

City of San Pablo ACTIVITY GUIDE



APRIL-JULY 2020

Junior
Giants
(Page 12)



Parks
Make
Life
Better!

DIRECTOR MESSAGE & CONTACTS

In today's hectic world, it's easy to forget that taking time to enjoy each day is so important to our health and well-being. The City of San Pablo Community Services Department is committed to ensuring that every San Pablo resident has an opportunity to experience outstanding recreational activities, events, and facilities. With so many programs and events to offer it is difficult to highlight all of them but please read the pages throughout this activity guide and see the different opportunities that we have to offer. Also, be sure to come out to celebrate our Independence Day by attending our Annual 4th of July Multi-Cultural Celebration.



The event will include games, cultural entertainment, food and our signature fireworks show! If you have any comments or questions, please feel free to reach out to me directly, otherwise I hope to see you at one of our upcoming classes or events. Thanks for your time and enjoy another summer in San Pablo!

Sincerely,

Greg Dwyer
Community Services Director

COMMUNITY SERVICES STAFF

Greg Dwyer, Community Services Director(510) 215-3081

Recreation, Seniors and Paratransit Division Staff

Jean Clark, Community Services Manager (510) 215-3091
Anne Austin Pinata, Art Curator..... (510) 215-3080
Joanna Pulido, Community Services Coordinator II (Facilities)(510) 215-3085
Lizett Lopez, Community Services Coordinator II (Youth Programs)(510) 215-3083
Vanessa Flores, Community Services Coordinator II (Special Events)(510) 215-3084
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Edith Figueroa, Sr. Administrative Clerk (Seniors)(510) 215-3082
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Youth, School, and Community Partnerships Division Staff

Jora Atienza Washington, Community Services Manager(510) 215-3092
Bertha Romo, Community Services Coordinator II (Grants and Evaluations)(510) 215-3087
Elise Veliz, Community Services Coordinator I (Youth Commission and Events)....(510) 215-3086

RECREATION, SENIORS, AND PARATRANSIT OFFICE HOURS

Recreation Office / M-F / 8am - 5pm / recreation@sanpabloca.gov..... (510) 215-3080
Senior Center Office / M-F / 8am - 5pm / seniors@sanpabloca.gov..... (510) 215-3090
Paratransit Office / M-F / 8am - 4:30pm / paratransit@sanpabloca.gov (510) 215-3095

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Subject to Change - Please note that all information (including fees) in this guide is subject to change.

CITY COUNCIL

City of San Pablo City Council meetings are held on the 1st & 3rd Monday of each month at 6:00pm at City Hall Council Chambers.

HISTORICAL MUSEUMS

The San Pablo Historical and Museum Society invites you to visit your local museums and learn about the history of San Pablo from the earliest inhabitants to the present day. The Museums are admission free and located in the San Pablo Civic Center, 13831 San Pablo Avenue.

Both Museums have small gift shops with books of local interest available. Information about San Pablo's History is available at www.sanpablomuseums.org.

The opening days of the Museums are announced in the City Newsletter. We are also open for group tours and others interested in visiting by contacting the Historical Society at sanpablomuseums@gmail.com or leaving a message at (510) 215-7488.

JOIN OUR TEAM!



We are recruiting hard-working, customer service oriented individuals to join our team! Apply online today at www.sanpabloca.gov/EmploymentOpportunities to join #TeamSanPablo! For additional information, please contact the Recreation Office at (510) 215-3080

NEW RENTAL FACILITY



OPENING APRIL 2020



1000 Gateway Avenue

Rental Includes:

- ◆ (20) 8' Rectangular Tables or 60" in Diameter Round Tables
 - ◆ 145 Chairs
- ◆ Full Commercial Kitchen
 - ◆ Indoor Restrooms
 - ◆ On-site Parking
 - ◆ Audio/Visual System

Reservations Options Include:

- ◆ Birthday Parties
 - ◆ Baptisms
- ◆ Holiday Parties
- ◆ Social Gatherings
 - ◆ Meetings
 - ◆ Weddings
 - ◆ & much more!

Now Accepting
Reservations!



MAPLE HALL

FOR MORE INFORMATION CALL: (510) 215-3080

For more information visit www.sanpabloca.gov/Facilities

MOVIES UNDER THE STARS

San Pablo Community Center (2450 Road 20)

Come out and enjoy Movies Under the Stars! Bring your family and friends! The pre-party begins at 6:30pm with movie themed activities. All movies begin at dusk so don't forget your lawn chairs & blankets! We will have snacks available for purchase.



Friday, June 19



Friday, July 3



Friday, July 17



Friday, July 31



Friday, August 14



SPECIAL EVENTS

City of San Pablo July 4th Multi-Cultural Family Celebration



Enjoy multi-cultural live entertainment, an amazing fireworks show and entertainment headliners, Foreverland!

**SATURDAY
JULY 4TH
5PM-10PM
FREE EVENT**

**LIVE MUSIC * GREAT FOOD
* CARNIVAL GAMES
* FIREWORKS AT DUSK**

**El Portal Soccer Field
(2600 Moraga Road, San Pablo)**

**For More Event Information
Call: (510) 215-3080**

Visit: www.sanpabloca.gov/july4th



**Parks
Make
Life
Better!**

**To Become A Sponsor or Vendor
Email: VanessaF@SanPabloCA.Gov**

SPECIAL EVENTS



CITY OF SAN PABLO
City of New Directions



San Pablo
All-America City
NATIONAL CIVIC LEAGUE
2014

SAY NO

SAN PABLO

FIREWORKS

NOT IN OUR CITY

The Contra Costa County Fire Protection District reminds everyone the sale, possession, or use of all fireworks is illegal in Contra Costa County, including sparklers and other so-called “Safe and Sane” fireworks.

ALL FIREWORKS ARE ILLEGAL IN SAN PABLO. SALE, POSSESSION OR DISCHARGE OF FIREWORKS IS AGAINST THE LAW ZERO TOLERANCE YOU WILL BE CITED
Contra Costa County Prohibits Possession of Fireworks: Section 44-2.002 California “Illegal Fireworks” Laws Health and Safety Code 12500-12728 HS

If you or someone you know has fireworks for disposal call your local police department or the Fire District main office for instructions.

