

STAR



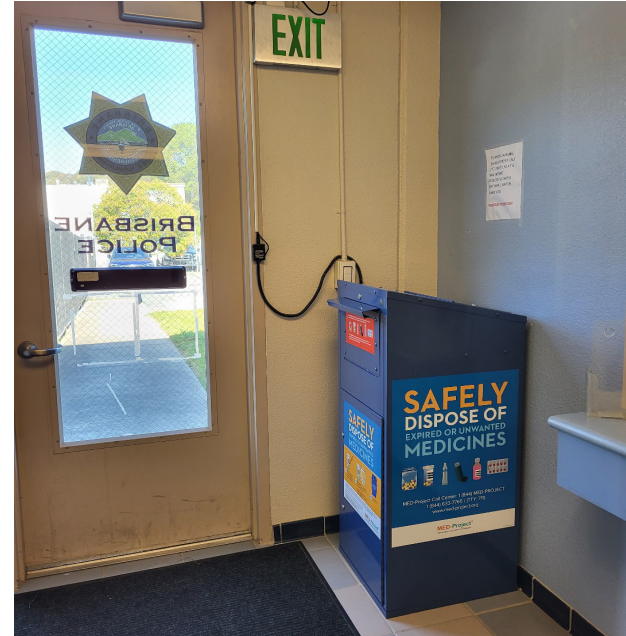
City of Brisbane Monthly Newsletter
May 2024 Volume 21, Issue 5

Safely Dispose of Unwanted Medicines in the Police Department

Did you know that the Police Department has a medication disposal bin where you can safely dispose of expired or unwanted medicines? This includes both prescriptions and/or over-the-counter medicines. Before coming to the Brisbane Police Department (147 Valley Drive), please remember to:

1. Cross out or remove all personal identifying information on medication labels or packaging before disposing of unwanted medicine.
2. Leave the product in its original container or place solid medicines in a sealed plastic bag. If transferring medications to a sealed bag, please be sure to recycle the remaining packaging.

To prevent jamming from occurring, please deposit only 2-3 bottles at a time into the bin before proceeding with the next small batch.



Also, please do not use the medication disposal bin for disposing of any of the following items: herbal remedies, vitamins, supplements, cosmetics, other personal care products, medical devices, batteries, mercury-containing thermometers, sharps, and illicit drugs. And lastly, this service is available during **Police lobby hours, which are 8 AM – 4 PM**. If you need to dispose of your medications after hours, please use the call box so that an officer can be dispatched and provide you with access to the bin.

Update on Pilot Residential Permit Parking Program



At their April 18th City Council meeting, the Brisbane City Council determined, based on survey feedback from residences on the test streets, to move forward with the pilot program on just Thomas Ave. At that same meeting, they voted to reduce the requirement needed for persons residing in the city to initiate a Residential Permit Parking Program in their neighborhood from 70% to a simple majority. This voluntary program exists in Chapter 10.26 of the Brisbane Municipal Code. A second reading of this ordinance update will be brought back to the City Council's May 2nd meeting. The Council will also need to adopt a Resolution for the Pilot

Residential Permit Parking Program on Thomas Ave. before it can take effect, which will likely be later this summer. Staff will be making more in-person visits with residents on Thomas, as well as on Tulare, at the end of the six-month pilot/test to see what, if any, changes residents noticed to the parking situation on their street as a result of the pilot/test.

Find Us on our Socials:



@cityofbrisbaneca



@brisbaneca

Nextdoor



@cityofbrisbaneca



@brisbaneca



@brisbaneca



@brisbane94005





Brisbane City Calendar – May 2024

The City's **Meals for Seniors Lunch Program** takes place **Mondays** from **12 – 12:45 PM** outside the Senior Sunrise Room (2 Visitation Ave.) for drive-thru/walk-up pickup. In-person **Senior Lunch** is every **Wednesday at 11:30 AM** at the Community Center.

Brisbane's Youth Advisory Committee hosts **Teen Tech Support for Seniors** every Wednesday from 4 - 5 PM in the Senior Sunrise Room.

