

Resident Registration: Dec 12th
Non-Resident Registration: Dec 19th
Summer Camp & Spring Swim Lessons Resident: Feb 6th
Camp & Swim Lessons Non-Resident: Feb 20th



# **Parks & Recreation Staff**

MAIN OFFICE: 415.508.2140

**ANGELA RODAS |** Recreation Coordinator arodas@brisbaneca.org

**SARA NAHASS |** Recreation Coordinator snahass@brisbaneca.org

**JEFF FRANCO** | Recreation Coordinator jfranco@brisbaneca.org

JOVI BONDOC | Administrative Assistant jbondoc@brisbaneca.org

RICARDO MONROY | Recreation Supervisor rmonroy@brisbaneca.org

**NICOLE HOUGHTON** | Recreation Supervisor nhoughton@brisbaneca.org

NOREEN LEEK | Parks & Recreation Director nleek@brisbaneca.org

### **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!

# Online Registration • Click here!

To register by credit card using our online system, visit the City of Brisbane online at <a href="https://www.brisbaneca.org/parksrec">www.brisbaneca.org/parksrec</a> and click on the link towards the top of the page, then follow the instructions, or click the link provided above.

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.

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.

# PROGRAM REGISTRATION CANCELLATION AND REFUND POLICY

Full refunds will be issued for any class or program cancelled by The City of Brisbane. Cash payments are refunded by the City of Brisbane by check and can take up to 30 days. Refund checks will be made to the primary account contact and will be mailed to the home address on file. Please be sure your account information is up to date. For a full refund, [minus the \$7.00 processing fee], you must notify the department online, in person or over the phone at least 7 calendar days before the program begins, or the listed registration deadline. Refund requests made less than the 7 calendar days are not guaranteed. Each case will be reviewed on an individual basis. Failure to attend a program after it has started (no shows) will not be granted a refund. Refunds will not be issued for requests received after the program ends. **Processing Fees:** All transfers and withdrawals will incur a processing fee of \$7.00 for each activity/class that you withdraw or transfer from. **Transaction Fees:** Are established by the City Council and outlined within the City's Master Fee Schedule. Currently the Transaction Fees are as follows: Drop In Class: \$1 per class for drop in only. For classes under \$100: \$10 per class session or sport. For classes \$100 and over, \$22 per class session or sport.

# **PARKS & RECREATION FACILITIES**

### PARKS & RECREATION MAIN OFFICE

50 Park Place, 2nd Fl. 415.508.2140

### BRISBANE COMMUNITY POOL

2 Solano Street, 415.657.4321

### **COMMUNITY CENTER**

250 Visitacion Avenue

### **COMMUNITY PARK**

5 Old County Road

### DOG PARK

Entrances at 50 Park Place & 173 Park Ln

### LIPMAN GYM/FIELD

1 Solano Street

### **MARINA**

400 Sierra Point Parkway, 650.583.6975

### MISSION BLUE CENTER

475 Mission Blue Drive

# MISSION BLUE FIELD & VOLLEYBALL COURTS

475 Mission Blue Drive

# PRESCHOOL/AFTERSCHOOL MODULAR

500 San Bruno Avenue, 415.467.6393

### SENIOR SUNRISE ROOM

2 Visitacion Avenue, 415.508.0230

# SILVERSPOT TOT LOT

4 Solano Street

### **SKATEPARK**

Old County Road & Park Lane

### **TENNIS COURTS**

475 Mission Blue Drive & 1 Solano Street

# **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. We appreciate all
the support and enthusiasm of our
Parks and Recreation
Commissioners!



Current Commissioners (L-R): Renee Commerford, Trudi Davis, Julie Sims, Frank Kern, Leesa Greenlee, Natalie Ocampo, 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







QUESTIONS? REACH OUT TO OUR PARKS AND REC DEPARTMENT @ (415) 508-2140 OR BRISBANEREC@BRISBANECA.ORG

# PRESCHOOL PROGRAMS

# **Preschool**

Ages 3-5

The Brisbane Parks & Recreation department offers a developmentally appropriate program to encourage, support and develop the whole child. Preschoolers days ar 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.