CALL THE FIRE DEPARTMENT MAIN OFFICE
FOR DISPOSAL INSTRUCTIONS
(925) 941-3300

THIS MESSAGE BROUGHT TO YOU BY THE CITY OF
SAN PABLO COMMUNITY SERVICES DEPARTMENT
(510) 215-3080

FACILITY RENTALS



CITY OF SAN PABLO
City of New Directions

Facility Rentals



Community Hall

(2450 Road 20)

This hall is ideal for birthdays, anniversaries, baby showers and large meetings.

Maximum Capacity: 96
Commercial Kitchen included.
6 foot rectangular tables and 60 inch round tables available.



Davis Park Multipurpose Room

(1667 Folsom Avenue)

This hall is commonly used for birthdays, baptisms and meetings.

Maximum Capacity: 80
Kitchen included.
8 foot rectangular tables and 60 inch round tables available.



Library Community Room

(13751 San Pablo Avenue)

The Community Room is located in the San Pablo Library and is the perfect place to host meetings.

Maximum Capacity: 105
Podium, projector, on-site parking, and 6 foot rectangular tables are available.

FACILITY RENTALS

Facility	Address	Capacity	Class/Meetings	Weddings	Kitchen
Davis Park Senior Center	1651 Folsom Ave.	50	✓		✓
Davis Park Multipurpose Room	1667 Folsom Ave	80	✓	✓	✓
Church Lane Senior Center (Sundays Only)	1943 Church Ln.	139	✓	✓	✓
Maple Hall	1000 Gateway Avenue (opening April 2020)	145	✓	✓	✓
Library Wildcat Creek Community Room	13751 San Pablo Ave.	105	✓		
Community Hall	2450 Road 20	96	✓	✓	✓
Commercial Kitchen	2450 Road 20	2	✓		
Activity Room 2	2450 Road 20	41	✓		
NEW! Activity Room 3	2450 Road 20	41	✓		
Teen Lounge	2450 Road 20	41	✓		



Sports Fields	Address
Davis Park Fields	1661 Folsom Ave.
Rumrill Sport Fields	1509 Rumrill Blvd.
El Portal Sport Field	2600 Moraga Road
Vendor Kiosks (per month)	Davis Park and Rumrill
Vendor Kiosks (per day)	Davis Park and Rumrill
Banner Space (per month)	Rumrill Sports Park

For more information visit www.sanpabloca.gov/Facilities

Become a Youth Leader!



APPLY NOW!
ELISEV@SANPABLOCA.GOV OR #510-215-3086

SAN PABLO YOUTH COMMISSION

Get involved in your community!

Engage in...

- S** - Service Learning
- P** - Professional Networking
- Y** - Youth Leadership
- C** - Community Engagement

MEETING TIMES:

Every 1st and 3rd Thursday
of every month at 5:00PM

WHERE:

San Pablo City
Council Chambers
13831 San Pablo Ave., Bldg. 2

Webpage: <https://www.sanpabloca.gov/SPYC>



REGISTRATION INFORMATION

RECREATION DIVISION LOCATION

2450 Road 20
San Pablo, CA 94806

Phone: (510) 215-3080

Fax: (510) 215-3015

Recreation@sanpabloca.gov

www.sanpablorec.com

Recreation Office Hours

Monday-Friday

8:00am-5:00pm

To ensure customers are helped accurately, credit card payments will not be accepted after office hours. After business hours if you are attending a city program, you may pay by cash or check only.

REGISTRATION PROCESS OPTIONS



ONLINE

1. Visit www.sanpablorec.com
2. Create an account
3. You will automatically receive an email that requires your activation.
4. You may now register!



IN PERSON

In person registration and facility reservations are accepted Monday-Friday 8:00am-5:00pm at the registration counter inside the San Pablo Community Center located at 2450 Road 20.



QUESTIONS?

Call us at (510) 215-3080 or email recreation@sanpabloca.gov

LIABILITY WAIVER FORMS

All activities and classes within the Recreation Division of the City of San Pablo require a yearly Liability Waiver.

CANCELLATIONS/REFUNDS/TRANSFERS

All refund requests will only be considered five days before the first date of the class. All refunds and/or transfers initiated by the customer will have a \$10.00 cancellation fee applied. All programs are subject to cancellation or combination due to low enrollment. If a cancellation is issued by the City, a full refund will be issued if the customer is not able to transfer to another program.

WAITLIST PROCESS

If the program you want to enroll your child in is full you have the option of adding them to the waitlist at no cost. If you or your child is on a waiting list and an opening becomes available, staff will notify you via phone call. Program openings will be filled on a first-come first serve basis. The wait listed customer has 24 hours to respond to our offer to join the class. Registration process not complete within 24 hours or if the participant chooses to not enroll, the next participant on the waitlist is called, until the spot is filled.

Registration process includes fully completed paperwork and full payment. Being on the waitlist does not guarantee enrollment.

YOUTH PROGRAMS

TINY TOTS 2020/2021

Ages 3-under 4 years

In the Tiny Tots program, we will introduce participants to their first recreation preschool experience. They will experience socialization in large groups while staff offers arts and crafts and circle time to explore creativity and fun. Program ratio is one staff member to six children with a maximum of 20 participants.

Location: San Pablo Community Center (2450 Road 20)
Dates: September 1, 2020- May 27, 2021
Days and Time: Monday-Friday, 9:00am-1:00pm
Monthly Fees: \$220 Residents / \$290 Non-Residents

KIDDIE KORNER 2020/2021

Ages 4-5 years

Our Kiddie Korner program is fun-filled recreational program where staff will offer activities that will enrich your child's social, physical, and creative development. Program ratio is one staff member to six children with a maximum of 20 participants.

