends April 6th

Whether you dust off you go-go boots or pull out that tye dye shirt, you're sure to have a good time! Enjoy an evening filled with food, friends and dancing. Dinner will be served from 6:30 PM – 7:00 PM. The ticket price includes dinner and music. Space is limited and is first come first served.

CINCO DE MAYO DINNER Fee: \$12.00 Friday, May 5th 6:00 PM - 8:30 PM

Registration ends April 27th

No, Cinco de Mayo is not Mexican Independence Day, but that does not mean it's less important or notable. Come celebrate at the Joslyn Center with Mexican food and mariachi music. Dinner will be served from 6:30 PM – 7:00 PM. The ticket price includes dinner and live entertainment. Space is limited and is first come first served.

SPA DAY Fee: \$6.00 Wednesday, May 10th 1:30 PM – 4:00 PM

Registration ends April 27th

Treat yourself to an afternoon of pampering with a facial, manicure, and massage. Light refreshments will be provided.

# SPECIAL EVENTS







# SENIOR OUTINGS

Alhambra Resident Registration begins November 22nd • Non-Resident Registration begins November 29th.

Registration is required for all Senior Outings. To register, come to the Joslyn Adult Center or register online at cityofalhambra. org. Registration will be accepted during regular office hours, Monday - Friday 7:00 AM to 5:30 PM. Tickets can be purchased at the Joslyn Center with cash (exact amount), check or money order (payable to the City of Alhambra), or Visa/MasterCard/Discover. Tickets are non-refundable. You must pay by credit card for all online transactions. When all tickets are sold, a waiting list is established. All Outings include round-trip deluxe motor coach transportation.

#### \*New outings can be added with little notice.

Visit or call the Joslyn Adult Center regularly to receive up-to-date information.

\*If you have a physical disability and require special assistance, notify staff at time of registration to assure that we can accommodate your needs.

# Bob Baker's Marionette Theater & Olvera Street Fee: \$20.00 • Thursday, January 19th • 9:30 AM – 4:30 PM

In 1963, Bob Baker and partner Alton Wood transformed a run-down scenic shop near downtown Los Angeles into a family entertainment institution: Bob Baker Marionette Theater. Named an official Los Angeles Historic-Cultural Monument in 2009, the Theater has served over ONE MILLION children. Although the theater is in a new location, a trip to BBMT is like no other theater experience! The dazzling collection consists of over 2000 marionettes that have all been lovingly handcrafted by Bob Baker's team over the past 60+ years. Enjoy the performance which showcases about 100 marionettes from the collection! Afterwards, have lunch at another Los Angeles historical monument, Olvera Street. Lunch is on your own.

#### **Riverside Arts Museum & the Cheech**

Fee: \$20.00 • Friday, February 24th • 8:30 AM – 5:00 PM \*Senior Ride is not available for this Senior Outing.

Enjoy your day at the two museums. Visit the Cheech Marin Center for Chicano Art & Culture, a public-private partnership between RAM, the City of Riverside, and comedian Cheech Marin. The Cheech will be the "center of Chicano art, not only for painting, but for sculpture, photography, and video arts." You will also have time to visit the Riverisde Arts Museum, an architecturally significant 1929 building which is a former YWCA facility designed by Hearst Castle and AIA Gold Medal-winning architect Julia Morgan. Be inspired in the galleries where there's something to pique everyone's interests and challenge their perceptions of what art is. Afterwards, have lunch and enjoy the shops in the historic Mission Inn district of downtown Riverside. Lunch is on your own.

#### Ojai

Fee: \$20.00 • Thursday, March 9th • 8:00 AM – 5:30 PM \*Senior Ride is not available for this Senior Outing.

The peaceful city of Ojai is filled with delightful shops, art galleries and a host of places that provide a relaxing retreat from our fast-paced lifestyle. We invite you to come join us to walk the oak-shaded paths and take some time to marvel in the serenity of it all. Lunch is on your own.

#### **Getty Center Museum**

Fee: \$15.00 • Thursday, April 13th • 9:00 AM - 4:30 PM

Visit the Getty Center Museum, where the buildings and gardens are works of art. The museum houses collections of Western Art which include European paintings, drawings, sculptures and decorative arts. Enjoy lunch, on your own, at one of the Cafés on site or bring a bagged lunch to enjoy in the picnic area.

#### **Redondo Beach Pier**

Fee: \$15.00 • Thursday, May 18th • 10:00 AM – 5:00 PM

\*Senior Ride is not available for this Senior Outing.

Beat the heat as you enjoy a day at the Redondo Beach pier. Located just 10 minutes south of LAX in Redondo Beach, California, the pier is a South Bay landmark offering oceanfront dining, shopping and entertainment. Visit shops and local eateries along the pier. Lunch is on your own.