<u>Days/Times:</u> Tuesday, Wednesday, Thursday, Friday 9:00am-Noon

**Location:** Brisbane Elementary Modular 500 San Bruno Avenue, Brisbane



### **REGISTRATION OPEN NOW!**

Note: Space is limited.

Quarter 2: Nov. 28th – Feb. 2nd Fee: \$598/Resident, \$790 Non-Resident

Quarter 3: Feb. 6th – March 28th Fee: \$562 Resident, \$742 Non-Resident

Quarter 4: April 16th – June 7th Fee: \$598 Resident, \$790 Non-Resident

Location: Brisbane Elementary Modular, 500 San Bruno Ave

# **Tamaiti**



Pre-School and Kindergarten aged children. Come and learn Tahitian Culture through colors, number, directions and so much more. This class is geared towards our little ones to gain mobility and cultural knowledge of Tahiti through song and movement. Pareau (sarong) is not necessary, however encouraged.

Days/Times: Mondays 6:30pm-7:15pm

### Dates:

Session 1: 2/5/2024-3/27/2024

(No class 2/19/2024)

Session 2: 4/1/2024-5/22/2024



# Interested in adopting a Grandparent?

Check out page 27 for more details

Mothers of Brisbane



# PLAY GYM

# BABY, TODDLER, & PRESCHOOLER PLAY GROUP

Saturdays, 9:30 - 11 a.m. at the Community Center
Winter / Spring 2024 Dates:

Jan. 20 | Feb. 3 | March 9 & 23 | April 13 & 20 | May 4 & 11

AGES 0-5

Season Pass (8 meetings): \$33/resident | \$41/non-resident Drop-in (1 meeting): \$6/resident | \$7/non-resident

INFANTS UNDER 6 MOS. FREE & SIBLINGS GET 50% OFF

Contact: MobBoardComms@gmail.com | Sign up at: brisbaneca.org/PlaygymInfo



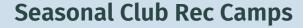
# YOUTH PROGRAMS

# **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. Club Rec Afterschool program participants are also eligible to sign up for clubs, additional activities offered weekly with staff or contract instructors, including: Trading Card club, Martial Arts Club and Sports Club.

**NOTE:** Club Rec has reached it's full capacity and all families on the waitlist have been accommodated! Registration for the 2024-2025 school year will begin in June 2024.



Ages: 5-12

Not sure what to do with the kids while school is out during the Thanksgiving & Winter Breaks? Let our quality Recreation Leaders keep them entertained and active! Campers will enjoy an abundance of holiday-inspired art projects and entertaining games where they will meet new friends or enjoy time with previous Club Rec program participants.

Location: BES campus modular at 500 San Bruno Avenue.

### WINTER BREAK CAMP

Tuesday-Thursday, from 8:00am-5:00pm Session 1: 12/26-12/28 & Session 2: 1/2-1/5/2024

Fees: \$39 per day (Resident), \$48 per day (Non-resident)\*

\*not including transaction fee

### **SPRING BREAK CAMP**

Monday-Friday from 8:00am-5:00pm

Session 1: April 1st-April 5th & Session 2: April 8th-April 12th

from 8:00am-5:00pm

Fees: \$39 per day (Resident), \$48 per day (Non-resident)\*

\*not including transaction fee













**BRISBANE PARKS & RECREATION** 

# the fun is here!

**FULL DAY CAMP FOR YOUTH ENTERING GRADES 1-6 AND LEADERS IN TRAINING (LIT) PROGRAM FOR 7TH-11TH GRADERS** 

WWW.BRISBANECA.ORG









Camp preview

# **Leaders in Training (LIT)**

The Leaders in Training program gives teens ages 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.