The **Brisbane Farmers' Market** takes place on **Thursdays** from **3 - 7 PM** in the Community Park. The Daisy Refillery will be providing free delivery within Brisbane once a month in lieu of being at the market. Please see more on their Zone Deliveries page for future dates: thedaisyrefillery.com/pages/zone-deliveries

See brisbaneca.org/calendar for more information on all the above and the following items. **Meeting Agendas** may be viewed online at brisbaneca.org/meetings at least 24 hours prior to a Special Meeting, and at least 72 hours prior to a Regular Meeting.

May is **Mental Health Awareness Month** (smchealth.org/mhm), as well as **Asian American, Native Hawai'ian, and Pacific Islander (AANHPI) Heritage Month** (fapac.org).

01, Wednesday, 6:30 PM

Complete Streets Safety Committee Meeting, B

02, Thursday, 7:30 PM

City Council Meeting, B

04, Saturday, 9:30 - 11 AM

Play Gym (ages 0-5) with Mothers of Brisbane @ the Community Center

08, Wednesday, 6:30 PM

Parks and Recreation Commission Meeting, B

09, Thursday, 7:30 PM

Planning Commission Meeting, B

11, Saturday, 10 - 11 AM

Walk for Mental Health Awareness @ Crocker Park Trail (meet at Park Ln. trailhead)

11, Saturday, 10 AM – 1 PM

Wildfire Awareness Event @ Community Park

13, Monday, 4:30 PM

Public Art Advisory Committee Meeting

15, Wednesday, 6 PM

IDEA Committee Meeting

16, Thursday, 7:30 PM

City Council Meeting, B

22, Wednesday, 6:30 PM

Open Space & Ecology Committee Meeting, B

23, Thursday, 7:30 PM

Planning Commission Meeting, B

27, Monday, All Day

City Hall Closed in Observance of Memorial Day

B = Broadcast live on Comcast Ch. 27 and YouTube

City Hall Public Walk-In Hours – 5 days/week:

Monday – Thursday: 8:30 AM – 4:30 PM, Friday: 8:30 AM – 12:30 PM. Please see all services that can be conducted online at brisbaneca.org/online-services.

Have an article suggestion for the STAR? If so, they need to be submitted by the 15th of the month for the following month's issue. Contact Asst. to the City Manager Caroline Cheung at ccheung@brisbaneca.org or (415) 508-2157 for any inquiries, as well as to provide any feedback on the STAR.



WILDFIRE AWARENESS

Saturday, May 11, 2024

10 a.m. to 1 p.m.

Brisbane Community Park

Corner of San Francisco Ave. and Old County Rd.

Come to Learn Wildfire Preparedness Strategies for Residents

Drop in between 10 a.m. and 1 p.m. Representatives from the organizations listed below will be on hand to answer questions and provide handouts on wildfire preparedness.

No host barbeque lunch provided by the Brisbane Lions Club

- North County Fire Authority
- Brisbane Police Department
- Fire Safe San Mateo County
- California Department of Insurance
- Defensible Space
- Ready, Set, Go! Evacuation Plan
- Zonehaven Evacuation Zones
- SMC Alert

BRISBANE PARKS & RECREATION PRESENTS

MENTAL HEALTH AWARENESS MONTH

EVENTS

MAY

IN COLLABORATION WITH:



San Mateo
County
Libraries

FOR MORE INFORMATION:
BRISBANECA.ORG/EVENTS

OFFERING THE COMMUNITY EVENTS, SERVICES, RESOURCES, AND ACTIVITIES FOR TEENS, SENIORS, AND RESIDENTS OF ALL AGES THROUGHOUT THE MONTH OF MAY.

TEENS: 5/11, 5/14 - RECEIVE 1 COMMUNITY SERVICE HOUR EACH DAY! CONTACT NICOLE AT THE PARKS & REC OFFICE FOR MORE DETAILS: NHOUGHTON@BRISBANECA.ORG

ALL
MONTH

LIGHT UP COMMUNITY PARK GAZEBO GREEN & CALM APP ACCESS (SMCL.ORG/CALM) / GIVEAWAY BOOKS THROUGH THE LIBRARY (WHILE SUPPLIES LAST)

ALL
MONTH

GALLERY OF ABSTRACT AFFIRMATIONS @ CITY HALL AND ROLL-OUT OF "WHAT MAKES YOU HAPPY" POSTER CAMPAIGN

4

MOB PLAY GYM , AGES 0-5 & CAREGIVER 9:30-11 AM; SPECIAL MUSIC & DANCE CLASS WITH VIKY MOJICA FROM 10:30-11 AM @ THE COMMUNITY CENTER

11

WALK FOR AWARENESS @ CROCKER PARK TRAIL FROM 10-11 AM (NO SIGN UP NEEDED) & DROP-IN GEM PAINTING FOR ADULTS @ THE LIBRARY, 12:30-2:30 PM (ALSO OFFERED ON 5/19)

14

COMPLETE A RANDOM ACT OF KINDNESS TODAY!

