ACTIVITY GUIDE

SPRING & SUMMER 2023

RESIDENT REGISTRATION: APRIL 18TH
NON-RESIDENT REGISTRATION: MAY 2ND

415.508.2140  WWW.BRISBANECA.ORG  brisanerec@brisbaneca.org
PARKS & RECREATION STAFF

MAIN OFFICE: 415.508.2140

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REGISTRATION INFORMATION & POLICIES

All activities require registration before attending. Activities may be cancelled due to lack of enrollment. Please register early so an activity will not be cancelled unnecessarily. Brisbane residents pay a reduced fee. Resident fee eligibility is for all individuals who reside or work in Brisbane. Proof of residency may be required, e.g., drivers license, PG&E bill, or pay stub from a Brisbane employer. (Note: P.O. Boxes do not establish residency.)

3 ways to register!

1. Online Registration • Click here!
   To register by credit card using our online system, visit the City of Brisbane online at www.brisbaneca.org/parksrec and click on the link towards the top of the page, then follow the instructions, or click the link provided above.

2. Walk-In Registration • City Hall • 50 Park Place
   Register in person at the Parks & Recreation administrative office at City Hall. You can obtain a registration form online or from the Parks & Recreation office.

3. Mail-In Registration • City Hall • 50 Park Place
   - To register by mail, please download a form from the City of Brisbane website. Mail the form and your check made payable to the City of Brisbane to: Parks & Recreation office, 50 Park Place, Brisbane, CA 94005.

   *Note: we do not accept registration over the phone.

PARKS & RECREATION COMMISSION

The Parks and Recreation Commission is responsible for parks and recreation policies & programs within Brisbane. Appointed by the City Council, the Commission meets on the second Wednesday of each month at 6:30pm.

Current Commissioners:
Renee Commerford, Trudi Davis, Leesa Greenlee, Frank Kern, Natalie Ocampo, Julie Sims, Tom Seawell
INTERESTED IN RENTING A FACILITY?

Hoping to enjoy the fresh air outside for your next party or gathering? Why not consider the Community Park? Check out the details and make your reservation here: brisbaneca.org/picnicreservation

Would you prefer your rendezvous or event indoors instead? Lucky for you, we have our Community Center or our even more spacious Mission Blue Center to offer! Find more information at: brisbaneca.org/parksrec

We even have party packages available for our Community Pool. Find more information at: brisbaneca.org/parksrec

Questions? Reach out to us at (415) 508-2140 or brisbanerec@brisbaneca.org
**Preschool**

*Ages 3-5*

The Brisbane Parks & Recreation department offers a developmentally appropriate program to encourage, support and develop the whole child. Preschoolers' days are balanced with a variety of enrichment activities including art, imaginative play, recreation, music, stories and more. We aspire to enhance self-esteem, encourage independence, foster friendships and provide a nurturing introduction to school. All students participating in the Preschool program must be a minimum of three (3) years old and less than six (6) years old and fully potty trained at the start of the program (NO EXCEPTIONS). Proof of age is required for all new students.

**Session Information**

**Spring: 4/18-6/2**
- **Days/Times:** Tuesday-Friday, 9:00am-Noon
- **Fee:** $441 Resident, $609 Non-resident
- **Location:** Brisbane Elementary Modular
  - 500 San Bruno Avenue, Brisbane

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**Fall Preschool 2023**

**Registration opens Tuesday, June 13th at 9AM!**

*Note: Space is limited.*

- **Quarter 1:** Sept. 5th – Nov. 17th
- **Quarter 2:** Nov. 28th – Feb. 2nd
- **Quarter 3:** Feb. 6th – March 28th
- **Quarter 4:** April 16th – June 7th

**Fee:** $441 Resident, $609 Non-resident
**Location:** Brisbane Elementary Modular, 500 San Bruno Ave.

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**Summer Preschool**

**Fees per Session:**
- $60 Residents, $84 Non-resident

**Location for Summer Only:**
- Lipman Middle School
  - 1 Solano Street, Brisbane
  - Tuesday-Friday, 9am-Noon

**Sessions:**
- **Session 1:** June 27-30
- **Session 2:** July 5-7
- **Session 3:** July 11-14
- **Session 4:** July 18-21
- **Session 5:** July 25-28
- **Session 6:** August 1-4
- **Session 7:** August 8-11