### **Kev Dates:**

6/22

5/16 Week of 5/20 Week of 5/27 **Application Deadline!** 

LIT interviews

Notification of schedule

Mandatory LIT training

# BEST. JOB. EVER.

Interested in working with us this Summer? We are hiring! Please visit www.brisbaneca.org/jobs for up-to-date information regarding recruitments.

Week 1	6/24-6/28	Jurassic Adventure	
Week 2	7/1-7/5, omit 7/4	Party in the USA	
Week 3	7/8-7/12	Messy Science	
Week 4	7/15-7/19	Surfs Up	
Week 5	7/22-7/26	Passport to Summer	
Week 6	7/29-8/2	Adventures in Space	
Week 7	8/5-8/9	Color Wars	
Week 8	8/12-8/16	Aloha Summer	

# **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,

Days/Times: Mondays & Wednesdays

7:15-8:15pm

<u>Session dates:</u> 12/11/2023-1/31/2024 (No class 12/25, 12/26 & 1/1) 2/5/2024-3/27/2024

(No class 2/19/2024) 4/1/2024-5/22/2024

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: 12/11/2023-1/31/2024

(No class 12/25, 12/26 & 1/1)

\_2/5/2024-3/27/2024 (<u>No class 2</u>/19/2<u>024)</u>

4/1/2024-5/22/2024





# **Parents Night Out**

Ages 5-12

Spend a night out while we care for your kids! They'll enjoy games, crafts, dinner, and a movie with our wonderful Rec Leaders while you take a night off. Pajamas, blankets, and stuffed animals are encouraged!

Dates / Location: January 27, February 10 @ BES

Modular and March 16 @ Mission Blue

**Time:** 5:00-10:00pm

Fee: \$35 per child (per event)

# **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

Drive

Days/Times: Wednesdays 2:20-3:50pm &

4:00-5:30pm

Session: Jan 10- Feb 14

Fee: \$162 (Resident) \$190 (Non-resident)

# **Tee-Ball Blue Stars**

Divisions: Grade K, Age 6 and under
The Rookie divisions is intended as an introduction/further to development of baseball skills and to have fun. The pitcher is usually used for defensive purposes only and the ball is placed on an adjustable tee at a suitable height for the batter. Most of the other rules are similar or identical to those of baseball. The game is played on a smaller field

February- June

Reg opens: 1/2/2024

**Fee**: \$78

# **8U Rattlers / Green Dragons**

Divisions: (Grade 1st-2nd, Appropriate Skill Level)

Coach pitch is introduced in this level, where the player is receiving pitches from their own coach. Fully equipped catchers are also introduced behind the plate.

February- June Reg opens: 1/2/2024

Fee: \$78

# **2023 CHAMPS!**

# **10U Pirates / Brisbane Sox**

### 7th-8th Grades Combined

Kid pitch is introduced in this level, this is the highest level of play within South San Francisco Youth Baseball.

February- June

Reg opens: 1/2/2024

Fee: \$78

# 12U and 14U

Registration should be done directly with South San Francisco youth baseball @ ssfbaseball.org.



# SPORTS on the horizon...

- Track and Field (April- May)
- Tennis and Golf in 2024
- Pickleball program for middle schoolers in 2024

note: these programs must meet minimum enrollment numbers to run.



Connect and make friends after school at the Brisbane Library while activating creativity, innovation and learning! Every day is different but will always surprise and delight you.

Experiences may center around art and self-expression, STEAM, mental wellness, or lifting up the many different voices and perspectives in our communities. Details at smcl.org!



visit www.brisbaneca.org/dinkANDdunk to find out.







# Questions: brisbanedanceworkshop@gmail.com



Session 3: Session 4:

January 8th – March 16th\* March 18th – May 25th\*

\*Performance session – no new students

Mark Your Calendar! BDW Annual Spring Performance: May 18th & 19th 2024

# 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.

PLAY-BASED LICENSED PARENT CARE PARENT -RUN

**FULL-TIME & PART-TIME PROGRAMS** 



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







7TH-12TH GRADERS

# TEEN NIGHTS AT THE SUNRISE ROOM

WEDNESDAYS

5:30-8:30PM

MUSIC, GAMES, SNACKS, ART & MORE!