Location: Wanlass Park (2999 21st Street)
Dates: September 1, 2020- May 27, 2021
Days and Time: Monday-Friday, 9:00am-1:00pm
Monthly Fees: \$220 Residents / \$290 Non-Residents

Please Note: Children must be the required age by September 1, 2020 and must be completely toilet trained (no pull-ups). Kiddie Korner and Tiny Tots are both year-long program, enrolling for September means that you will be in enrolled from September - May. Payments are made automatically by credit card on a monthly basis and are due by the 1st of each month.

TEEN LOUNGE PROGRAM

Grades 7th-9th are welcome!

Our Teen Lounge is back for the 2020/2021 school year and its better than ever. The staff blends international programming with recreational games and activities to promote positive social interaction and encourage youth through adventure. This program includes: arts and crafts, video and computer games, board games, sports, and homework help, STEM projects and optional field trips throughout the year. There will be no Teen Lounge on district holidays or city holidays. Please note: all participants MUST pre-register for the Teen Lounge and capacity is 30 teens. Register online at www.SanPabloRec.com or in-person at the San Pablo Community Center.

Dates: September 1, 2020-May 27, 2021
Hours: Monday-Friday, School Dismissal-6:00pm
Location: San Pablo Community Center
Cost: Free

MONDAY-FRIDAY	MONDAY/TUESDAY	WEDNESDAY/THURSDAY	FRIDAY
Homework Help	Game/Challenge Days	Craft Days	Teen Choice



MEDIA LAB

Hey Teens! Are you looking for a cool place to hang out with your peers? Join the Teen Lounge Program and spend your afternoons playing basketball, making crafts or even use our media lab! The media lab can be used during homework time and free time! Teens must be registered in the Teen Lounge in order to use the Media Lab.

SUMMER CAMPS

All summer camps run Monday-Friday, 10:00am-4:00pm.

KIDDIE KAMP

Ages 3-5 years

Each session is filled with arts and crafts, games, STEM projects, entertainment and a different theme each week.

Location: Wanlass Community Center (2999 21st Street)

JR CAMP

Grades: Entering 1st-3rd

At Jr. Camp campers will spend their day creating arts and crafts, playing outdoor games, playing sports, trying new activities and creating new friendships.

Location: Davis Park Sr. Center (1651 Folsom Avenue)

SR CAMP

Grades: Entering 4th-6th

At Sr. Camp kids will focus on different themes each session that will encourage creativity and team building.

Location: Davis Park Multipurpose Room (1667 Folsom Ave)

TEEN CAMP

Grades: Entering 7th-9th

Our Teen camp experience offers teens a chance to explore new activities such as: sports, arts and crafts and more!

Location: San Pablo Community Center (2450 Road 20)

Weekly Camp Entertainment/Field Trip

Session	Dates	Kiddie Kamp	Jr. Camp	Sr. Camp	Teen Camp	Fees per session
1	6/8-6/12	Science Tellers	Chabot Space & Science Center		Escape Room	\$65 Res / \$75 Non-Res
2	6/15-6/19	Movies Under the Stars-How to Train Your Dragon: The Hidden World				\$65 Res / \$75 Non-Res
3	6/22-6/26	Ricky Roo & Friends	Sky High			\$65 Res / \$75 Non-Res
4	6/29-7/3	Movies Under the Stars-Aladdin				\$65 Res / \$75 Non-Res
5	7/6-7/10	Perry the Magician	Waterworld			\$65 Res / \$75 Non-Res
6	7/13-7/17	Movies Under the Stars-The Lion King				\$65 Res / \$75 Non-Res
7	7/20-7/24	Bubblemania	Six Flags			\$65 Res / \$75 Non-Res
8	7/27-7/31	Movies Under the Stars-Frozen 2				\$65 Res / \$75 Non-Res
9	8/3-8/7	Tickle Me Pony	Round 1 Bowling/Arcade			\$65 Res / \$75 Non-Res
10	8/10-8/14	End of Summer/Movies Under the Stars-Toy Story 4				\$65 Res / \$75 Non-Res

EXTENDED CARE

Grades: Entering 1st-6th

Looking for a camp schedule that matches your work hours? Try our Extended Care! There will be arts and crafts, sports, movies, and more! Your child must be enrolled in Jr. or Sr. Camp from 10:00am-4:00pm in order to be eligible for AM or PM extended care.

Location: Davis Park Multipurpose Room

Fees per session: \$20 Resident / \$25 Non-Resident

AM & PM Extended Care Days: Monday-Friday

AM Extended Care Times: 7:30am-10:00am

PM Extended Care Times: 4:00pm-6:00pm

SPORTS CAMPS

Grades: Entering 1st-6th

Sports based camps will learn fundamentals of each sport.

Location: San Pablo Community Center

Days and Time: Monday-Friday, 10:00am-4:00pm

Session 1 6/8-6/12 Fitness Boot Camp \$65/\$75

Session 2 6/15-6/19 Volleyball Camp \$65/\$75

Session 3 7/6-7/10 Basketball Camp \$65/\$75

Session 4 7/13-7/17 Soccer Camp \$65/\$75

Session 5 7/20-7/24 Flag Football Camp \$65/\$75

Session 6 7/27-7/31 Fitness Boot Camp \$65/\$75

Session 7 8/3-8/7 Baseball Camp \$65/\$75

Session 8 8/10-8/14 Soccer Camp \$65/\$75

Reserve your child's spot by just paying the camp deposit of \$20.00 for each session you would like to register them in. All trips/entertainment will take place on the Friday of each session.

Register online at www.sanpablorec.com

JUNIOR GIANTS

BE A JUNIOR GIANT



FREE!



SUMMER BASEBALL LEAGUE FOR BOYS & GIRLS

Volunteers Needed!

Sign up at gojrgiants.org

Ages 5-13 years

League starts on the week of June 8

Sign up online at gojrgiants.org starting April 1

Sign up in person April 1-June 5 at the San Pablo Community Center (2450 Road 20)

Monday-Friday, 8:00 AM-5:00 PM

(510) 215-3080 • recreation@sanpabloca.gov



BB-37



CITY OF SAN PABLO
City of New Directions

For more information call: (510) 215-3080

RECREATION CLASSES

ADULT BALLET

Ages 30+ years

Each class will feature ballet basics on barre portion, followed by a selected combination of European folk dance, Chinese folk dance, and/or other dance techniques.