**Themes:**
- Backyard Fun
- Beach
- Camping
- Summer Foods
- Rainforest
- Wacky Week
- Around the World

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**415.508.2140**  
**WWW.BRISBANECA.ORG**  
**brisbanerec@brisbaneca.org**
YOUTH PROGRAMS

Club Rec Afterschool Program

Kindergarten-5th grade
The Club Rec afterschool program is a safe and engaging space where kids can spend time with friends between school and home. Kids can participate in daily sports, games, arts and crafts, and STEM activities throughout the week with our wonderful Recreation Leaders. BES students are dismissed from class and walk directly to our modular located on the BES campus at 500 San Bruno Avenue. A daily snack is provided. If you have questions regarding the registration process or program, please contact our main office for assistance.

2023-2024 School Year
Registration opens Tuesday, June 13th at 9AM!

Note: Space is limited.

August 23rd, 2023 - June 14th 2024
We accommodate holidays and early dismissal of the School District
Fee: $1924/10 months
Location: Brisbane Elementary Modular, 500 San Bruno Ave.

Upcoming Youth Sports

- Volleyball For 6th & 7th-8th
- Flag Football for 2nd-3rd, 4th-5th, 6th, 7th-8th

Registration Opens: Wednesday, 8/23/2023

- Basketball for 7th-8th,

Registration Opens: Monday, 9/18/2023
Leaders in Training (LIT)
The Leaders in Training program gives teens age: 13-15 the opportunity to develop important leadership and job skills that will prepare them for future employment through training, hands-on experience and evaluation. Program will take place at Lipman Middle School.

**Key Dates:**
- 5/18: Application Deadline!
- Week of 5/22: LIT interviews
- Week of 5/29: Notification of schedule
- 6/23: Mandatory LIT training

<table>
<thead>
<tr>
<th>Week 1</th>
<th>6/26-6/30</th>
<th>Fantasy Week</th>
<th>Lost Worlds Adventures</th>
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<tr>
<td>Week 2</td>
<td>7/3-7/7, omit 7/4</td>
<td>Summer Scientist</td>
<td>Pinewood Park &amp; Legoland Discovery Center</td>
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<tr>
<td>Week 3</td>
<td>7/10-7/14</td>
<td>Around the World</td>
<td>Great America</td>
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<tr>
<td>Week 4</td>
<td>7/17-7/21</td>
<td>Spirit Week</td>
<td>Aqua Adventures</td>
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<td>Week 5</td>
<td>7/24-7/28</td>
<td>Under the Sea</td>
<td>Lost Worlds Funtropulous</td>
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<td>Week 6</td>
<td>7/31-8/4</td>
<td>Jungle Safari</td>
<td>BBQ and Jump Houses at Brisbane Community Park</td>
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<td>Week 7</td>
<td>8/7-8/11</td>
<td>Superheroes &amp; Villains</td>
<td>Silver Creek Sportsplex</td>
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<tr>
<td>Week 8</td>
<td>8/14-8/18</td>
<td>Color Wars</td>
<td>O'Donnell Park &amp; Pump It Up</td>
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</table>

**BEST. JOB. EVER.**
Interested in working with us this Summer? We are hiring! Please visit brisbaneca.org/jobs for up-to-date information regarding recruitments.
**Youth Art**

_Ages 7-15_

Have some fun learning to paint with watercolors. Children will learn to discover shapes from their subjects and apply these shapes into pencil layouts before they start painting with watercolor. Our classes are not only about learning techniques, they are also about seeing and thinking. (All art materials included with registration.)

_Instructor:_ Ms. Shirley

_Location:_ Mission Blue Center, 475 Mission Blue Dr.

**Days/Times:** Wednesdays 2:20pm-3:50pm & 4:00pm-5:30pm

**Session 1:** 3/1/2023-4/26/2023

**Session 2:** 5/3/2023-6/7/2023

**Fee:** $161 (Resident) $189 (Non-resident)

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**Tahitian Dance**

_Taurea, Toa, Aito, Hiva et Fetia_

_Divisions:_ Youth class ages 4-12

Come and learn the basics of Tahitian Dance. This class will teach the terminology of the Tahitian Dance movement instructors, and choreography, along with the teachings of basic drum beats and music of Tahiti. No previous experience is required. Everyone is welcomed. Required attire: Pareo (sarong), shorts or sweatpants for girls. Athletic shorts or sweatpants for boys, t-shirt, no shoes (socks are permissible). Classes will be accompanied by live drumming and music. Facemasks are required for all participants and instructors.