#### **Santa Monica**

Fee: \$15.00 • Wednesday, June 21st • 9:00 AM – 4:00 PM

Santa Monica has something for everone! Visit the pier which has everything from an aquarium to a 1920's carousel, rollercoasters and carnival games. Looking for a shopping trip? Third Street Promenade and Santa Monica Place are just a few blocks away from the pier. Visit the Santa Monica Farmers Market where every Wednesday certified producers provide customers with a selection of fresh seasonal produce that stands out. Lunch is on your own.





# **SENIOR** TRANSPORTATION

#### SENIOR TRANSPORTATION SERVICES

SENIOR RIDE is provided free to Alhambra residents who are (60+ years of age) or disabled (any age), and persons living in the city at a transitional shelter, hotels/motels or visiting from out of the country. This curb-to-curb service transports participants throughout Alhambra for any purpose, and up to two miles outside the city for medical appointments. To register bring a valid photo ID or photo ID and a Utility Bill that can prove Alhambra Residency to one of the registration sites listed below or online at www.cityofalhambra.org. Non-Senior Disabled residents will be required to have their doctor complete Physician Certification form verifying that they are not able to ride public transportation. Physician Certification forms are available at registration sites. For additional information call or visit the Joslyn Adult Center, 210 N. Chapel Ave., (626) 570-5088. www.cityofalhambra.org

#### Registration is accepted at the following locations:

**COMMUNITY SERVICES DEPARTMENT** 111 S. First Street THE JOSLYN ADULT RECREATION CENTER 210 N. Chapel Ave. TO MAKE A RESERVATION CALL: (626) 289-RIDE (289-7433)

SERVICE HOURS: Monday - Friday 8:00 AM - 5:00 PM

> First pick-up: 8:00 AM

Last pick-up 4:30 PM - Outside the City 4:45 PM - Within City Limits

**Saturday & Sunday** 8:00 AM - 4:30 PM

First pick-up: 8:00 AM

Last pick-up: 4:00 PM - Outside the City

4:15 PM - Within City Limits

#### THREE TYPES OF SERVICE

#### **Advance Reservations**

We recommend advance reservations for the best service. Call at least 72 hours (3 days) in advance to schedule an appointment. Reservations can also be scheduled up to a week in advance.

#### **Subscription Service**

For regular appointments to the doctor, church, or lunch at the Joslyn Center; you can schedule a ride on a daily or weekly basis. In the event of a schedule change, please only call to cancel your appointment; otherwise your ride will automatically arrive at the scheduled time. Approval for Subscription Service can take up to 4 weeks. Please notify the Senior Ride Coordinator at (626) 570-5088 if you are temporarily suspending your subscription service. Subscription Service may be discontinued if a patron misses 3 consecutive pick-ups.

#### **Demand Response**

Same day reservations can be made for medical and dental appointments if it is an urgent medical appointment. YOU WILL NOT BE TAKEN TO THE E.R. Senior Ride Dispatch will attempt to accommodate your request, however, rides are **NOT** guaranteed. DIAL 911 IF YOU HAVE A LIFE THREATENING **EMERGENCY!** 

#### **MEDICAL APPOINTMENTS**

Always have priority. On occasion, you may be asked to re-schedule your social or shopping appointment because someone has an emergency medical appointment. We will do the same for you, should you have a medical emergency.

#### SATELLITE POINTS

Senior Ride provides services to 4 destinations outside City limits for the convenience of our ridership. These satellite points are:

East Los Angeles College San Gabriel Mission **Huntington Memorial Hospital** Cal State University L.A. If you require special assistance, please let us know when you make your reservation. Although all vehicles are equipped with wheelchair lifts, we need to schedule adequate time to accommodate your needs. If you are physically disabled or frail, and need assistance to board the vehicle, you may bring an "escort" to assist you. Drivers cannot act as your escort to or from any building. When you make your reservations, notify the dispatcher that you need two seats. Companions will not be allowed to ride unless they are either eligible for Senior Ride or are serving as an "escort."

#### **GUIDELINES**

Senior Ride is a free service and very much in demand. To better assist everyone, follow these simple guidelines:

- Wait outside in front of your pick-up address.
- Be ready 10 minutes before your scheduled departure time.
- Vehicles may arrive 10 minutes before or 10 minutes after your scheduled pick-up time. If your pick up has not arrived 10 minutes after your scheduled time, notify us immediately at (626) 570-5088.
- Call to cancel any appointment you will not be needing. (Allow others to ride).
- When shopping you may bring as many packages as you can independently carry to your door. Drivers are not allowed to carry any packages to your door.
- Senior Ride Patrons must maintain good personal hygiene standards. Any body odor, from any cause that is offensive to your fellow riders, will be handled sympathetically and confidently.
- The following behavior is unacceptable: Abusive, obscene or threatening language, and/or behavior sexual harassment of drivers and passengers.