Instructor: George Shi

Drop-in Fee: \$20/Class

Location: San Pablo Community Center

#ABTU420	April*	Tu	7:00-8:30pm	\$30/\$35
#ABTU520	May	Tu	7:00-8:30pm	\$60/\$65
#ABTU620	June	Tu	7:00-8:30pm	\$75/\$80
#ABTU720	July	Tu	7:00-8:30pm	\$60/\$65
#ABSA420	April*	Sa	8:30-10:00am	\$30/\$35
#ABSA520	May	Sa	8:30-10:00am	\$75/\$80
#ABSA620	June	Sa	8:30-10:00am	\$60/\$65
#ABSA720	July*	Sa	8:30-10:00am	\$45/\$50

*Please note: no class on 4/4, 4/7, 4/11 & 7/4

Purchase an unlimited monthly pass for \$110/\$115 and attend unlimited classes for that month!

AZTEC DANCE

All Ages Welcome

Come and partake in the symbolism of Aztec Dance while setting foot into a culturally rich, magical world.

Instructors: Irma Tellez & Alvaro Pineda

Location: Davis Park Multipurpose Room

#AZB420	April	Wed	6:30-9:00pm	FREE
#AZB520	May	Wed	6:30-9:00pm	FREE
#AZB620	June	Wed	6:30-9:00pm	FREE
#AZB720	July	Wed	6:30-9:00pm	FREE



LIKE US ON FACEBOOK!

Keep up with all our latest activities, programs and fun!
facebook.com/sanpablocc

Register online at www.sanpablocc.com

BALLET

Ages 3.5-14 years

This class will teach arm coordination and balance movements while they participate in creative dances and imagination mime stories. Instructor has gear/equipment available for purchase.

Instructor: Mary Lyons

Location: SPCC (Th)/Davis Park Multipurpose Room (Sa)

Beginning Ballet (Ages 3.5-5 years)

#BBTH420	April	Th	5:30-6:00pm	\$30/\$35
#BBTH520	May	Th	5:30-6:00pm	\$25/\$30
#BBTH620	June	Th	5:30-6:00pm	\$25/\$30
#BBTH720	July	Th	5:30-6:00pm	\$30/\$35
#BBSA420	April	Sa	10:00-10:30am	\$25/\$30
#BBSA520	May	Sa	10:00-10:30am	\$30/\$35
#BBSA620	June	Sa	10:00-10:30am	\$25/\$30
#BBSA720	July*	Sa	10:00-10:30am	\$20/\$25

*Please note: no class on 7/4

Ballet I (Ages 5-7 years)

#BTH420	April	Th	6:15-6:45pm	\$30/\$35
#BTH520	May	Th	6:15-6:45pm	\$25/\$30
#BTH620	June	Th	6:15-6:45pm	\$25/\$30
#BTH720	July	Th	6:15-6:45pm	\$30/\$25
#BSA420	April	Sa	11:30am-12:00pm	\$25/\$30
#BSA520	May	Sa	11:30am-12:00pm	\$30/\$35
#BSA620	June	Sa	11:30am-12:00pm	\$25/\$30
#BSA720	July*	Sa	11:30am-12:00pm	\$20/\$25

*Please note: no class on 7/4

Ballet II (Ages 8-14 years)

#B2TH420	April	Th	7:00-7:30pm	\$30/\$35
#B2TH520	May	Th	7:00-7:30pm	\$25/\$30
#B2TH620	June	Th	7:00-7:30pm	\$25/\$30
#B2TH720	July	Th	7:00-7:30pm	\$30/\$35
#B2SA420	April	Sa	12:15-12:45pm	\$25/\$30
#B2SA520	May	Sa	12:15-12:45pm	\$30/\$35
#B2SA620	June	Sa	12:15-12:45pm	\$25/\$30
#B2SA720	July*	Sa	12:15-12:45pm	\$20/\$25

*Please note: no class on 7/4

RECREATION CLASSES

CAPOEIRA

Ages 5-13 years

Capoeira is a Brazilian martial arts of African origin that incorporates acrobatics, dance, and music. Students attain a sense of rhythm and coordination as well as strength and flexibility through the dynamic movements and music.

Instructor: Jadson Cacador

Location: San Pablo Community Center

#CK420	April*	Sa	11:00am-12:00pm	\$35/\$40
#CK520	May	Sa	11:00am-12:00pm	\$55/\$60
#CK620	June	Sa	11:00am-12:00pm	\$45/\$50
#CK720	July*	Sa	11:00am-12:00pm	\$35/\$40
*Please note: no class on 4/4, 7/4				

CHINESE FOLK DANCE

Ages 18+ years

Come and join this class to exercise and stay in good health! Learn the Chinese culture and folk dance. Participants are encouraged to bring a yoga mat to class.

Instructor: Julia Zhang

Location: San Pablo Community Center

Drop-In Fee: \$15/Class

#CFD420	April	Th	7:00-8:30pm	\$50/\$55
#CFD520	May	Th	7:00-8:30pm	\$40/\$45
#CFD620	June	Th	7:00-8:30pm	\$40/\$45
#CFD720	July	Th	7:00-8:30pm	\$50/\$55

COOKING MATTERS

Ages 6+ years

Participants will learn how to prepare fast, delicious and healthy meals on a budget. In each class, participants will cook and eat a healthy meal and receive a FREE bag of fresh produce and new recipes to make at home!

Every participant (adult and child) must be enrolled in this class to participate. There must be at least one adult present for each family member enrolled.

Instructor: 18 Reasons

Location: San Pablo Community Center

#CPR320	April 18-May 23	Sa	10:00a-12:30p	Free
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CPR & FIRST AID

Ages 15+ years

The First Aid course is designed to provide rescuers the fundamental skills to recognize and treat medical emergencies.