_Instructor:_ Desiree Woodward-Lee

_Location:_ Mission Blue Center, 475 Mission Blue Dr.

**Days/Times:** Mondays & Wednesdays 7:15pm-8:15pm

**Session dates:** 5/1/2023-6/21/2023

6/26/2023-8/16/2023

No class: 5/31 and 7/4

**Fee:** $79 (Resident), $94 (Non-resident)

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**Watercolor Summer Camp**

_Ages 7-15_

Are you a budding artist ready to explore your creative potential? Then check out this fun and unique watercolor painting camp. Campers will be introduced to the basic of composition, shapes, forms, value, texture and light, and most importantly the amazing effects of watercolor. Project will be assigned based on students age and skills level. Instructor: Shirley Lim

_Location:_ Mission Blue Center

**Number of Students:** 8 maximum per class

Residents: $181.00 week/camp (all art materials included)

Nonresidents: $213 week/camp (all art materials included)

(Students registered in both camps are welcome to stay in the center during lunch)

**Week: 6/26 to 6/30**

Afternoon Camp, 1pm - 4pm

Theme: Still Life – Paint your favorite object by observation and create a background with your imagination.

**Week: 7/17 to 7/21**

Morning Camp, 9am - 12pm

Theme: African Safari - Explore the savannas and capture the wonders of wildlife.

Afternoon Camp, 1pm - 4pm

Theme: Let’s Go To The Farm - Discover beautiful scenery in the agricultural landscapes with houses and animals.

**Week: 8/7 to 8/11**

Morning Camp, 9am - 12pm

Theme: Famous Places - Painting landscape and architecture from beautiful places in the world.

Afternoon Camp, 1pm - 4pm

Theme: Down In the Jungle - Up on the tree, create colorful animals as alive as it can be.
Thank you to our 2022-2023 Youth Advisory Committee (YAC) members: Sebastian, Peer, Stacia, Kate, Charlotte, Sasha, Orion, Nolan, Ilarion, Shavon, Isabella, Sara, Sagar, Avani and Andy- who have all been working hard this school year to advocate, volunteer, and support the community! We appreciate all that you do.

Summer TEEN NIGHTS!

Summer 2023 features 5 nights just for 7th-12th graders! Visit brisbaneca.org/teens for more details.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>June 15</td>
<td>Drop-in at Sunrise Room</td>
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<tr>
<td>July 7</td>
<td>Glow Swim at Community Pool</td>
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<tr>
<td>July 13</td>
<td>Drop-in at Sunrise Room</td>
</tr>
<tr>
<td>July 27</td>
<td>Drop-in at Sunrise Room</td>
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<tr>
<td>August 3</td>
<td>Ice Cream Sandwich Tutorial</td>
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Brisbane's Youth Advisory Committee Presents

MIDDLE SCHOOL DANCE

OUT OF THIS WORLD

$10 ENTRANCE FEE
INCLUDES FOOD, GAMES, PHOTO BOOTH, DJ & DANCING

Friday, April 28th
7pm - 9pm
Mission Blue Center

For details & pre-registration visit: brisbaneca.org/dance
BRISBANE DANCE WORKSHOP

Dance and theater classes for preschool-ages students through adults! Registration, class descriptions, and schedules can be found at www.brisbanendanceworkshop.org

NOTE: Information regarding the 2023-2024 BDW Season will be shared mid-Summer!

BDW PRESENTS

James, Jamie and the Giant Peach

Saturday May 20 3:30
Saturday May 20 7:30 • gala
Sunday May 21 3:30
Mission Blue Center
475 Mission Blue Drive
Brisbane CA
$15 Adult tickets
$12 Kids and Seniors
Gala $25

BRISBANE DANCE & THEATRE WORKSHOP

TICKETS AND MORE INFO:
BRISBANE DANCEWORKSHOP.COM

SILVERSPOT COOPERATIVE NURSERY SCHOOL

ABOUT US

Our purpose is to provide a positive, safe healthy environment in which children learn through a play-based curriculum. A close connection with parents, teachers, and the community at large sets the stage for children to obtain confidence, self-esteem and social skills. Silverspot is a parent-run, non-profit co-operative nursery school working to create a community of encouragement and learning for families. Silverspot accepts children between the ages of 2.5 years and 5 years 11 months. We accept children who are not yet potty trained.