Jan. 17th, Feb. 14th, April 17th







The Brisbane Parks & Recreation department is seeking dedicated, enthusiastic and motivated teens to join the Youth Advisory Committee. Committee members have the important duty of advising the Parks & Recreation Commission and Recreation staff as to the concerns and interests of the youth and teens in the Brisbane community. YAC members can also help plan special events, field trips, dances, and enrichment programs & classes for teens.

For more information contact Sara Nahass at: snahass@brisbaneca.org.

CONGRATULATIONS TO YAC PRESIDENT, SAGAR RAJAN, FOR RECEIVING THIS YEAR'S YOUTH VOLUNTEER OF THE YEAR AWARD!



# HERE'S A LOOK AT WHAT THEY HAVE BEEN UP TO THIS SCHOOL YEAR!

September: Friday Night Swim, SPYC Regatta

October: Day in the Park, Halloween Movie Night, Howl-O-Ween

November: Fall Dance, YAC Social

December: Festival of Lights, Polar Plunge

Ongoing Programs: Senior Tech Support, Club Rec Homework Help, Teen Nights at the Sunrise Room.











# **COMING UP:**

Winter Dance, Resume & Interview Workshop, YAC Attack, Community Clean up day & more!

# **ADULT ACTIVITIES**

# Oil Painting

Ages 18+

This six-week class is designed for beginner & intermediate painters who want to improve their skills and move to the next level.

Instructor: Michael Rodman, contact

Michael@rodmanart.com for more information. Location: Mission Blue Center, 475 Mission Blue

Drive

Days/Times: Thursdays 6:00-8:30pm

Session: January 4-February 8

**Fee:** 6 classes: \$262 (Resident), \$310 (Non-resident) 4 class drop in: \$222 (Resident)\$262

(Non-resident)

ART BY MICHAEL RODMAN





# Rumba

**Ages** 18+

This 12-week class will inspire you to move your body and get your heart pumping through the Rumba dance. Isabel has taught dancing and aerobics in a variety of forms for 6 years in Colombia. She looks forward to meeting you on the dance floor!

Location: Brisbane Community Center, 250 Visitacion

Days/Times: Thursdays 7:00-8:00pm

**Dates:** 1/11-3/28

Fee: \$109 (Resident) \$129 (Non-resident)



Sunday 7AM
Outdoor
(Brisbane Park Gazebo)
Reset Yoga
Vinyasa / Hatha Flow

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

# **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. 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. Location: Mission Blue Center, 475 Mission Blue Drive

Days/Times: Mondays & Wednesdays 8:30-9:30pm

Session dates: 12/11/2023-1/31/2024

(No class 12/25, 12/26 & 1/1)

2/5/2024-3/27/2024 (No class 2/19/2024) 4/1/2024-5/22/2024

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



ARE YOU INTERESTED & CERTIFIED TO TEACH

# **ZUMBA CLASSES?**

We are looking for Zumba, Zumba Gold & Aqua Zumba for Spring 2024 programming.
Contact Sara Nahass if interested snahass@brisbaneca.org

# **Tahitian Dance Private Lessons**

Taurea, Toa, Aito, Hiva et Fetia

Divisions: All ages

Location: Mission Blue Center, 475 Mission Blue Drive

Days/Times: Tuesdays, 7:15PM-9:00PM Session dates: 12/11/2023-1/31/2024

(No class 12/25, 12/26 & 1/1) 2/5/2024-3/27/2024 (No class 2/19/2024)

4/1/2024-5/22/2024

Fee: \$38 (Resident), \$46 (Non-resident) per lesson



# **PICKLEBALL CLUB**

Mission Blue Tennis Courts

Every Wednesday
7PM - 10PM
FREE



More information, contact Ricardo: rmonroy@brisbaneca.org



**BRISBANE PARKS & REC PRESENTS:** 

# SWEETHEART PICKLEBALL TOURNAMENT



# **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 also available for birthday parties and private rentals. 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 snahass@brisbaneca.org to be added to our email list.