#### **SENIOR RIDE FORUM**

The City of Alhambra and First Transit will be hosting a Q&A forum regarding Senior Ride. This informative forum will cover Senior Ride policies, procedures, and guidelines that will assist patrons when utilizing Senior Ride. All Senior Ride patrons, relatives, and friends of Senior Ride patrons are encouraged to participate.

Wednesday, February 22, 2023 • 1:00 PM - 3:00 PM Joslyn Adult Center, Alhambra Room TO REGISTER CALL: (626) 570-5088

#### **SENIOR RIDE OUTINGS**

#### WESTFIELD SHOPPING CENTER

On the 3rd Thursday of every month from 11:00 AM to 3:00 PM, Senior Ride travels to the Westfield Shopping Center in the City of Arcadia. Senior Ride participants can enjoy a day of leisure and shop or have lunch at one of the many restaurants. Registration starts on the 1st of every month. All participants must be registered with Senior Ride. For more information or to register please call **(626) 570-5088**.

#### **Walmart Shopping Center in Rosemead**

Thursday, May 13th, 2022 • 11:00 AM - 3:00 PM

#### **GROUP GROCERY RUNS**

Join the group for shopping at your favorite market and enjoy friendly shopping companions. Senior Ride drivers will assist you on and off the vehicle with your bags.

#### **Grocery Runs include:**

Ralphs 330 N. Atlantic Blvd.
Sat 10:00 AM - 12:00 Noon
Ralphs 1745 Garfield Ave.
Thurs. 1:15 PM - 3:15 PM

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#### FOR MORE INFORMATION:

Call or visit the administration office in the Joslyn Adult Center (626) 570-5088, Monday - Friday from 7:30 AM - 5:30 PM.

DRIVING RANGE HOURS:
WINTER TIME: SUNRISE TO 11:00 PM
SUMMER TIME: SUNRISE TO 12:00 AM
\*DRIVING RANGE OPENS AT NOON ON MONDAYS DUE TO MAINTENANCE

Golf Course is open daily from sunrise to dusk. Reservations are available seven days in advance and can be done in person, over the phone, or on the course website www.alhambragolf.com

Some additional information that can be included is that Alhambra Residents can purchase an Alhambra Resident Card (Proof of residency is required. Residents cards are valid for one year from the date of purchase) and receive discounts on green fees daily. Lastly, junior golfers (17 and under) play for \$1.00 (walking) and have a 50% discount at the Driving Range everyday until 4:00 pm.

For more information visit www.alhambragolf.com or call (626) 570-5059

# ALHAMBRA CIVIC

101 S. First St. (626) 570-5008 • All programs are FREE For current events visit the Library online at www.alhambralibrary.org

#### ALHAMBRA CIVIC CENTER LIBRARY HOURS

MONDAY 11:00 AM - 8:00 PM **TUESDAY** 11:00 AM - 8:00 PM WEDNESDAY 11:00 AM - 8:00 PM **THURSDAY** 11:00 AM - 8:00 PM **FRIDAY** 10:00 AM - 5:00 PM 10:00 AM - 5:00 PM SATURDAY **SUNDAY** 1:00 PM - 5:00 PM

Don't have a Library card? Now you can register online for a library card to get free access to dozens of digital resources. Visit https://catalog.alhambralibrary.org/ to sign up.

#### **PASSPORT SERVICES**

#### **Hours of Operation:**

Wednesday: 11:00 AM - 4:00 PM (by appointment only) Thursday: 11:00 AM - 4:00 PM (by appointment only) Friday: 11:00 AM - 4:00 PM (by appointment only) Sunday: 1:00 PM - 4:00 PM (by appointment only)

Appointments may be made in person, over the phone, or online at https://alhambrapassport.as.me. To schedule an appointment call the Circulation Desk at (626) 570-5028 during Library open hours.

### FRIENDS FOUNDATION **BOOKSTORE**

The largest and only bookstore in Alhambra. The Friends Foundation Book Store is run entirely by our wonderful volunteers! The store sells a variety of books for all ages; fiction, nonfiction, movies, and more. Books are in English, Spanish, Chinese, and Vietnamese and the bookstore is located on the Second Floor of the library. All proceeds directly benefit and support Alhambra Library programming, collections and more.