16

DROP IN FOR THE COLLECTIVE CAMP PILATES & YOGA @ MISSION BLUE 6 PM & 7:45 PM *ENTRY FEE REQUIRED

17

MAKE YOUR OWN WELLNESS KIT, FOR CHILDREN AND TEENS, 3:30-4:30 PM @ THE LIBRARY

23

SOUL SOUP WITH AMBER HINES, FOR CHILDREN AND PRESCHOOLERS, 11:30-12:30 PM @ THE LIBRARY

31

DROP IN FOR WATER AEROBICS @ THE COMMUNITY POOL, 10-11 AM *ENTRY FEE REQUIRED

JUNE
6TH

SAMTRANS YOUTH PASSES AT THE SKATE PARK FOR TEENS

Weight Reducing Strategies

Written by Amrit Lall, Brisbane resident with an advanced education and experience in Cardiopulmonary and Renal Function (Amrit obtained his Ph.D from UCSF in 1969).

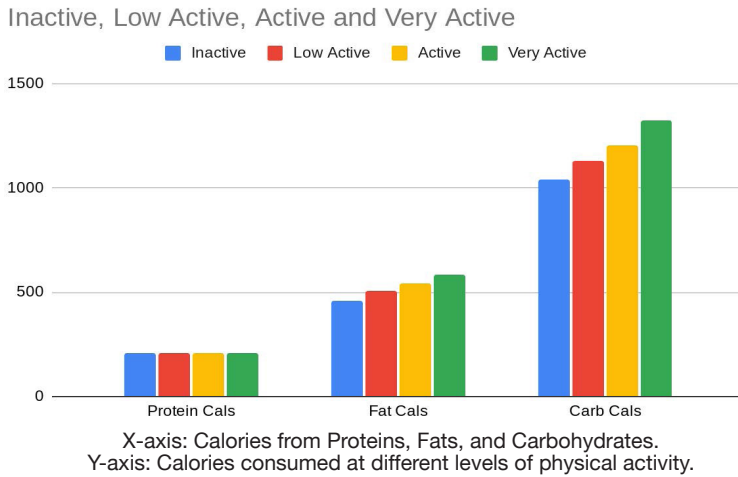


We need air, water, and food to stay alive. For optimum health, the food should comprise of appropriate amounts of proteins, fats, carbohydrates, fiber, vitamins, and minerals. In this article, I'll focus only on carbs, fats, protein, and fiber.

I'll use a hypothetical example of a 45-year-old male weighing 145 pounds, 68 inches tall, and body mass index (BMI) of 22. I'll use data generated from the following link: nal.usda.gov/human-nutrition-and-food-safety/dri-calculator

Calorie consumption is expressed in kilo calories (kcalories) or Calories. One Calorie equals one kcalorie. One calorie is the energy required to raise the temperature of one gram of water by one degree Centigrade. Notice that Calories and calories are not synonymous. One Calorie equals 1000 calories or one kcalorie. Let us look at the following chart for my hypothetical example:

Calorie Consumption From Proteins, Fats, and Carbohydrates at Different Levels Of Physical Activity A 45-year-old Male With a BMI of 22



Notice in the chart that the consumption of protein remains stable for different levels of physical activity. One uses more fat and carb Calories as one increases one's physical activity. Carbs are stored in the muscles and liver as glycogen. When one starts exercising, the body will first use up its glycogen stores and then switch to fat.

When one fasts the body tends to use the fat Calories. Therein lies the secret of weight reduction. Eating three meals a day and snacks in between is not a good strategy for weight reduction.

First, eliminate the snacks. If that fails to reduce your weight, eat two meals a day. If that also fails, eat one meal a day. The idea is to prolong the fasting time. Fasting for several days in a row is not a good strategy

because it (1) disrupts the body's metabolism and (2) the body will start using up its precious protein stores to sustain itself. The most efficient method of reducing weight is to reduce the daily caloric intake and to exercise every day.