FOR MORE INFO PLEASE VISIT OUR WEBSITE OR EMAIL US

WWW.SILVERSPOTCOOP.ORG
INFO@SILVERSPOTCOOP.ORG

4 Solano Street, Brisbane, CA 94005
415-657-0142

FULL-TIME & PART-TIME PROGRAMS

PLAY-BASED
LICENSED CARE
PARENT-RUN
Tai Chi
Ages 18+
Tai Chi Chuan is a gentle martial art practice that has long been considered a healing art. Scientific findings show that it is effective for people who have suffered neurological diseases (stroke, Parkinson’s), orthopedic diseases (arthritis), and cardiovascular diseases. Instructor Melissa “Alex” Medel will be leading the class step-by-step in a 64 Step Yang Style Tai Chi Chuan as originally taught by the Lien Ying Tai Chi Chuan Academy. All levels are welcome.
Instructor: Alex Medel
Location: Community Park Gazebo
Days/Times: Thursdays, 8:35-9:35am
Session 1: April 6th, 13th, 20th, & 27th
Session 2: May 4th, 11th, 18th, & 25th
Session 3: June 1st, 8th, 15th, 22nd, 29th
Session 4: July 6th, 13th, 20th, 27th
Session 5: August 3rd, 10th, 17th, 24th, 31st
Fee: $121 (Resident), $141 (Non-resident) - 4 classes
$146 (Resident) $171 (Non-resident) - 5 classes
Drop In Fee: $30 per class*
*TG*Drop In registration must occur prior to attending class.

Tahitian Dance
Taurea, Toa, Aito, Hiva et Fetia
Ages 13+
Come and learn the basics of Tahitian Dance. This class will teach the terminology of the Tahitian Dance movement instructors, along with the teachings of basic drum beats and music of Tahiti. No previous experience is required. Everyone is welcomed. Required attire: Pareo (sarong), shorts or sweatpants for girls. Athletic shorts or sweatpants for boys, t-shirt, no shoes (socks are permissible). Classes will be accompanied by live drumming and music. Facemasks are required for all participants and instructors. Location: Mission Blue Center, 475 Mission Blue Drive
Days/Times: Mondays & Wednesdays 8:30-9:30pm
Session dates: 5/1/2023-6/21/2023
6/26/2023-8/16/2023
No class: 5/31 and 7/4
Fee: $79 (Resident), $94 (Non-resident)

Tahitian Dance Private Lessons
Taurea, Toa, Aito, Hiva et Fetia
Divisions: All ages
Location: Mission Blue Center, 475 Mission Blue Dr.
Days/Times: Tuesdays, 7:15PM-9:00PM
Session dates: 5/1/2023-6/21/2023
6/26/2023-8/16/2023
No class: 5/31 and 7/4
Fee: $38 (Resident), $46 (Non-resident) per lesson
ADULT ACTIVITIES

SIGN UP NOW!

Yoga
Sunday 7AM
Outdoor (Brisbane Park)
Vini-Hatha Flow - Rise, Shine & Renew Yoga

Wednesday 6AM
Outdoor (Brisbane Park)
Vinyasa Flow - MYA Yoga

Thursday 7:45PM
Studio (Mission Blue)
Vinyasa Flow - MYA Yoga

SUMMER DROP IN

PICKLEBALL @ LIPMAN
Tuesdays and Thursdays,
6PM-8:30PM
starting 6/27 omit 7/4
$5 drop in fee

WWW.BRISBANECA.ORG
brisbanerec@brisbaneca.org
AQUATICS

2 SOLANO STREET, BRISBANE CA 94005,
POOL OFFICE 415.657.4321
WWW.BRISBANECA.ORG/COMMUNITY-POOL

The Brisbane Community Pool is a great place to get connected with residents and members of surrounding communities, accomplish a fitness goal, or start a new family tradition by attending one of our many programs. The pool is a 25 yd./75 ft. outdoor pool with a zero-depth entry pool for disability access, heated to 79-81 degrees using solar and conventional heating. Our aquatic staff are professionally trained lifeguards with the American Red Cross. If you would like to receive pool updates, please email Jfranco@brisbaneca.org to be added to our email list.