Instructor: LifeSaver CPR

Location: San Pablo Library Community Room

#CPR520	May 16	Sa	10:00a-2:00p	\$80/\$90
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FRIDAY FOOD FRENZY

Ages 3-11 years

Come and enjoy this class which will allow for your child to enjoy the FUN of FOOD! Each class will include a different cooking or baking project. Your child will learn how to have fun with food while having the opportunity to enjoy it at the end of class.

Instructor: City Staff

Location: San Pablo Community Center

#FF420A	April*	F	6:15-7:15pm	\$10/\$15
#FF420B	April*	F	7:30-8:30pm	\$10/\$15
#FF520A	May	F	6:15-7:15pm	\$10/\$15
#FF520B	May	F	7:30-8:30pm	\$10/\$15
*Please note: no class on 4/10				

HATHA YOGA

Ages 18+ years

Hatha yoga is slow, safe, alignment based physical exercise, developing a balance of strength and flexibility in your body and mind, to release any tension, and improve your posture.

Instructor: Hiromi Jones

Location: New Maple Hall (1000 Gateway Avenue)

Drop-in fee: \$8.00/Class or \$3.00/Class for ages 55+ years

#HYF420	April*	F	9:30-10:45am	\$15/\$20
#HYF520	May	F	9:30-10:45am	\$25/\$30
#HYF620	June*	F	9:30-10:45am	\$15/\$20
#HYF720	July	F	9:30-10:45am	\$25/\$30
*Please note: Class will be held at the San Pablo Library on 4/24, no class on 4/10 & 6/12				

RECREATION CLASSES

KARATE

Ages 4-14 years

Students learn practical self-defense through the Okinawa style of Uechi Ryu, while improving control of their bodies, thoughts, and emotions.

Instructor: Mehran Shakar

Location: San Pablo Community Center

Beginner Karate (Ages 4-7)

#KB420	April	M/W	5:30-6:15pm	\$45/\$50
#KB520	May*	M/W	5:30-6:15pm	\$35/\$40
#KB620	June	M/W	5:30-6:15pm	\$45/\$50
#KB720	July	M/W	5:30-6:15pm	\$45/\$50
*Please note: no class on 5/25				

Advanced Karate (Ages 8-14)

#KA420	April	M/W	6:30-7:15pm	\$45/\$50
#KA520	May*	M/W	6:30-7:15pm	\$35/\$40
#KA620	June	M/W	6:30-7:15pm	\$45/\$50
#KA720	July	M/W	6:30-7:15pm	\$45/\$50
*Please note: no class on 5/25				

TAP

Ages 5-14 years

This class is an introduction to the basic steps and rhythms of tap dance using age appropriate music and songs. This helps enhance their listening and translation skills and the ability to move at speed safely.

Instructor: Mary Lyons

Location: Davis Park Multipurpose Room

Beginning Tap: Ages 5-8 years

Level 1 Tap: Ages 9-14 years

#TAP420	April	Sa	10:45-11:15am	\$25/\$30
#TAP520	May	Sa	10:45-11:15am	\$30/\$35
#TAP620	June	Sa	10:45-11:15am	\$25/\$30
#TAP720	July	Sa	10:45-11:15am	\$20/\$25
* Please note: no class on 7/4				



BECOME AN INSTRUCTOR AND TEACH A CLASS!

Do you have a hobby or special skill? Teach a class and become an instructor with the City of San Pablo!

The City of San Pablo is dedicated to providing programs and services to promote and enhance the quality of life for San Pablo community members.

Email: Recreation@sanpabloca.gov today for details.

RECREATION CLASSES

GROUP FITNESS PROGRAM

Ages 13+ years

This program is a full functional, resistance, cardio and high intensity interval training that includes Strong by Zumba, Insanity, Abs Circuit, Pound and Step HIIT.

Instructor: Yannet Torres

Location: Church Lane Senior Center

10-Class Punch Pass \$50 (expires 45 days from purchase date)

5-Class Punch Pass \$30 (expires 30 days from purchase date)

Drop-in Fee: \$8/Class

#GFP420	April	M-Th	7:30-8:30pm	\$45/\$50
#GFP520	May*	M-Th	7:30-8:30pm	\$45/\$50
#GFP620	June	M-Th	7:30-8:30pm	\$45/\$50
#GFP720	July	M-Th	7:30-8:30pm	\$45/\$50
*Please note: no class on 5/25				

HELMS TRACK PUBLIC USE

Enjoy a walk, jog or run!

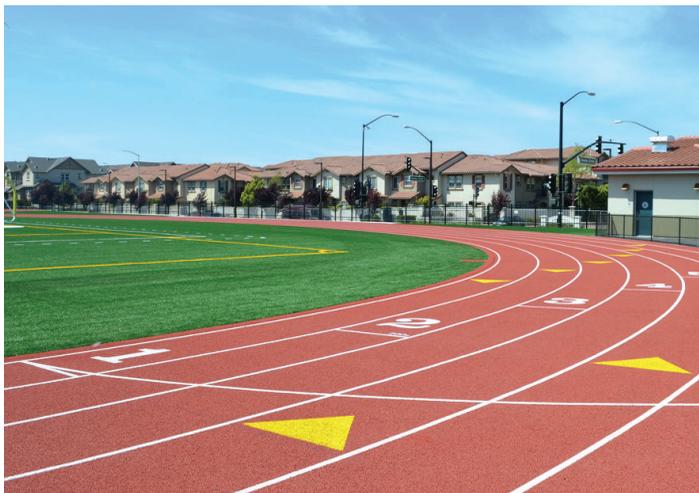
The Helms Track is open to the public:

March 1, 2020-October 31, 2020

Monday-Friday 6:00pm-8:00pm

Saturday & Sunday 5:00pm-8:00pm

Please enter the facilities through the Community Center.