### LIFEGUARD CERTIFICATION CLASS

Based on the American Red Cross lifeguarding program, this course will certify students in Lifeguarding, CPR, First Aid, and AED for the Professional Rescuer. Students must be at least 15 years old and pass a pre-test. Attendance at all meetings is required for certification. (please bring lunch & snacks) \$216/person

Friday-Sunday, April 12-14

Friday: 6:00-10:00pm, Saturday/Sunday: 8:00am-5:00pm

# **ENTRANCE FEES**

Youth (0-17) \$4 Resident \$6 Non-Resident Adults (18-59) \$6 Resident \$9 Non-Resident Seniors (60+) \$4 Resident \$6 Non-Resident

Monthly Pass (For Lap Swim Only)\*
Adults (18-59) \$60 Resident
\$90 Non-Resident
Seniors (60+) \$40 Resident
\$60 Non-Resident

# **POOL CLOSED:**

12/24, 12/25, 12/31, 1/1, 2/5-2/12/2024



# WATER AEROBICS

# **REGISTER NOW**

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 classe 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 Levison





\$36 Resident/\$40 Non-Resident, (4 week session, note: prices vary per month) \$10 Resident/\$11 Non-resident drop in

# Fall 2023 / Winter 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9:00am-11:45am <b>Lap Swim</b>	7:00am-9:45am <b>Lap Swim</b> 10:00am- 10:55am <b>Water Aerobics</b>	7:00am-1:00pm <b>Lap Swim</b>	7:00am-9:45am <b>Lap Swim</b> 10:00am- 10:55am <b>Water Aerobics</b>	7:00am-1:00pm <b>Lap Swim</b>	7:00am-9:45am <b>Lap Swim</b> 10:00am- 10:55am <b>Water Aerobics</b>	9:00am-11:45am <b>Lap Swim</b>
	11:00am-1:00pm <b>Lap Swim</b>		11:00am-1:00pm <b>Lap Swim</b>		11:00am-1:00pm <b>Lap Swim</b>	12:00pm-3:00pm Recreation Swim
12:00pm-3:00pm Recreation Swim	4:00pm-7:00pm Recreation Swim/ Lap Swim	4:00pm-7:00pm Recreation Swim/ Lap Swim	4:00pm-7:00pm Recreation Swim/ Lap Swim	4:00pm-7:00pm Recreation Swim/ Lap Swim	4:00pm-7:00pm Recreation Swim/ Lap Swim	3:15pm-7:30pm Private Parties & Rentals

# Host your party with us!

Rentals during Rec Swim: \$155R / \$198NR Private Rentals: \$314R / \$398NR





# be advised:

this schedule is subject to change.

# 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.



FOR MORE INFORMATION AND TO CHECK AVAILABILITY, EMAIL: SNAHASS@BRISBANECA.ORG

# BRISBANE COMMUNITY POOL

# COMING SPRING 2024

In-Water Volleyball

 Daytime Toddler & Caregiver Swim

### FOR MORE INFORMATION CALL

(415) 657-4321

brisbaneca.org/pool





On November 14th at the County of San Mateo Board of Supervisors Meeting, Supervisor David Canepa delivered a strong presentation where he outlined our request for \$200k in Measure K funds (the half-cent general sales tax initially approved by San Mateo County voters in November 2012, and extended in November 2016 for a total of 30 years) and for it to be used towards the installation of electric heat pump water heaters which will replace the pool's current fossil fuel-powered boiler; the boiler is at the end of its useful life and is one of our largest mechanical users of fossil fuel. This project aligns with the City's Climate Action Plan and is based on a cooperative 2018 Zero Net Energy Study with the Bay Area Regional Energy Network (BayREN). Thank you to the Board of Supervisors for your unanimous vote on this one-time district-discretionary project, and we especially thank Supervisor Canepa for his steadfast leadership and support for the City of Brisbane.