ENTRANCE FEES

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<thead>
<tr>
<th>Age</th>
<th>Resident Fee</th>
<th>Non-Resident Fee</th>
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<tbody>
<tr>
<td>Youth (0-17)</td>
<td>$4</td>
<td>$6</td>
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<tr>
<td>Adults (18-59)</td>
<td>$6</td>
<td>$8</td>
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<tr>
<td>Seniors (60+)</td>
<td>$4</td>
<td>$6</td>
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<tr>
<td>Monthly Pass (For Lap Swim Only)*</td>
<td>$36 Resident/$40 Non-Resident</td>
<td>$10 Resident/$11 Non-resident</td>
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WATER AEROBICS

10:00-11:00AM
Monday/Wednesday/ Friday
5:45-6:45PM
Thursdays: July-September

If you’re looking for a way to get fit, relieve stress, and have fun, this is the class for you! This has been one of the most popular classes in Brisbane for many years. The natural buoyancy of the water helps avoid injury and exercising in water offers 12-14 times the resistance than regular exercise!

Instructor: Heidi Leivson

$36 Resident/$40 Non-Resident
$10 Resident/$11 Non-resident drop in
note: prices vary per month

2023 Pool Party Packages

Enjoy the use of the pool facility for your end of the school year party, birthday, sport team awards, or graduation.

**During Rec Swim (Gazebo Rental) (25 max)**
Saturdays 12:00PM-3:00PM, Sundays 12:00PM-3:00PM
Fees: Resident: $135 / Non-Resident: $172

**Private Rental (50 max)**
Saturdays 3:15PM-5:15PM or 5:30PM-7:30PM
Fees: Resident: $273 / Non-Resident: $346
### Spring
4/1/23-6/25/23

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<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>9:00am-11:45am Lap Swim (4 Lanes)</td>
<td>7:00am-9:45am Lap Swim</td>
<td>7:00am-1:00pm Lap Swim</td>
<td>7:00am-9:45am Lap Swim</td>
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<td>9:00am-11:45am Lap Swim</td>
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<tr>
<td>9:45am-11:30am Swim Lessons (2 Lanes)</td>
<td>10:00am-10:55am Water Aerobics</td>
<td>10:00am-10:55am Water Aerobics</td>
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<td>12:00pm-3:00pm Recreation Swim</td>
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<td>12:00pm-3:00pm Recreation Swim</td>
<td>11:00am-1:00pm Lap Swim</td>
<td>11:00am-1:00pm Lap Swim</td>
<td>11:00am-1:00pm Lap Swim</td>
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<td>11:00am-1:00pm Lap Swim</td>
<td>3:15pm-7:30pm Private Parties &amp; Rentals</td>
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<td>4:00pm-7:00pm Recreation Swim/Lap Swim</td>
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### Summer
6/26/23-8/20/23

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<tr>
<td>8:00am-12:45pm Adult Lap Swim</td>
<td>7:00am-9:45am Adult Lap Swim</td>
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<td>8:00am-10:00am Adult Lap Swim</td>
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<td>1:00pm-4:00pm Recreation Swim</td>
<td>10:00am-11:00am Water Aerobics</td>
<td>10:00am-11:00am Water Aerobics</td>
<td>10:00am-11:00am Water Aerobics</td>
<td>10:00am-11:00am Water Aerobics</td>
<td>10:00am-11:00am Water Aerobics</td>
<td>10:15am-12:45pm Swim Lessons</td>
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<td>11:15am-2:15pm Recreation Swim</td>
<td>11:15am-1:15pm Recreation Swim</td>
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<td>11:15am-1:15pm Recreation Swim</td>
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<td>(Recreation Swim for City camps only)</td>
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<td>4:15pm-8:30pm Private Parties &amp; Rentals</td>
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Find your level!

**GUPPY - Parent/Child Class (6 mons–3 years)**
This class is held in the big pool and will teach adults basic water adjustment and safety skills for their children. (Ratio 1:10) Class days/times: M-Th, 2:30pm, 3:30pm, Sat, 10:15am, 10:45am

**STARFISH - Ages 4+ (Ratio 1:4)**
At this level, students will learn to put their face in the water and enjoy the water safely. To pass this level, children must swim 5 yards without support. Class days/times: M-Th, 2:30pm, 3:30pm, 5:00pm Sat, 10:15am, 11:45am, 12:15pm

**SEAHORSE - Ages 4+ (Ratio 1:5)**
Prerequisite: completion of Starfish or swimming 5 yards comfortably on their own. To pass this level, students must swim 10 yards of front and back crawl. Class days/times: M-Th, 2:30pm, 3:30pm, 4:00pm, Sat, 10:15am, 11:15am