To figure out the appropriate quantity of protein, carbs, and fats you need for yourself, please use the above link. It will generate a complete list of YOUR daily requirements. Converting the latter into a menu for your plate is more tricky and requires a knowledge of the nutritional content of the foods. Most of this information is available on the Internet. Please notice that one gram of meat does not contain one gram of protein. For example, 100 grams of extra lean, well-broiled ground beef contains 28 grams of protein. The daily requirement of protein in the above example is 52 grams. One ounce equals 28.35 grams.

CITY OF BRISBANE
NOW HIRING

SUMMER 2024
LIFEGUARDS

\$17.06-\$20.72/HOUR

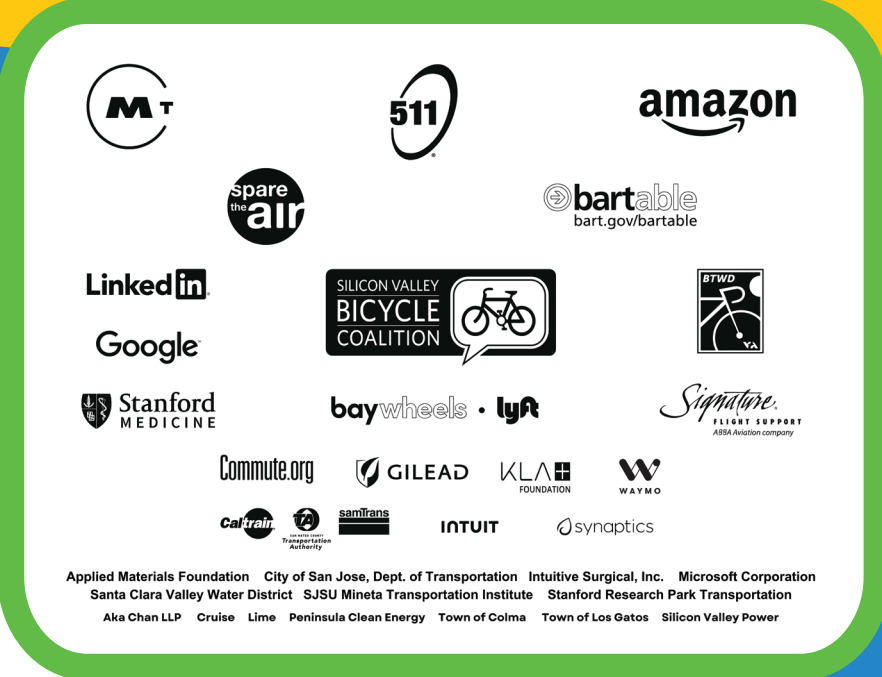
Apply Today!
brisbaneca.org/jobs





**Pledge to Ride
your bike in May!**

Log your rides all month long towards the **Bay Area Bike Challenge:**
30,000 miles for the 30th anniversary of **Bike to Work Day, Thursday, May 16th**



BAY AREA
BIKE TO WHEREVER DAYS  **2024**

bayareabiketowork.com/pledge





Brisbane Library Calendar – May 2024

EVENTS TO HIGHLIGHT

[Sundays at 1 PM & Wednesdays at 4 PM – Open Makerspace](#)

Ever wonder what you can do in our Makerspace? Here is your chance to find out! Come explore the technologies we have to offer in the Makerspace! We'll have a surprise assortment of equipment ready to be tinkered with!

[Mondays from 1 - 4 PM - YMCA Community Resource Center at the Library](#)

YMCA Community Resource Center case workers will be at the library to help with a variety of services. They can assist with Medi-Cal, CalFresh, emergency food referrals, shelter referrals, rental assistance, utility assistance, unemployment, State Disability, Paid Family Leave and general forms assistance. Appointments recommended. Call (650) 276-4101 ext. 4 or email crc@ymcasf.org to request an appointment.

[Wednesday, May 1 - Sunday, May 5 – HIP Housing Calendar Art Display at Brisbane Library](#)

[HIP Housing's Annual Calendar](#) features artwork from children across San Mateo County describing what home means to them. Since 2001 HIP Housing's calendars have recognized young artists across the Peninsula while also bringing warmth to thousands of homes. Now, in partnership with the SMCL, the works of these young artists are coming to a branch near you!