#### **BOOKSTORE HOURS**

Tuesday - Wednesday: 12:00 PM - 7:00 PM Thursday - Saturday: 12:00 PM - 4:00 PM **CLOSED SUNDAY & MONDAY** 

#### **VOLUNTEER AT THE LIBRARY**

Accepting summer applications starting April 1, 2023







### **EBOOKS, AUDIOBOOKS, MOVIES, & ENTERTAINMENT:**

Visit https://www.alhambralibrary.org/ebooks-media for more information and direct links to these and many more resources for all ages.

**Libby by Overdrive** is an exciting new platform for library users. eBooks, audiobooks and magazines are available on your PC, mobile device, or tablet, in English, Chinese and Spanish titles. Download the Libby app and enter your library card number to get started!

#### **Chinese Libby**

您想免費閱讀中文電子書籍、有聲讀物、和雜誌嗎?今天就 在您的設備上試用「Libby」!第一,在您的設備上下載或 者打開「Libby」。第二,尋找 「Alhambra Civic Center Library」。第三,使用您的圖書證登錄。第四,瀏覽和借閱電 子書籍、有聲讀物和雜誌。第五,開始閱讀。不論是在図或離 区也可以開心的閱讀。



#### **EVENTS FOR ADULTS**

#### Alhambra Library's Virtual Book Club

The Alhambra Page Turners meet by Zoom Fridays from 11:00 AM - 12:00 PM.

Join us Friday mornings at 11am for a lively discussion and community. Please send an email to refstaff@alhambralibrary.org to request a Zoom link. Members are responsible for obtaining their own copy of the book from this or another local library.

#### **Pom Pom Wreath Making**

Wednesday, December 7, 2022 at 5pm in Reese Hall.

Adults are invited to join us in making festive wreaths using pom poms! All materials will be provided. Registration is Required.

#### **Conversation and Culture Club**

Join other intermediate English-language learners and practice conversations skills, learn new expressions, improve your pronunciation, and meet new friends in a relaxed and welcoming setting.

The Club will meet the 4th Wednesday of every month, at the Learning Center at 4 PM. This program is for participants ages 16

**Upcoming meeting dates:** 11/23/22, 1/25/23, 2/22/23, 3/22/23, 4/26/23, 5/24/23.

#### **Citizenship Clinic**

Partnering with the Asian Americans Advancing Justice - Southern California, the Alhambra Library offers a FREE Citizenship Clinic every 3rd Thursday of the month, 12:30 - 5:00 PM. The program provides one-on-one confidential consultation and naturalization application assistance by a licensed attorney. English and Mandarin Chinese services are available.

#### **RESERVATIONS REQUIRED!**

Please call - English: (888) 349-9695 or Mandarin Chinese: (800) 520-2356.

**Upcoming meeting dates:** 11/17/22, 12/15/22, 1/19/23, 2/16/23, 3/16/23, 4/20/23, 5/18/23.

#### **Domestic Violence & Family Law Clinic**

Partnering with the Asian Americans Advancing Justice - Southern California, the Alhambra Library offers a FREE Domestic Violence & Family Law Clinic every 2nd Thursday of the month, 12:30 - 5:00 PM. The program provides one-on-one confidential consultation and legal assistance to domestic violence survivors. These family law and immigration services are provided by a licensed attorney and include assistance with domestic violence restraining orders, divorce and paternity judgments, child custody, and support orders. Legal assistance in English and Mandarin Chinese is available.

#### **RESERVATIONS REQUIRED!**

Please call - English: (888) 349-9695 or Mandarin Chinese: (800) 520-2356.

**Upcoming meeting dates:** 12/8/22, 1/12/23, 2/9/23, 3/9/23, 4/13/23, 5/11/23.

#### **Housing Rights Clinic**

Partnering with Asian Americans Advancing Justice - Southern California, the Alhambra Library offers a FREE Housing Rights Clinic every 4th Thursday of the month, 12:30 - 5:00 PM. The program provides one-on-one confidential consultation with a licensed attorney. Housing issues covered in the consultation include assistance with landlord and rental disputes, mortgage or foreclosure questions, tenant rights, and discriminations or harassments. English and Mandarin Chinese services are available.

#### **RESERVATIONS REQUIRED!**

Please call - English: (888) 349-9695 or Mandarin Chinese: (800) 520-2356.

**Upcoming meeting dates:** 12/22/22, 1/26/23, 2/23/23, 3/23/23, 4/27/23, 5/25/23.

#### **Community Health Workshop Series**

Partnering with the Garfield Health Center, the Alhambra Library offers a FREE presentation about health every 2nd Tuesday of the month, 2:00 - 4:00 PM at Reese Hall. This series provides free information sessions focused on a different health topic, ranging from lifestyle, dental, and mental. The sessions will be held in Cantonese and Mandarin Chinese. The Sessions will be held in English and Spanish from 3:00 - 4:00 PM. No registration is required.