# Brisbane Community Pool

# SPRING SWIM LESSONS

Session 1: April 7 - April 28

Session 2: May 5 - May 26

4x 30-Minute Classes

**Sundays** 

Fees: \$50 Resident, \$58 Non-resident

LEVEL	DETAILS & PREREQUISITS	RATIO STUDENT/INSTRUCTOR	TIMES
GUPPY	This adult/child class is held in the big pool and will teach adults basic water adjustment and safety skills for their children ages 6 months - 3 years	10/1	9:45am & 10:45am
STARFISH	Students ages 4 years + 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.	4/1	9:45am & 10:45am
SEAHORSE.	Students must be at least 4 years old and have passed the Starfish level or can comfortably swim 5 yards on their own. To pass this level, students must swim 10 yards of front and back crawl.	5/1	10:15am & 11:15am
LOBSTER	Students must be at least 4 years old and have passed the Seahorse level or can independently swim 10 yards of front crawl and tread water comfortably. This class focuses on stroke and side breathing refinement.	6/1	9:45am & 10:45am
SEAL	Students must be at least 6 years old, have completed the Lobster level, and can comfortably swim 25 yards. The Seal level includes lap swimming, will refine strokes and introduce breaststroke, sidestroke, and flip turns.	6/1	10:15am & 11:15am
SHARK	Students must be at least 6 years old and have completed the Seal level. Shark level lessons will polish strokes and swim with more ease, efficiency, and smoothness over greater distances.	6/1	10:15am & 11:15am

# POLAR BEAR PLUNGE

December 14th 5PM=7PM
Brisbane Community Pool



Entrance fee required for all participants!

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# **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.

# **New Senior Orientation**



If you're new to Brisbane, or would like more information on what is offered and how to get started, drop by for a brief tour and time to ask questions with Brisbane staff for residents. No registration is needed, meet at the Sunrise Room.

Tuesdays, 10:30-11AM Dates: 2/6 and 3/5

# **Monthly Game Day**



If you enjoy cards, games, or puzzles, you'll love this new program. Once a month, we'll plan to host a certain style of cards or games. Plan to bring your friends and enjoy a cup of coffee, cookies, and a few fun games. Advance registrations are appreciated to help us plan snacks, but dropins are welcome! No need to stay the whole time, just come when you're able.

January: Jigsaw Puzzles
February: Gin Rummy

March: Uno

Thursdays, 1-3PM Dates: 1/11, 2/8 & 3/7

# Program Planning & Feedback Session



Do you have an idea for a program you think others would enjoy? We'd love to have you join us at a bi-monthly planning session. Everyone is welcome. Refreshments provided.

Thursdays, 2-3PM
Dates: January 25 & March 14

# **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 *(timing may fluctuate)* 

**Dates:** 11/16-3/28

(No class 11/23, 1/4, 1/11, 2/22, 2/29)

ARTWORK FROM MS. SHIRLEY'S SENIOR ART CLASS

ARTIST: CAROL KARUNADEVI FOREST



# Suhrise Room Activity Schedule



monday

Walk-in Hours: 12-5PM

-Samaritan House Lunch Pick Up & Delivery, 12-1PM -Coffee & Crochet, 2-4PM Tuesday

Walk-in Hours: 12-5PM

-Movies / TV Showing, 1-3:30PM

# wednesday

Walk-in Hours: 1:30-5PM

-Design & Build Workshop once a month -Senior / YAC tech help

weekly

# Thursday

Walk-in Hours: 12-5PM

-Conversation & Scheduled Seminars or Special Programs, 1:30-3:30PM

# Friday

Walk-in Hours: 12-5PM

-Bingo 12:30PM

-Blood Pressure Checks



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

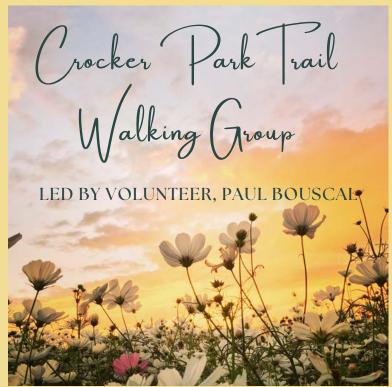
Happy Holidays!