**LOBSTER - Ages 4+ (Ratio 1:6)**
Prerequisite: completion of Seahorse or swimming 10 yards of front crawl independently and be able to tread water comfortably in the deep end. This class focuses on stroke and side breathing refinement. Class days/times: M-Th, 3:00pm, 4:00pm, 4:30pm, Sat, 10:45am, 11:15am

*All classes are 30 minutes*

**SEAL - Ages 6+ (Ratio 1:6)**
Prerequisite: completion of Lobster. This level includes lap swimming and students must demonstrate the ability to swim 25 yards comfortably. This class will refine strokes and introduce breaststroke, sidestroke, and flip turns. Class days/times: M-Th, 3:00pm, 5:00pm, Sat, 10:45am, 11:45am

**SHARK - Ages 6+ (Ratio 1:6)**
Prerequisite: completion of Seal. Students will polish strokes and swim with more ease, efficiency, and smoothness over greater distances. Class days/times: M-Th, 4:30pm, 5:00pm, Sat, 11:45am, 12:15pm

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**Pick your session!**

**Monday - Thursday Sessions:**
1: June 26 - June 29
2: July 3 - July 6*
3: July 10 - July 13
4: July 17 - July 20
5: July 24 - July 27
6: July 31 - Aug. 3
7: Aug. 7 - Aug. 10
8: Aug. 14 - Aug. 17

$47 Resident, $57 Non-Resident
* $38 Resident, $46 Non-Resident

**Saturday Sessions**
1: July 1 - July 22
2: July 29 - Aug. 19

$47 Resident, $57 Non-Resident

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**Registration Dates:** Brisbane Residents - April 18th at 9am | Non-Residents - May 2nd at 9am

BRISBANE COMMUNITY POOL | 415-657-4321 | WWW.BRISBANECA.ORG
SHARK WEEK
JULY 11-18

see you there!

PIRANHA SWIM CLUB

Brisbane Parks & Recreation has designed a swim club for youth who have advanced beyond our traditional swim lessons program and are looking for the next step towards competitive swimming. This program will refine strokes and teach endurance through instruction, drills, and interval training with a pace clock.

STROKE EFFICIENCY | ENDURANCE | FUN!
For more information, please contact the Brisbane Community Pool at 415.657.4321 or visit us online at www.brisbaneca.org.

Contact if Interested!
**ACTIVE ADULTS**

**SUNRISE ROOM**
2 VISITACION AVENUE, BRISBANE
415.508.0230

The Sunrise Room is located at 2 Visitacion Avenue, Brisbane CA, 94005. The center is open in accordance with the schedule outlined on this page. All programs are FREE to residents ages 55 or older.

**View the next page for more information about Sunrise Room activities!**

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**Monday Lunch Service**
The City of Brisbane is partnering with Samaritan House to offer lunches to Seniors on Mondays. Reservations must be made by Friday for the following week. Drive-by or walk-up pick-ups are available between 12-12:45pm at the Sunrise Room (2 Visitation Ave). Home delivery is available, as needed for residents. (415) 508-2144.

**Wednesday Senior Club Lunch & Bingo**
Brisbane's Senior Club hosts a weekly lunch and Bingo on Wednesdays. Contact Teresa for more information at 415.508.0230.

**Got Wheels! Senior Transportation Program**
Are you 70 years or older and looking for an alternative to driving? Then the CalTrans-funded Got Wheels! free membership program of Peninsula Family Service is for you!

brisanecanca.org/community/page/got-wheels-senior-transportation-program

**Food Donation Opportunities**
Seniors are welcome to check with Sunrise staff for information on obtaining free food donations. PLEASE NOTE: Donations are not on a specific schedule.

**San Mateo County Resource Book**
Come by the Sunrise Room and request a San Mateo County Resource book. This book is filled with important phone numbers and information in English, Spanish, and Chinese.

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**Shout out to:**

Volunteer with Village Helping Hands: Paul Bouscal. Thank you for delivering meals to our homebound seniors weekly!
Sunrise Activity Schedule

For questions about any of these programs, stop by the front desk, call 415.508.0230, or email tmadrigal@brisbaneca.org

Mondays
Walk-in Hours: 12-4pm
- Samaritan House Lunch Pick-up & Delivery 12-1PM
- Coffee & Crochet 2-4PM

Tuesdays
Walk-in Hours: 12-4pm
- Movies/TV Showing 1-3:30PM

Wednesdays
Walk-in Hours: 1-4pm
- Design & Build Workshop 1:30-4PM

Thursdays
Walk-in Hours: 12-4pm
- Conversation & scheduled seminars 1:30-3:30PM

Fridays
Walk-in Hours: 12-4pm
- Bingo 12:30PM
- Blood Pressure checks by request
**Senior Art**

Drawing and painting instruction will be provided by Shirley Lim. Life is a canvas so come prepared to unleash your creativity!