[Friday, May 3, 11 AM - 12:30 PM - Medicare Fraud Prevention](#)

Join Virginia Kroger with HICAP of San Mateo County for this seminar and learn the many facets of Medicare fraud. Understand the three crucial steps to guard your Medicare coverage and take valuable tips and information to protect yourself from medical identity theft.

[Saturday, May 4, 11 AM - 1 PM - Mayan Backstrap Weaving](#)

Weaving on a Mayan backstrap loom is an ancestral art that dates to time immemorial and continues to be used today. It is a traditional expression of culture and identity in Indigenous communities of Central and South America. Sari Monroy Solís (Maya Kaqchikel/Xicana fiber artist) will teach you about the history of the backstrap loom and how to use it to make brocade cloth. Registration required at brisbaneca.org/smcl

[Sunday, May 5, 2 - 3 PM - Anime and Video Game Concert With fun'SQ](#)

Come join us for a concert in the library. The saxophone ensemble fun'SQ (pronounced fun'esque) will embark with you on a musical adventure where the digital realms of video games and the enchanting melodies of anime collide!

[Tuesday, May 7, 5 - 7 PM - Gem Painting at the Library!](#)

For Seniors and Adults, join gem painting! It's the perfect mixture of paint-by-numbers and mosaic art. New canvases and materials will be offered monthly while supplies last. Drop-in dates will be held on May 11 and 19 at 12:30 PM. This is a fun and relaxing activity that's good for mental health and wellness. Registration required at brisbaneca.org/smcl or join the Waitlist.

[Saturday, May 11 & Sunday, May 19, 12:30 - 2:30 PM – Drop-in Gem Painting](#)

Let's finish that gem painting at the library! Continue your project from May 7. Please note that this program is intended for those who have already received a gem painting canvas or will bring their own. No new canvases will be distributed at this program. New canvases will be distributed on the first Tuesday of the month.

[Monday, May 13, 10:30 AM – 12 PM – Magic Mushi Forest](#)

Malisa Suchnaya will guide you in this class to create a charming tabletop mushroom forest while using acrylic colors interestingly and intentionally! No experience required and materials will be provided. For adults, registration required at brisbaneca.org/smcl

[Wednesday, May 22, 3:30 - 4:30 PM - Siva Sasa: A Samoan Village Dance Workshop](#)

Learn about Siva Sasa, a traditional Samoan dance through Samoan language, movements and music. Guided by Aaliya, attendees will create a dance for the Brisbane Library. Open to all fitness levels, modifications to accommodate everyone, registration required at brisbaneca.org/smcl

[Thursday, May 23, 11:30 AM - 12:30 PM - Soul Soup with Amber Hines](#)

Soul Soup combines interactive performance and relational education through music. Traditional and contemporary music are blended with voice and live drum accompaniment that uplifts, builds social-emotional literacy, and creates community for all ages.

[Saturday, May 25, 2 PM - 4 PM - Snack and Paint: Hibiscus Spam](#)

Join us for a snack and paint with artist Alex. Paint a fun and funky combination inspired by Filipino art, pop culture, popular snack food, and tropical flowers. Registration is required. Young children must be accompanied by an adult. brisbaneca.org/smcl

Keep an eye out for more fun events that are being planned for the Brisbane Library at smcl.org!

RECURRING EVENTS

[Mondays from 12 – 1 PM, Tuesdays from 6 – 7 PM & Thursdays from 6:30 – 7:30 PM – Tech Tutors](#)

Tech Tutors is a service to help troubleshoot your technology issues through a personal one-on-one appointment. Participants will sit down with a staff member who will walk you through a resolution. To book your one-hour appointment, please visit: smcl.libcal.com/appointments/techtutors

[Mondays at 6:30 PM – Yoga](#)

Interested in learning how to do yoga or already have a practice, and want to join others in your community? Please bring your own towel or mat. Space is limited. Register at brisbaneca.org/socl

[Tuesdays at 11 AM – Toddler Storytime](#)

Join us for songs, stories and movement activities! This storytime is developmentally appropriate for children between the ages of two and three years old and focuses on parent/caregiver and child interactions. We will use fun books and activities to channel toddlers' energy into interactive learning.