**Upcoming meeting dates:** 12/13/22, 1/10/23, 2/14/23, 3/14/23, 4/11/23, 5/9/23.

#### **One-on-One Resume & Cover Letter Support**

Join us on every 4th Tuesday of the month from 3:00 - 5:00 PM to get tips for writing a resume and/or cover letter. Please bring a physical or soft (digital) copy of your resume and/or cover letter for review.

#### Open to all ages. RESERVATIONS REQUIRED!

Please call: (626) 570-5008 ext. 5630 or Visit the: 2nd Floor Reference Desk.

**Upcoming meeting dates:** 11/22/22, 12/27/22, 1/24/23, 2/28/23, 3/28/23, 4/25/23, 5/23/23.

www.alhambralibrary.org

#### **Drop-In Tech Help**

Got a TECH issue? Visit a librarian to get basic technology questions answered. Bring your device to learn how to use your phones, tablets, and personal computers; search the library catalog; access eBooks, and more techie tasks on every 1st and 3rd Monday of the month, 1:00 - 2:00 PM.

#### Open to all ages. RESERVATIONS REQUIRED!

Please call: (626) 570-5008 ext. 5630 or Visit the: 2nd Floor Reference Desk.

**Upcoming meeting dates:** 11/21/22, 12/5/22, 12/19/22, 1/2/23, 1/16/23, 2/6/23, 2/20/23, 3/6/23, 3/20/23, 4/3/23, 4/17/23, 5/1/23, 5/15/23.

#### **Brain Fuse - FREE Homework Help**

Homework help in every K-12 subject and skill-building resources for adult learners. On demand, anytime, anywhere eLearning.

#### **EVENTS FOR KIDS**

#### **Middle Grade Makers**

Reimagine creative ways to explore science, technology, math, and art through fun hands-on activities for ages 7-12 on the second Wednesdays of the month from 2:30-4:00 PM. Registration is required at https://alhambralibrary.org/events-calendar

#### IN PERSON STORY TIME

Join us each week as we share stories, songs, and rhymes at the Library. No registration is required, but please note that space is limited and available only on a first-come, first-served basis. Each family group attending is limited to a maximum of 4 people.

#### **Baby Story Time:**

for children 0 - 18 months on Tuesdays at 10:15 AM.

#### **Preschool Story Time:**

for children 3 - 5 years on Tuesdays at 11:15 AM.

#### **Toddler Story Time:**

for children 18 months - 3 years on Wednesdays at 10:15 AM & 11:15 AM. Visit the library's Event Calendar to see upcoming story time dates.

#### Spanish/English Bilingual Story Time

Families are invited to join us for a fun morning of stories, rhymes, and songs in both English and Spanish. Bilingual Story Time will be held the first Saturday of every month at 10:15 AM in Reese Hall.

**Upcoming meeting dates:** 12/3/22, 1/7/23, 2/4/23, 3/4/23, 4/1/23, 5/6/23.



SCAN FOR LIBRARY EVENTS

# **NEW DIGITAL SERVICES**

#### PRESSREADER

Get unlimited access to more than 7,000 of the world's top newspapers and magazines as soon as they're available on shelves. Download the PressReader app or view online. Use your Library Card number and PIN to sign in.



#### MANGO LANGUAGES

Mango is an online language learning system that teaches real conversation skills for practical communication. Through fun and engaging interactive lessons, Mango makes learning a new language fast, easy, and incredibly effective.

#### FOR KIDS

Scholastic Bookflix: An online literacy resource for students in grades Pre-K-3 that pairs classic video storybooks with related nonfiction eBooks. This engaging resource helps early readers develop and practice essential reading skills, introducing students to a world of exploration and knowledge.

TumbleBook Library: An online collection of TumbleBooks – animated, talking picture books which teach kids the joy of reading in a format they'll love. TumbleBooks are created by adding animation, sound, music, and narration to existing picture books in order to produce an electronic picture book which you can read, or have read to you.

#### PRINTING



Print from home and pick up at the Library! print simply anywhere Black & White: \$0.15/page Color: \$0.30/page

Download the PrinterOn app or visit https://alhambralibrary.org/computing-printing-faxing for details.

#### LINKEDIN LEARNING

LinkedIn Learning lets you learn at your own pace. You can select courses relevant to your current role in areas like Business, Technology and Marketing. You can also pursue other passions! With courses on financial literacy, social media, even drawing and music theory, you'll be able to grow and develop in the areas you care about both at and outside of work.