**Location:** Sunrise Room

**Days/Times:** Thursdays 9:00-10:30am & 10:30am-Noon

**Dates:** Starting 4/20/2023-8/17/2023

(No class 4/6, 4/13, 6/15, 7/20, 8/10)

**NOTE:** Senior Art is currently full. If you would like to be added to the waitlist, please contact the Sunrise Room 415.508.0230 and we will notify you if space becomes available.

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**Special shout out:**

Our fabulous art instructor, Shirley Lim is currently showcasing her art in the City Hall Lobby Gallery. In May, she will be highlighting senior art over at the Library.

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**Agile Aging**

Brisbane Chiropractor Dr. Abney's Agile Aging class teaches how to prevent falls, and enliven activities of daily life through a movement based approach to wellness.

**Location:** Community Center, 250 Visitacion

**Days/Times:** Tuesdays 10:30am-11:30am in April, June, July and August

(No class in May & 7/4)

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**Walking Group to San Bruno Mountain**

Led by volunteer, Paul Bouscal. We will be traversing San Bruno Mountain, on their paved & shaded trail. Participants will meet at City Hall and will be driven in our City van to the drop-off location. Participants are encouraged to dress in layers, bring water, and wear comfortable walking shoes and a hat. A signed waiver is needed to participate.

To sign up, please call the Parks and Rec Front Office at (415) 508-2140. Note: Space is limited to 7 participants per trip!

**Days/Times:** Mondays, 9:00-11:00am

**Dates:** 4/17, 5/15, 6/12, 7/17, 8/21

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**Senior Peer Counseling Program**

The Senior Peer Counseling program works to ensure no one faces the challenges of aging alone. Specially trained volunteer counselors provide weekly visits to adults age 55+ to help manage transitions and life changes such as health concerns, mobility issues, caregiver needs, and grief. For more information, contact: Veronika Park at (650) 403-4300 x4321 or email vpark@pfso.org

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**Support Groups**

La Platica - Spanish // Let's Talk - English

To register, please call (650) 780-7542

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**Blood Pressure Screenings**

Offered by request & led by a senior volunteer.
Get APP-Y Tech Sessions
Ages 55+
Topics will include: safe internet browsing, all about apps, Zoom basics, protecting against identity theft, avoiding phishing scams, and email set up. Provided by Peninsula Family Service & San Mateo County Health Behavioral & Recovery Services. FREE!

Days/Times: Thursdays, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16 and 12/21 from 2:30-4:00PM at the Sunrise Room.

Please RSVP: (650) 403-4300 x4366 or email helpathand@peninsulafamilyservice.org

UPCOMING SENIOR TRIPS

- April 20th: (Thursday) Exploratorium 9:30AM-2:30PM, $50R/$55NR
- May 17th: (Wednesday) Walking the Golden Gate Bridge & Lunch in the Presidio, 8AM-3PM, $45R / $52NR
- June 8th: (Thursday) San Mateo County Fair $40R / $46NR 11AM-4PM
- July 20th: (Thursday) California Academy of Sciences, 9:00AM-3PM, $55R / $64NR
- August 4th (Friday) Sonoma County Fair, 10:30AM-5:30PM $45R / $52NR

Fees include costs for travel, gas, and where listed, lunch. Some trips will be offered by City staff van transport and some trips will be shared using professional charter bus with neighboring cities to allow for more socialization opportunities! Refunds / Credits will only be issued if the spot can be replaced by another participant. Return times are approximate and subject to traffic. All trips will leave from Brisbane City Hall. Early registration is encouraged to allow for time to coordinate with neighboring cities. Any questions, contact Nicole Houghton at nhoughton@brisbaneca.org or 415-508-2144.

Baking in the Fall
Are you interested in showing a few excited teens your special family recipe? Let us know what you are looking to teach & bake and we will provide the supplies. Baking class will occur in Fall. Sign up now by contacting brisbanerec@brisbaneca.org. FREE!