[Tuesdays at 11:30 AM – Family Storytime & Little Explorers](#)

Come along on an imaginary adventure for Family Storytime. Hear stories, sing songs, and learn wiggles that the whole family can enjoy together, from toddlers to grown-ups. At Stay and Play, Little Explorers create, play and learn together with their grown-ups.

[Wednesdays at 6 PM – Tai Chi](#)

Learn about the Chen-style Taijiquan (Tai Chi) form, Silk-reeling Exercises and Wuji Qigong. Chen-style Taijiquan is widely acknowledged as the ancestor of all other styles of Taijiquan.

[Thursdays at 11:30 AM – Baby Bounce & Rhyme Time](#)

Bring your bouncing baby to our weekly playtime, full of nursery rhymes and songs you can do together to stimulate your baby's development. Ideal for newborns up to 18 months old.

[Thursdays at 2:30 PM – Drop-In Sewing](#)

Complete your sewing project at the library! We have sewing machines and materials ready and available for you to use. Please bring your own fabric. This program is for adults and teens who are familiar with using sewing machines. Minimal instructions will be given.

[Thursdays at 6:15 PM – In-Person English Conversation Club](#)

NEW! Improve your English and make new friends! Practice your speaking skills with fluent speakers and other English language learners in a small group. Open to all skill levels, for adults ages 18 and over. Capacity limits may apply.

POWER UP AFTERNOONS

Join us for Power Up Afternoons!

Take a study break to relax with free-form art or experience hands-on STEAM activities.

Wednesday Power Up Afternoons at 2:30

- May 1 – Create A Wind Chime
- May 8 – Plant A Succulent In A Compostable Pot
- May 15 – Build A Solar Oven To Try Out At Home
- May 22 – Decorate A Tote Bag With Markers
- May 29 – Roll Your Own Candle

[Thursdays at 3 PM – Lego Club](#)

Join us every Thursday for LEGOs and creativity!

[Friday, May 3 at 3:30 PM – Decoden Picture Frame](#)

Join us for some decorating with Decoden after school! We'll decorate picture frames with Decoden-style charms and glue that looks like icing when it solidifies. Please be aware that Decoden takes 2 days to fully dry. Adult supervision is highly encouraged.

[Friday, May 15 at 3:30 PM - Make Your Own Wellness Kit](#)

Students can personalize their own wellness kit by decorating a pencil pouch and choosing items to help them find ease throughout the day.

The Brisbane Library will be closed on Sunday, May 26 through Monday, May 27 for Memorial Day.



SAN MATEO COUNTY

ANONYMOUS GUN BUYBACK

- May 4, 2024 -

10:00 AM - 2:00 PM

1050 MISSION ROAD, SOUTH SAN FRANCISCO

FOR MORE INFORMATION CALL: (650) 363-4800

PLEASE TRANSPORT YOUR FIREARMS UNLOADED AND IN THE TRUNK OF YOUR VEHICLE
3D AND HOMEMADE GUNS WILL BE EVALUATED FOR VALUE ON THE DAY OF THE EVENT

\$50 FOR NON-FUNCTIONING FIREARMS	\$100 FOR HANDGUNS, SHOTGUNS AND RIFLES	\$200 FOR ASSAULT WEAPONS AND "GHOST GUNS" AS CLASSIFIED IN THE STATE OF CALIFORNIA
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FUNDS ARE LIMITED & SUBJECT TO AVAILABILITY
PRESENTED BY
San Mateo County Board of Supervisors and Citizens for a San Mateo County Gun Buyback

San Bruno Police Department
Daly City Police Department
San Mateo County Sheriff
Colma Police Department
South San Francisco Police Department

Chief Ryan Johansen
Chief Cameron Christensen
Sheriff Christina Corpus
Chief John Hursey
Chief Scott Campbell

We reserve the right to limit the amount of funds an individual can receive regardless of the amount of firearms surrendered.