ZUMBA

Ages 11+ years

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Instructor: Yannet Torres

Location: Church Lane Senior Center

10-Class Punch Pass \$50 (expires 45 days from purchase date)

5-Class Punch Pass \$30 (expires 30 days from purchase date)

Drop-in Fee: \$8/Class

#ZU420	April	M-Th	6:15-7:15pm	\$45/\$50
#ZU520	May*	M-Th	6:15-7:15pm	\$45/\$50
#ZU620	June	M-Th	6:15-7:15pm	\$45/\$50
#ZU720	July	M-Th	6:15-7:15pm	\$45/\$50
*Please note: no class on 5/25				

ZUMBA GOLD

Ages 18+ years

Zumba Gold is for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Instructor: Yannet Torres

Location: San Pablo Community Center

Drop-in Fee: \$4/Class

#ZG420	April	M/W/Th	10:30-11:30am	\$30/\$35
#ZG520	May	M/W/Th	10:30-11:30am	\$30/\$35
#ZG620	June	M/W/Th	10:30-11:30am	\$30/\$35
#ZG720	July	M/W/Th	10:30-11:30am	\$30/\$35
*Please note: no class on 5/25 & 5/28				

ART EXHIBITS & SENIOR SCHOLARSHIP

Visit our satellite exhibits at the San Pablo Community Center featuring artwork by various artists. If interested in showing artwork at the San Pablo Community Center or in our new City Hall opening in April please contact Anne Austin at annea@sanpabloca.gov to be considered for display.

Please send images in high resolution form with your contact information.



Wabi Sabi Art Work by Naomi Lee



Paintings and Drawings by
Maynard Mangaron



Paper Sculpture by Jill Russell



Wabi Sabi Art Work by Naomi Lee



Paintings and Drawings by
Maynard Mangaron



Photo by Susan Felter

SCHOLARSHIP OPPORTUNITY



The San Pablo Committee on Aging is happy to announce the scholarship program for Senior Center Members ages 50+. Scholarships are now available till June 30, 2020. New and returning applicants must complete an application and provide proof of income in order to qualify. Residents are eligible to receive \$150 in credits and Non-Residents \$100 for the fiscal year (July 2019 – June 2020). Once approved, you will be notified via phone and an official

letter. Memberships can be used for scholarship, programs, nutrition lunch program, casino trip registrations and social day trip registrations. Excluded programs and services are bingo programs, AC Transit passes and East Bay Paratransit books.

Funds are made available by the San Pablo Committee on Aging.

For more information, see staff or call the San Pablo Senior Center at (510) 215-3090.



Senior Center Division • 1943 Church Ln, San Pablo, CA, 94806
Phone 510-215-3090 • Fax 510-215-3015 • Seniors@sanpabloca.gov
www.SanPabloca.gov/seniors

SENIOR PROGRAMS

SAN PABLO SENIOR CENTER

The newly remodeled San Pablo Senior Center is a multi-service center that offers recreational and educational activities, special events and services focused on nutritional, transportation and social needs.

1943 Church Lane, San Pablo, CA. 94806	Monday-Friday 8:00am-5:00pm
(510) 215-3090 seniors@sanpabloca.gov	Saturdays (Bingo only) 10:00am-4:00pm

Arts & Crafts - see pg. 22



Social Trips - see pgs. 20-21

We are excited to announce that the minimum age limit to become a member and participate in senior programs and services is now 50 years! Let's celebrate and share the celebration with all your friends and family. We hope to see you at the next exercise class, social dance, casino trip, special luncheon and/or special event!



SENIOR PROGRAMS

SENIOR CENTER MEMBERSHIP

Membership is \$10 for Non-Residents of San Pablo and free for San Pablo Residents (within city limits) as well as registered volunteers. Membership registration is required yearly and new membership cards will be issued for calendar year. We are now accepting registrations for the 2020 year!

You can renew at the front desk during office hours, Monday-Friday 8:00am-5:00pm.

Individuals that live outside of San Pablo City limits must pay a membership fee of \$10 annually in order to pay member-based fee programs and services. Individuals that live within the San Pablo City limits and active volunteers will not have to pay a membership fee, but must renew membership. Verification required by bringing a valid issued government ID or a picture ID with a utility bill to verify residency.

VOLUNTEER OPPORTUNITIES

Give back to your community and share your talents! We encourage community service by offering volunteer opportunities. Opportunities available for language, fitness, computer instructors, lunch program, special events, Committee on Aging and Senior Advisory Board Members, travel training coaches for public transportation, and more! Stop by the Senior Center to pick up an application.

BINGO PROGRAMS

Bingo Packs start at \$5

Wednesdays at Maple Hall
(1000 Gateway Avenue)

Doors open at 10:00am, games 1:00pm-4:00pm

Saturdays at Senior Center (1943 Church Lane)
Doors open at 10:00am, games 1:00pm-4:00pm

CC CAFÉ LUNCH PROGRAM

Enjoy lunch with us! Lunch is served Monday through Friday from 11:00am to 12:00pm.

Reservations are required one day in advance before 12:30pm.

- \$3 suggested donation for ages 60+
- \$5 for guests under 59 years

Call (510) 215-3098 for reservations today!

SCHOLARSHIP PROGRAM

Open for the 2019-2020 Fiscal Year to Senior Center members who live in West Contra Costa County (San Pablo, El Sobrante, Richmond, El Cerrito, Pinole, Hercules, Rodeo, and Crockett)! The program is fully funded by the Aloha Night Fundraiser hosted by the San Pablo Committee on Aging. New and returning applicants must complete an application and provide proof of income as well as other qualifications in order to be eligible. Upon approval, candidates can use scholarship funds for all senior center programs and services including San Pablo Paratransit books. Excluded programs are bingo, AC Transit passes and East Bay Paratransit books. For more information or to apply, visit us at the Senior Center or contact us at (510) 215-3090 or seniors@sanpabloca.gov.

SENIOR EVENTS & TRIPS

The Senior Center offers an array of affordable daily activities and classes, monthly social day trips, special events, resources and referral services to help seniors remain active in the community.