# **ONLINE RESOURCES DIGITAL RESOURCES**

Visit alhambralibrary.org/all-databases for access to these and more

#### **BrainFuse VetNow**

Brainfuse's VetNow is the Live Veteran Navigator tool that helps you connect with an expert to learn more about eligible VA benefits and community resources.

Get live assistance every day from 1:00 PM - 10:00 PM PST.

#### **BrainFuse Help/Now**

Free Homework Help in every K-12 subject with live tutors available 24/7. Submit homework questions for expert guidance with "Send Question" feature. Submit essays and other forms of writing for constructive feedback from a 24-Hour Writing Lab. Access an Adult Learning Center with access to GED prep, resume/cover letter writing, U.S. Citizenship prep, MS Office skills series, and more. World Languages Lab & Spanishspeaking support is offered.

#### **Book Connections**

Book Connections provides a suite of instructional resources for K-12 students, educators, and parents. Resources include audiobook readings, author videos, book discussion guides and lesson plans for over 40,000 books in English and Spanish.

#### **Homework Central by ProQuest**

Homework Central provides one-click access to research databases such as ProQuest Research Companion, SIRS Discovery, SIRS Issue Researcher, eLibrary, ProQuest unified, and CultureGrams. These databases provide premium content related to key curricular standards, full-text and historical newspapers and magazines, and multimedia resources to help students and teachers complete assignments, find information, and develop literacy skills. Use your Library card number to access from anywhere.

#### **Proquest eLibrary Reference Database**

Proquest eLibrary is a multidisciplinary database designed for students and educators at high schools, community colleges, and four-year universities. Editorially created pages provide valuable context for both common and obscure research topics. The content, which is all full text, includes books, magazines, journals, newspapers, photographs, transcripts, and videos. Subject coverage includes: Business Education General Interest Health Language Arts Science Social Science Use your library card number to log in from anywhere.

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Follow us online www.alhambralibrary.org

626-289-1220

### cityofalhambra.org







The Alhambra Community Transit (ACT) shuttle bus

Rides are just 25-cents each way.

Call 626-289-1220 or visit our website:

www.cityofalhambra.org for the complete schedule. ACT Blue Line runs Mon. - Fri.



THE CITY OF ALHAMBRA

The Alhambra Farmers Market celebrated its 38th year of service to the community of Alhambra. Shoppers have enjoyed fresh California grown fruits and produce from the Farmers Market since 1984.

### Come visit the Market and see why!

The Market is also proud to present a special "crafts" event the first Sunday of every month for children 6 - 12 years. Event takes place from 9:00 a.m. - 11:30 a.m. All craft activities will take place at the manager's booth. Parents are encouraged to participate and help your child create a "craft" masterpiece.

> Please note: there is a limit of one craft per child and all crafts are distributed on a first come, first served basis. Plan on arriving early and enjoy a morning filled with fun.

These events are all sponsored by the city of Alhambra Farmers Market. All crafts and supplies are provided free of charge. For more information about the Farmers Market, please call (626) 570-5081, Monday through Friday, 7:30 a.m. – 6:00 p.m.

### Alhambra Certified Farmers' Market, the best in California produce!

Located on 100 South Second Street (between Main Street and Commonwealth Ave.) OPEN EVERY SUNDAY (except Easter) • 8:00 AM to 1:00 PM rain or shine. We gladly accept EBT, Farmers Market WIC and Senior WIC.



#### CLASES ELECTIVAS DE ENTRETENIMIENTO

La Ciudad de Alhambra ofrece una variedad de clases recreativos para toda la familia. Algunas de estas clases incluyen: danza, gimnasia, artes marciales, trabajos manuales y artesanías, clases aeróbicas, tenis, y muchos más. Para información sobre las clases ó para registrarse en alguna clases de diversión, haga favor de visitar ó llamar a la oficina de Programas Comunitarios de Alhambra, localizada en 500 N. Palm Ave., teléfono (626) 570-3242, durante las horas de oficina de 7:00 PM a 5:30 PM.

#### LA CIUDAD DE ALHAMBRA PRESENTA "EL MERCADO CERTIFICADO de AGRICULTORES"

Este "Mercado" se encuentra en: La calle Segunda al oeste de la Avenida Garfield y a (1/2) media cuadra sur de la calle Main. Abierto todos los Domingos (a excepción de el Día de Pascua) de las 8:30 AM hasta la 1:00 PM.