*Providing for Today,
Preparing for Tomorrow*

*****ECRWSS EDDM**
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Community Resources Guide

City of Brisbane — City Hall

50 Park Place, Brisbane, CA 94005
Public Walk-in Hours
Monday - Thursday 8:30 AM - 4:30 PM
Friday 8:30 PM - 12:30 PM

- EMERGENCY - Fire, Police, Medical Ambulance911
- National Suicide Prevention & Mental Health Crisis Lifeline988
- Dispatch After-Hours 415-467-1212
- Fax Line 415-467-4989
- City General Information 415-508-2100
- City Website brisbaneca.org
- City Calendar brisbaneca.org/calendar
- City Events brisbaneca.org/events
- City Clerk (Elections, City Council meetings) 415-508-2113
- City Council 415-508-2110
- City Communications 415-508-2157
- City Manager 415-508-2110
- Finance (Utility bills, business license) 415-508-2150
- Garbage & Recycling 650-589-4020
- Human Resources 415-508-2115
- Marina 650-583-6975
- Mission Blue/Community Center Rental 415-508-2142
- North County Fire Authority 650-991-8138
- Permit Center 415-508-2120
(Building permits, zoning info, remodeling and room additions)
- Police Chief 415-508-2170
- Police Dept 415-508-2181
(Parking/Abandoned Vehicle Complaints, Crime Prevention Assistance)
- Anonymous Tip Line 415-347-2070
or brisbaneca.org/tipline
- Police Officer Voicemail 415-508-2188
- Public Works 415-508-2130
(Streets, sidewalks, public right of way, download the free **My Brisbane app** to easily submit service requests)
- Recreation Programs/Class Registration/Park Rentals... 415-508-2140
- Swimming Pool 415-657-4321
- Utility Billing 415-508-2154
- CROCKER PARK SHUTTLE INFORMATION
- Commute.org 650-588-1600

Community Services

- Airport Noise Complaints 650-821-4736
- Animal Control (Stray or injured animals) 650-340-7022
- To locate Alcoholics Anonymous Meetings Call
- San Francisco Central Office 415-674-1821
- San Mateo Fellowship Office 650-577-1310
- Bay Area Air Quality Mgmt. District (BAAQMD) 800-334-ODOR
- Quarry Dust Complaints (San Mateo County) 650-363-1849
- Brisbane Chamber of Commerce 415-467-7283
- Brisbane Library 415-467-2060
- Brisbane School District 415-467-0550
- Panorama School 415-586-6595
- Brisbane Elementary School 415-467-0120
- Lipman Middle School 415-467-9541
- Comcast Cable Television 800-945-2288
- Community Resource Center, YMCA (rent assistance)..... 650-276-4101
- Jefferson High School District Office 650-550-7900
- Jefferson High School 650-550-7700
- Oceana High School 650-550-7300
- Terra Nova High School 650-550-7600
- Westmoor High School 650-550-7400
- Thornton High School 650-550-7840
- Jefferson Adult Day School 650-550-7890
- Summit Shasta Public High School 415-799-4719
- Household Hazardous Waste Disposal 650-363-4718
- Kara Grief Support for Children & Families 650-321-5272
- Legal Aid Society for Tenant Rights 800-381-8898
- Para Investigaciones de vivienda justa llame Project
- Sentinel, llamades compeletamente gratis 888-324-7468
- Peninsula Conflict Resolution Center 650-513-0330
(Confidential mediation for Neighbor, Rental, & Small Business disputes)
- SamTrans (Bus routes, scheduling info) 800-660-4287
- San Mateo County Housing 650-802-5050
& Community Development (Low income Home Rehab loans)
- San Mateo County Environmental Health 650-372-6200
- San Mateo County Mosquito & Vector Control District. . 650-344-8592
- South San Francisco Scavenger Co. 650-589-4020
(Garbage service, debris boxes)
- Veterans' Emotional Crisis Line 1-800-273-8255
OR suicidepreventionlifeline.org

City Council, Commissions, and Committees

City Council Meetings

1st & 3rd Thursdays
7:30 PM • City Hall
For more information,
contact 415-508-2110

Open Space and Ecology Committee

4th Wednesdays
6:30 PM • City Hall
For more information,
contact 415-508-2118

Planning Commission

2nd and 4th Thursdays
7:30 PM • City Hall
For more information,
contact 415-508-2120

Inclusion, Diversity, Equity & Accountability Committee

3rd Wednesdays
6 PM • City Hall
For more information,
contact 415-508-2118

Public Art Advisory Committee

3rd Mondays
4:30 PM • City Hall
For more information,
contact 415-508-2109

Parks and Recreation Commission

2nd Wednesdays
6:30 PM • City Hall
For more information,
contact 415-508-2140

Complete Streets Safety Committee

1st Wednesdays
6:30 PM • City Hall
For more information,
contact 415-508-2130