Event/Trip	Date	Time	Location	Member/ Non-Member Fee
Lesh Theater, Chicken, Chitlins and Caviar”, Breakfast at Mel’s Diner in Walnut Creek	Sat, April 4	8:30am-6:00pm	Walnut Creek	\$55/\$60
Payment is due Monday, 3/23 by 4:00pm. Payment plans are available. Cancellation/Refund Policy for this trip is Friday, 3/27 by 4:00pm.				
Eleven Roses Ranch Tour in Lake County	Sat, April 18	7:15am-5:30pm	Eleven Roses Ranch	\$70/\$75
Dress warm and wear comfortable clothes! Pre selected entree: tenderloin, chicken and portabella mushroom vegetarian entree with vegetables. Sides include green salad, vegetarian, beans and rolls with butter. Dutch Oven Peach Cobbler for dessert. Drinks: one complimentary glass of wine, coffee and tea are available as desired (included).				
A \$40 deposit is required to hold a seat. Payment plans are available. Payment for this trip is due Wednesday, 3/11 by 4:00pm. Cancellation/Refund for this trip is Monday, 3/16 by 4:00pm.				
Harrah’s Sacramento Casino	Thurs, April 30	7:45am-6:00pm	Harrah’s Sacramento Casino	\$26/\$30
Join us for one of Northern California’s Indian Casinos. Enjoy 5-hours of game time and get back \$10-20 in promos. Snack bags will be provided, bingo games will be played as well as flash games (for an additional fee) and an exciting raffle. *Cancellation/refund policy for this trip is Thursday, 4/23/20 by 4pm.				
Cinco de Mayo Luncheon	Tues, May 5	11:30am-12:30pm	Senior Center	\$5/\$8
Join us to celebrate Cinco de Mayo with entertainment and a themed lunch. Menu to be determined. Call us for more information. Registration required.				
Mother’s Day Luncheon	Fri, May 8	11:30am-12:30pm	Senior Center	See below
Cost is \$3 suggested donation to ages 60+/\$5 for those 59 years and under. Join us for live entertainment and a lunch catered by the CC Café. Menu to be determined. Call us for more information. Registration required.				

SENIOR EVENTS & TRIPS

Event/Trip	Date	Time	Location	Member/ Non-Member Fee
National Senior Health & Fitness Day	Wed, May 27	10:00am-3:00pm	Senior Center	Free
Celebrate National Senior Health & Fitness Day with a mini health fair event focused on health awareness and education, healthy eating choices and active living. Free lunch will be given. Lunch catered by the CC Café. Menu to be determined. Call us for more information. Registration required				
Graton Casino	Fri, May 29	8:45am-6:00pm	Graton Casino	\$26/\$30
Join us for one of Northern California's Indian Casinos. Enjoy 5-hours of game time and get back \$10-20 in promos. Snack bags will be provided, bingo games will be played as well as flash games (for an additional fee) and an exciting raffle. *Cancellation/refund policy for this trip is Friday 5/22 by 4pm.				
Aloha Night Fundraiser	Fri, June 19	5:00pm-9:00pm	TBD	\$25
Come out and enjoy a nice dinner, dancing, live band entertainment, Polynesian dancers and an exciting raffle! Be sure to wear your loudest Hawaiian gear; King & Queen of the Night will be crowned and a fun photobooth with all the pictures you can take! The Aloha Night Fundraiser benefits San Pablo Senior Center's Scholarship Program. Event sponsored by the Committee on Aging and tickets will be on sale starting May and will be limited. Menu and location are TBD, please contact us for more information.				
River Rock Casino	Fri, June 26	8:30am-6:00pm	River Rock Casino	\$26/\$30
Join us for one of Northern California's Indian Casinos. Enjoy 5-hours of game time and get back \$10-20 in promos. Snack bags will be provided, bingo games will be played as well as flash games (for an additional fee) and an exciting raffle. *Cancellation/refund policy for this trip is Friday 6/18 by 4pm.				
Filipino Culture Celebration	Fri, July 24	11:30am-12:30pm	Senior Center	\$6/\$8
Join us in celebrating Filipino culture! Great entertainment and catered Filipino food. Must register in advance, seats are limited. Menu TBD, call us for more information.				
Harrah's Sacramento Casino	Fri, July 31	7:45am-6:00pm	Harrah's Sacramento Casino	\$26/\$30
Join us for one of Northern California's Indian Casinos. Enjoy 5-hours of game time and get back \$10-20 in promos. Snack bags will be provided, bingo games will be played as well as flash games (for an additional fee) and an exciting raffle. *Cancellation/refund policy for this trip is Friday 7/24 by 4pm.				

SENIOR ACTIVITIES

ARTS & CRAFTS CLASSES

Make sure to reserve and pay in advance. Cost of materials are included in registration fee

Classes are held at 1:00pm-3:30pm and are \$3 for Members & \$5 for Non-Members.

No-sew rice heating pad	Thursday, April 16
Paper Plate Dream Catchers	Thursday, April 23
Gift Basket for Mother's Day	Thursday, May 7
Jewelry Making	Thursday, May 28
T-Shirt & Visor Painting	Thursday, June 11
Apron Painting	Thursday, June 25

BILLIARDS

Come play billiards and hangout with other pool players! All equipment is provided.

Monday-Friday	8:00am-5:00pm	\$2/\$4
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BLOOD PRESSURE CHECKS

Volunteer Retired Nurse. Drop-ins are welcome

3rd Monday each month	10:00am-11:30am
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BREAKFAST

Come and socialize with fellow members. Nutritional breakfast items and beverages are available for purchase.

Monday-Friday	8:00am-11:00am	\$1/\$2
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CHAIR YOGA

Chair yoga is a safe and excellent way to stretch muscles, improve circulation and reduce stress. The chair acts as support and is beneficial for those with limited mobility.

Library Community Room (13751 San Pablo Ave)

Thursday	1:30pm-2:30pm	\$2/\$4
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CARE MANAGEMENT

In partnership with Diablo Valley Meals on Wheels, the San Pablo Senior Center will now be offering care management services. Care Managers assess a senior's needs and identifies services to help meet those needs. Care Managers help empower older adults as they cope with the challenges of aging. Service is also available in Spanish. Appointments are required (30 minutes), call (510) 215-3090 to reserve.

3rd Wednesday each month (4/15, 5/20, 6/17, 7/15)	10:00am-3:00pm
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FOOD BANK PROGRAMS

Sponsored by the Food Bank of Solano & CC County. Must register with the Food Bank and be 55 years or older. Applications are available at the Senior Center.