#### SERVICIOS PARA ADULTOS MAYORES

El Centro de Recreación "Joslyn" para Personas Mayores se encuentra en: 210 N. Chapel Ave., Alhambra, (626) 570-5056. Horas del centro: 7:00 AM a 5:30 PM. El Departamento de Servicios para Personas Mayores ofrece una variedad de programas y actividades para adultos de 60años de edad y adelante, incluyendo: recreación, nutrición y transportación. Para más actividades sociales. información de estos programas por favor llame a los números siguientes:

Centro de Recreación "Joslyn" para Personas Mayores: (626) 570-5056 Proyecto de Administración de Casos: (626) 570-3220

Referimiento de ayuda domestica para ancianos:

(626) 570-3220 Oficina de Transportación: (626) 570-5088

Reservación para Almuerzos (lunch): (626) 458-4455

Reservaciones para Transporte

de personas mayores/ancianos: (626) 289-RIDE

#### RECREACION

La Ciudad de Alhambra ofrece cursos en deportes y recreación para adultos y niños de base organizada ó de última entrada. Llame a la oficina de Servicios de Recreación al (626) 570-5081, Lunes a Viernes de 7:30 AM a 6:00 PM, despues de las 6:00 PM llame a la oficina "Almansor Park Gimnasio al (626) 570-5052 para información adicional.

#### PROGRAMAS DE NATACIÓN (ACUÁTICOS)

Programas de natación son ofrecidos para niños y adultos durante la temporada del verano. Existen dos piscinas, una en el parque Granada, localizada en: 2233 Whitney Drive, y otra en el parque Alhambra localizada en: 500 Palm Avenue. Para más información sobre programas acuáticos Haga favor de llamar a la oficina de piscinas al teléfono (626) 570- 5063, durante los días y horas

Lunes/Miércoles/Viernes, 12:00 PM del medio día a 8:00 PM. Sábados 10:00 AM a 12:00 PM del medio día.

#### 休閒課程

阿罕布拉市政府為居民提供了多種休閒類活動。包括舞蹈, 體操, 跆拳道、手工藝、健美操、網球等。歡迎致電詢問或登記上課。

地址: 500 N. Palm Ave

電話: 570-3242 7:00 AM to 5:30 PM

阿罕布拉農夫市場

地址: 100 S. Second St.

時間: 除了復活節以外, 每個星期天上午8時半至下午1時

老人服務中心 (Joslyn Adult Center)

社區服務設有老人服務部門.為60歲以上長者提供下列各項服務.包括

1. 社會服務資詢 570-3220

2. 殘障孤寂專線 570-3220

3. 家傭介紹 570-3220

4. 阿市老人車 570-5088 (登記)

289-7433 (約時間叫車)

5. 交通服務 570-5088 6. 老人活動 570-5056 7. 營養午餐 458-4455

地址: 210 N. Chapel Ave

電話: 570-5056

時間: 上午8時至下午5時(週一至週五)

娛樂活動

歡迎致電詢問或登記

電話: 570-5081 (辦公時間) 570-5052 (下午6時後)

水上活動

Granada 公園游泳池

地址: 2233 Whitney Drive

電話: 570-5093





#### Alhambra Police Facebook

You are all invited to follow us on the Alhambra Police Department Facebook page to receive the most recent information regarding law enforcement related activities occurring in the city. Through our Facebook page you will receive regular updates from members of the department that will provide essential information on crime trends, traffic advisories or other city events that affect the community to make Alhambra a safer place to live and work. On our Facebook page, we post the most current information on Department activities, events with photos, videos and respond to questions and comments from the public. With millions of Facebook users, our page is ideal for getting the word out about recent crime trends, traffic safety information, unfolding situations, such as crimes in progress, and crime prevention tips. Citizen participation has always been a big part of fighting crime and our Facebook page will be a great way for you to get involved, share information, communicate and build relationships with the Alhambra Police Department. How can you help?

Please join us on Facebook by searching the web for "Alhambra Police Department Facebook" and liking our page. Thank you for your support and partnership with the Alhambra Police Department.

# **FAMILY EXCURSIONS**



# Forever Wild Exotic Animal Sanctuary & Victoria Gardens

Saturday, February 11th • 9:00 AM - 7:00 PM Fee: \$35.00

The Forever Wild Animal Sanctuary is dedicated to preserving the lives of abused, neglected and abandoned exotic animals through rescue, rehabilitation and education. Participate in an educational tour and spend some time viewing the animals. Afterwards, we will stop at Victoria Gardens for some time on your own. The tour is included in the ticket cost. Any other expenses are on your own.



Saturday, March 18th • 8:00 AM - 6:30 PM Fee: \$30.00

Considered a Central Coast landmark, OstrichLand USA in Buellton is a great place to begin our day. Visit with 100+ amazing ostriches and emus. You will get a chance to feed the animals, or just stand back and enjoy the interactions and antics of these unbelievably large birds. Next stop? Solvang, which is known as the "Danish Capital of America." Explore the bakeries, restaurants and specialty shops this quaint town has to offer. Meals are on your own.