# **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 Madrigal for more information at 415.508.0230.



Intended for participants ages 55+
Meet in front of the Sunrise Room at 9AM

# **Days/Times**:

Mondays, 9:00am-11:00am

**Dates:** January 22 & 29, February 12 & 26,

March 11 & 25

FREE!



# Limited Spots Remaining for Got Wheels!

This service is for individuals 70 and older, and partners with Serra Yellow Cab to offer six, \$5 one-way cab rides per month within the service area: Brisbane, Colma, Daly City, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, El Granada, Montara, Moss Beach & Half Moon Bay. If you or someone you know could use a Got Wheels! membership, please contact Cherie Querol Moreno, Program Manager (650)403-4300 Ext. 4329 or cqmoreno@peninsulafamilyservice.org



PAUL AND THE WALKING CREW
LAST MONTH ON SAN BRUNO
MOUNTAIN



# **Get APP-Y Tech Sessions**

# Ages 55+

Topics will include: new technology skills, how to use mobile devices, how to download and use apps, online safety & more!
Provided by Peninsula Family Service & San Mateo County Health Behavioral & Recovery Services.

Days/Times: Thursdays, Dec 21, Jan 18, Feb 15, March 21 from 2:30-4:00PM at the Sunrise Room.

Please RSVP: (650)403-4300 ext. 4366 or email:

helpathand@peninsulafamilyservice.org

# **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

Classes held: 12/5-3/26

# Good !

All programs listed on this page are free for seniors!

# **Intergenerational Programming**

# **E-Fitness at the Sunrise Room**

Try out exercising with the Nintendo Switch & have fun while staying active!

Days/Times: Thursdays, 12/28, 1/11, 2/22, 3/28 from 2:30-4PM

# Music Mixer NEW!



Come with your instrument and find some friends to play with, or just listen to other share their talents. This new drop-in program brightens the Sunrise Room atmosphere and we welcome new participants!

Days/Times: Friday 3/22, 4:00-6:00pm



# **Upcoming FREE Events at the Sunrise Room**



- Valentine's Day Cookie Decorating
  - Tuesday, 2/13 from 1:00PM-2:30PM
- Shamrock Social (Pictionary & Trivia)
  - Tuesday, 3/12 from 1:00PM-2:30PM
- Hands Only CPR Workshop
  - (details coming soon...)



# **Hosting A Holiday Feast?**

Here are some helpful tips from SSF Scavenger to reduce holiday waste:

- If you enjoy sending traditional greeting cards, make sure they are made from recycled content and can be recycled again. Avoid cards and envelopes with glitter and foil.
- Avoid excess packaging by shopping for gifts and groceries locally. Be sure to bring your own reusable shopping bags.
- Give gifts that are durable or consumable. Stay clear of items that are sure to quickly end up in the landfill.
- Wrap gifts in something reusable. Avoid single-use gift wrap, bags, and ribbon—.
- If you are hosting a holiday meal, don't over-buy at the grocery store. Need help figuring out how much to buy? Use the dinner party calculator at <a href="SAVETHEFOOD.COM">SAVETHEFOOD.COM</a>
- Set your holiday table with reusable linens, plates, cups and silverware. If you think there may be leftovers, ask guests to bring reusable containers to fill.

# **Adopt a Grandparent**



# **#smileBrisbane**

For the Valentine's season, decorate a homemade puzzle and card for a special "adopted" grandparent. Your family can adopt a Brisbane grandparent and purchase a \$5 kit made up of (a DIY puzzle, homemade card supplies, and craft.) Families will drop off at our recreation office once completed and we deliver all the cards/puzzles. A stamped envelope will also be included in the kit. If the family decides they would like to continue this idea as a pen pal option they will place their own address on the envelope. Now the senior has the decision if they want to continue the pen pal relationship. If they do, they have the address and can write back with their address. Email Jeff Franco at jfranco@brisbaneca.org for more information.