Tattoos and Chews
Temporary tattoos and snacks will be available at the Sunrise Room starting at 4PM-6PM. Join us on National Tattoo Day, Monday, 7/17 for some socialization and fun! FREE!
SPECIAL EVENTS

JOIN US LIVE OR VIRTUALLY

Saturday

MAY 6, 2023

6:00PM VIP PRE-PARTY
6:30PM GENERAL ADMISSION

TICKETS
TICKETS: $20 VIRTUAL / $25 GENERAL ADMISSION

VIP TABLE SEATING
SINGLE $75 | 2 VIP TICKETS $140
4 VIP TICKETS/TABLE BUYOUT $275

MISSION BLUE CENTER
475 MISSION BLUE DRIVE, BRISBANE, CA

TO LEARN MORE & PURCHASE TICKETS:
BRISBANECA.ORG/LUNAFEST

*ALL PROCEEDS GO TO THE BRISBANE LIONS CLUB SCHOLARSHIP FUND FOR WOMEN PURSUING DEGREES IN MALE-DOMINATED FIELDS.*

GET READY TO TURN ALL THOSE SHOWERS INTO FLOWERS

IT'S TIME FOR THE COMPOST GIVEAWAY!

comept will be delivered mid-day April 19, look for an announcement on social media.
San Francisco Ave near Inyo, just below the community garden, residents only please, no commercial enterprises.
bring your own shovel & container

Brought to you by: City of Brisbane & South San Francisco Scavenger Co

Come join us on
EARTH DAY
for our Habitat Restoration Event
VOLUNTEERS NEEDED

April 22, 2023
9:30am - 12:30pm
Rock Wren Lane - Brisbane, CA

Details and registration: saquinimutof.org/upcoming-events
CITY OF BRISBANE

Concerts in the Park

LIVE MUSIC - DANCING - FOOD & DRINKS
- FAMILY FRIENDLY -

JULY NIGHTS & AUGUST AFTERNOONS

FRIDAY, 7/14 [AT] 6PM
PRIDE & JOY

FRIDAY, 7/21 [AT] 6PM
DJ SHARON AND LIONS CLUB

FRIDAY, 7/28 [AT] 6PM
LIVEWIRE BAND

SUNDAY, 8/6 [AT] 2PM
LOCAL BANDS CONCERT

SUNDAY, 8/13 [AT] 2PM
THE HOUSEROCKERS

COMMUNITY PARK | FREE ENTRY

Support today!

Brisbane Parks & Recreation Presents:

CONCERTS IN THE PARK

Call for Sponsors

Contact our team at brisanerec@brisaneca.org

SPONSOR LEVELS

- Title Sponsor: $2,500
- Gold Sponsor: $1,250
- Silver Sponsor: $300
- Bronze Sponsor: $150

Please submit applications to: brisanerec@brisaneca.org or c/o Jeff Franco, Parks and Recreation Department, 50 Park Place, Brisbane, CA 94005
Please make checks payable to: City of Brisbane
Each year, the National Recreation & Park Agency (NRPA) acknowledges and celebrates Parks & Recreation month in July. This year, the focus is on the vital role that park and recreation professionals play in bringing people together, providing essential services and fostering the growth of communities. The goal this year is to come together and show the world just how much parks and recreation means in our community.

Keep an eye out in the coming months, on our social media accounts and marketing platforms, for recommendations to celebrate Parks & Recreation month here in Brisbane!
SPECIAL EVENTS

Save the Date:
Brisbane Garden Tour
Saturday, June 10th, 10am-2pm
$20 - general, $10 - seniors, kids - free

PARENTS
Night Out
Saturday, 4/15 from 5-10pm
$25 per child - BES Modular
500 San Bruno Ave

MOB Easter Egg Hunt
Sat, April 8th, 11am
Community Park
FREE, BYOB (asket)
Explore Your
23 San Mateo County Parks!

Use your library card to check out a FREE vehicle day-use pass.

CITY WIDE
Yard SALE
Saturday, 7/22

CALL FOR NOMINATIONS
VOLUNTEER OF THE YEAR

Do you know someone who has tirelessly given of their time for the betterment of the community? We want to hear about them! Please send your submissions for the 2023 Volunteer of the Year and Youth Volunteer of the Year to Noreen Leek at nleek@brisbaneca.org. These special individuals will be announced at the 2023 Day in the Park event.