# Lake Arrowhead Queen Tour & Lake Arrowhead Village

Saturday, April 29th • 8:00 AM - 6:30 PM Fee: \$40.00

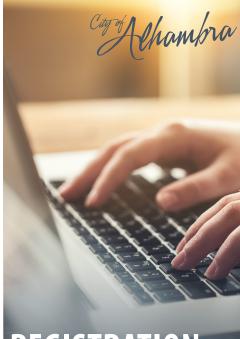
Enjoy an hour of stunning scenery and stories about the lake's homes and history on the Lake Arrowhead Queen. Afterwards spend an afternoon in the village shopping and dining at over 50 specialty shops. Dining and shopping on your own.



Saturday, June 10th • 8:30 AM - 6:30 PM Fee: \$25.00

The Pacific Marine Mammal Center rescues, rehabilitates, and releases marine mammals and inspires ocean stewardship through research, education, and collaboration. We will be greeted in the visitor yard and introduced to California sea lions, Northern elephant seals, Pacific harbor seals or Northern fur seal patients recovering. The visitor yard features interactive displays, marine mammal artifacts, and the Treasure Trove gift shop. After the tour we will make our way to an afternoon in Laguna Beach.





# REGISTRATION INFORMATION

#### **PAYMENT**

Payment can be made with cash (exact amount only), MasterCard, Visa, Discover Card, personal check or money order. When paying by check include your driver's license number and expiration date. All fees are payable in full at the time of registration.

#### REGISTRATION

Register by Phone (626) 570-5056 or online at www.cityofalhambra.org using your MasterCard, Visa, or Discover Card, In person at any one of our Parks & Recreation offices, or by Mail C/O Parks & Recreation Dept., 111 S. First St., Alhambra, CA 91801. Registration is required for all Family Excursions. Space is limited. A parent or guardian must accompany children under 18.

#### REFUND & CANCELLATION POLICY

Tickets are non-refundable. If your schedule changes, you may find a replacement on your own. Family Excursions are subject to cancellation or schedule change if trip minimums are not met. If the City of Alhambra cancels a trip, participants will receive a full refund. All excursions include round-trip, deluxe motorcoach transportation. If you have a physical disability and require special assistance, please notify staff at the time of registration.

CITY OF ALHAMBRA
Parks & Recreation Department
111 S. First St., CA 91801

#### RESIDENTIAL CUSTOMER

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# **PARK FACILITIES**

Reservation information for Park Facilities can be obtained by calling (626) 570-5044.

- 1 ALHAMBRA PARK 500 N. Palm Avenue (626) 570-3242 Open Grass Area • Picnic Tables • Covered Picnic Shelters • Barbeque Restrooms Playground Equipment • Tennis Courts • Swimming Pool Water Playground
- 2 ALMANSOR PARK 800 S. Almansor Street (626) 570-5081 Open Grass Area • Picnic Tables • Covered Picnic Shelters • Barbeques Playground Equipment • Restrooms • Gymnasium • Ballfields Tennis Courts • Exercise Course • Outdoor Basketball Court Jogging Course
- 3 GRANADA PARK 2000 W. Hellman Avenue (626) 570-5044 Open Grass Area • Picnic Tables • Covered Picnic Shelters • Barbeques Playground Equipment • Restrooms • Tennis Courts • Ballfields Activity Room • Swimming Pool • Gymnasium
- 4 STORY PARK 210 N. Chapel Avenue (626) 570-5056 Open Grass Area • Picnic Tables • Barbeques • Playground Equipment Restrooms • Ballfields • Tennis Courts
- 5 EMERY PARK 2700 Mimosa Street Open Grass Area • Picnic Tables • Playground Equipment • Restrooms
- 6 BURKE HERITAGE PARK 1550 West Alhambra Road Open Grass Area • Xeriscape Garden • Historical Museum

# **OTHER FACILITIES**

- 7 ALHAMBRA CITY HALL PARKS & RECREATION DEPARTMENT
  - 111 S. First Street (626) 570-5044
- 8 ALHAMBRA MUNICIPAL GOLF COURSE

630 S. Almansor Street (626) 570-5059

9 ALHAMBRA CIVIC CENTER LIBRARY

101 S. First Street (626) 570-5008

10 COMMUNITY GARDEN

1006 Clay Court

11 JOSLYN ADULT CENTER

210 N. Chapel Avenue (626) 570-5056

1 ALHAMBRA PARK POOL

500 N. Palm Avenue (626) 570-5051

3 GRANADA PARK POOL

2233 W. Whitney Dr. (626) 570-5093

Pools are only open during the months of June - September. For any questions during off season call (626) 570-5063.