Time to hit the road

# SENIOR TRIPS

Space is limited!

- Hiller Aviation Museum & Tour
  - Tuesday, 1/9 from 9:30AM-1:30PM \$25R/\$28NR
- Graton Casino
  - Tuesday, 2/20 from 8:00AM-4PM \$45R/\$52NR
- San Jose Museum of Art with Docent Led Tour
  - Friday, 3/15 from 10:00AM-3PM \$40R/\$46NR







ADVANCE REGISTRATION IS REQUIRED. CONTACT THE P&R OFFICE FOR MORE INFORMATION.

# DID YOU KNOW?

# Brisbane is now an Age-Friendly City!

The City received this designation from AARP in June 2023. The City of Brisbane wants to hear from you! We're looking for residents to take part in our Age-Friendly Survey.

Join us at one of the following events to take the survey in person or complete it online on your own.

# Complete the survey online!

@Brisbaneca.org/aarp

There are additional hardcopies of the survey available at City Hall, the Sunrise Room and the Library. The survey will be open through the end of 2023. For more information on how to get involved, contact Nicole Houghton at (415) 508-2144 or nhoughton@brisbaneca.org.







Upcoming
Age-Friendly Survey
Events & Activities

11/21 - Senior Surf @ Library\*

11/28 - Farmers Market @ Community Park

11/30 - Drop In Sewing @ Library

12/3 - Festival of Lights @ Community Park

12/6 - Design & Build @ Sunrise Room

12/7- Farmers Market @ Community Park

12/9 - BDW Craft Fair @ Mission Blue

12/14 - Water Aerobics @ Community Pool

12/17 - Lion's Senior Holiday Luncheon

12/18 - Water Aerobics @ Community Pool

12/28 - Farmers Market @ Community Park

\*Advance registration required at smcl.org.



# **5:30PM @ MADHOUSE COFFEE**

Meet at the top of Visitacion near Madhouse Coffee if you would like to participate in caroling down Visitacion to the Community Park! The first 400 participants to arrive at Madhouse will receive a FREE giveaway!

# **6:00PM @ THE COMMUNITY PARK**

The Festival of Lights is a celebration focusing on the holidays as a season of giving and appreciation for our community. The event begins with caroling from the top of Visitacion to the Community Park. A brief welcome will be provided at the park followed by Santa's arrival on the firetruck, tree lighting, and our traditional cookies & cocoa. There will be several photo opportunities and interactive light displays to commemorate the Festival of Lights and celebrate the holiday season! See you there... rain or shine!

# **COSPONSORSHIPS AND COLLABORATIONS**



# HOLIDAY STARS ARE AVAILABLE FROM THE CHAMBER!

Place your order for 2,3,4,5, 6 or 8 ft Stars!

This tradition is made possible due to the generosity of Golden State Lumber, Brisbane Hardware & Supply, and Star Maker Bob Wilson with support from Alison Wilson. To place an order for pick up (after Thanksgiving), please email: madison@brisbanechamber.org

Stars help us raise funds for our college scholarship program and we ask that you consider donating (no one will be turned away) +

Suggested Donation

2ft-\$10 5ft-\$25

3ft-\$15 6ft-\$30

4ft-\$20 8ft-\$40









- Access Information
- Submit Service Requests
- Receive Notifications
- · And more...







HABITAT RESTORATION

**Volunteer Planting Day** 

**Location TBD** 







Save the date for the 2024

# MoB Shop







&

Sat Jan 27th, 2024: 10am - 3pm

Save your gently used women's, men's, maternity, kids' and baby clothes, shoes and toys plus your baby gear to donate at the MoB Shop!

All donations go to the Mothers of Brisbane and local charities.

**Location**: **Mission Blue Community Center** 475 Mission Blue Dr. Brisbane, CA 94005

Be on the lookout for an upcoming email with more details!









for more information.