Library Community Room (13751 San Pablo Ave)

1st & 3rd Friday monthly	10:00am-11:00am	\$2/\$4
Pickup at the Senior Center is \$2 Res / \$3 Non-Res Home delivery is \$4 Members / \$6 Non-Members		

GENERAL LEGAL ADVICE

Free service but with income limits. Legal advice will be provided to seniors age 60+ who live in Contra Costa County by a pro bono attorney in collaboration with Contra Costa Senior Legal Services. Legal services can be provided on issues of housing, consumer matters and other issues. Appointments are limited and registration is necessary.

2nd Friday every other month (5/8 & 7/10)	10:00am, 10:30am, 11:00am, 11:30am
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HICAP

(HEALTH INSURANCE COUNSELING ADVOCACY)

Sponsored by Contra Costa County Aging Services. Information about medical insurance options, doctors and medical prescription plans. By appointment only, call (925) 602-4168.

1st Wednesday monthly	9:00am-12:00pm
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For more information call: (510) 215-3090

SENIOR ACTIVITIES

NINTENDO WII

The game is a collection of five sports simulations designed to demonstrate the motion-sensing capabilities of the Wii remote. The five sports included are tennis, baseball, bowling, golf & boxing.

Monday/Wednesday	9:00am-11:00am	Free
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PINOCHLE CARD GAME

A card game played with 4 players and a deck of 48 cards. The cards have two copies of each card rank and suit of ace (high), tens, king, queen, jack and nines (low). Come and enjoy or learn to play!

Thursday/Friday	1:00pm-3:30pm	\$1/\$3
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SALSA DANCE CLASS

Salsa is a popular form of social dance originating from Caribbean folk dances. The dance, along with salsa music will improve strength & muscle function in older adults, as well as increasing balance, flexibility, leading to better stability and fewer injuries while also improving cardiovascular health.

Monday/Wednesday	3:30pm-4:30pm	\$2/\$4
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SENIOR PEER COUNSELING

Sponsored by Contra Costa County Health Services. Peer counselors can help seniors cope with issues related to anxiety, depression, loneliness and family issues. Appointments are confidential.

Tuesdays	1:00pm-3:00pm	Free
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TRAVEL TRAINING

Travel training teaches you how to safely ride public transportation, how to purchase bus and/or BART tickets and more. Learning travel skills can not only help you with errands and daily tasks, but can also help you become better connected with your community and give you that sense of independence! Call (510) 215-3095 for more information.

For more information visit www.sanpabloca.gov/seniors

WILLS CLINICS

Free simple wills, advance health care directives and powers of attorney are available to seniors with low incomes and limited resources. No trusts available. Appointments are limited, registration is necessary.

2nd Friday monthly (4/10, 6/5 & 8/14)	10:00am, 10:40am, 11:20am	Free
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PROGRAM	TIME	FEES
Monday		
Strength & Balance*	10:00am-11:00am	\$1/\$3
Tea Dance	1:00pm-3:00pm	\$1/\$3
Karaoke	2:00pm-2:30pm	Free
Tuesday		
Low Impact Aerobics*	10:00am-11:00am	\$1/\$3
Movie Tuesdays	1:00pm-3:00pm	\$1/\$3
Wednesday		
Bingo	1:00pm-4:30pm	Varies
Tai Chi Exercise Class	2:00pm-3:00pm	Free
Thursday		
Low Impact Aerobics*	9:00am-10:00am	\$1/\$3
Strength & Balance*	10:00am-11:00am	\$1/\$3
Arts & Crafts (call for dates)	1:00pm-3:30pm	Varies
Mah Jongg (American & Chinese)	1:00pm-4:00pm	\$1/\$3
Friday		
Chinese Mah Jongg	1:00pm-4:00pm	\$1/\$3
Line Dance Classes	1:00pm-2:30pm	\$1/\$3
Friday Night Dancing (1st & 3rd Fridays)	4:00pm-7:30pm	\$1/\$3
Saturday		
Bingo at Senior Center	10:00am-4:00pm	Varies

*All fitness classes (Low Impact, Strength & Balance and Chair Yoga) will be held at the Library Community Room (13751 San Pablo Ave). Line Dancing will be held at the San Pablo Community Center (2450 Road 20) and Wednesday Bingo held at Davis Park Multi-Purpose Room (1665 Folsom Avenue).

TRANSPORTATION SERVICE

TRANSPORTATION OFFICE HOURS & LOCATION

1943 Church Lane, San Pablo CA. 94806

Office Hours: Monday-Friday, 8:00am-4:30pm

*Shuttle Service Hours: Monday-Friday, 9:00am-3:45pm

Questions? Please contact our Paratransit Office
(510) 215-3095

paratransit@sanpabloca.gov

www.sanpabloca.gov/Transportation



*Please be advised that reservations are on a first come, first serve basis and are based on driver's availability which may impact your request.

TRANSPORTATION SERVICE



Are you a San Pablo Resident or live within 94806?

If so, register today if you are 50 years or older or are a person with disabilities.

Cost is \$2 Residents / \$4 Non-Residents

Benefits of our low-cost service

- Friendly Staff with an Enjoyable experience
- Low cost fare compared to local agencies
- Efficient and convenient for local appointments
- Less wait time versus using public transportation

In order to sign up and see if you are eligible for this service, please feel free to request an application in person, by mail, email or visit our website! Free ride when you register!

TRANSPORTATION ELIGIBILITY REQUIREMENT

In order to be eligible for service, we have implemented a yearly renewal process. Applications are available online: <https://www.sanpabloca.gov/1396/Transportation> or at the Senior Center (Monday-Friday 8:00am to 5:00pm). Verification is required with a government issued ID or a photo ID with a utility bill. Once you submit, staff will notify you within 24-72 hours when you are eligible to use the service. Any questions or concerns, please contact our office and thank you in advance for your attention.

San Pablo Senior Transportation Service is supported by Contra Costa County Measure J Funds.