

# CORTE MADERA & LARKSPUR

PARKS AND RECREATION



WINTER/SPRING 2018-2019



# THIRD WEDNESDAY SPEAKER SERIES

*sponsored by*



Age-Friendly Corte Madera, Twin Cities Village,  
Corte Madera Parks and Recreation & Age-Friendly Solutions

**WEDNESDAYS, 11AM-12:30PM • CORTE MADERA COMMUNITY CENTER,  
498 TAMALPAIS DRIVE, CORTE MADERA (NEW LOCATION AND TIME)**

### **Holiday Gathering for All Ages!**

**December 19, 2018 • 1:00pm - 2:30pm**

Celebrate the season with refreshments, entertainment and holiday festivities. Join us as we celebrate Twin Cities Village's 2nd birthday and toast the end of another year of fun and friendship from 1:00pm-2:00pm. If you'd like to share some sweet treats, we can have an informal exchange (totally optional).

### **Will I Have Enough Money? - January 16, 2019**

Paying attention to finances and dealing with money are so often put on the back burner. Can we know, and how can we know, whether we have enough savings to make it through retirement? How should we prioritize our thinking around savings, spending and income? Are my affairs in order? Do we need to budget? How will the new tax law affect me? We'll discuss these issues and more. Presenter: Stan Green, retired Certified Financial Planner.

### **Staying Alive! - February 20, 2019**

Marin's first responders emphasize that all residents must be prepared to survive for 5-7 days in their homes following a disaster. Now that firestorms are also a reality in our area, we need to understand about emergency alerts and how to escape. This custom Get Ready class for Older Adults will help you create an emergency plan, evacuation checklist, and strategies to keep you safe. Presenter: Maggie Lang, RN, Marin County CERT and GetReady Coordinator.

### **Aging in Place...With Help - March 20, 2019**

With 50% of the aging community in Marin having some sort of disability and more than 30% living alone, many of us need help staying healthy. As part of County services, Public Authority of Marin helps recruit, vet and match in-home health care providers with our aging community. Come learn about health care challenges facing older adults and some helpful resources and tips. The goal is to help seniors stay independent and healthy at home as long as possible. Presenter: Aaron Alarcon-Bowen, Executive Director, In-Home Support Services (IHSS), Public Authority of Marin.

### **Who Can Help Me With This? - April 17, 2019**

An informative panel of service providers offers answers to the big and little questions that challenge older Marin County residents. Join us to learn about some of the many organizations and services available to help us age well. Facilitator: Chloe Cook, Marin County Aging and Adult Services

### **Technology for Successful Aging In today's world - May 15, 2019**

Technology plays an ever more important role. It's how you can connect with friends, communicate with doctors, order groceries, and more. Are you safe online? Are your passwords secure—and how can you keep them straight? Are you better off with a tablet or computer? Who's Alexa? What's a "smart" home? What's Facetime? Do I have to be on Facebook? Technology4Life will answer these questions and share tips and tricks for using technology to remain healthy in your home and connected to your family and community. Presenter: Linda Siegel, Technology4Life

### **All About ClearCaption Telephones - June 19, 2019**

You love reading the captions on your television. Similar to captioned television, ClearCaptions allows you to read real-time written captions of what callers say on a revolutionary home phone, your mobile device, or your computer. Please join our local ClearCaptions phone specialist for fun and conversation. He will be discussing how you can receive a FREE caption phone if you struggle with any form of hearing loss. Presenter: Stan Dennison, Title IV ADA Specialist.

### **Keep Your Money Safe! - July 17, 2019**

Learn valuable advice from members of the Marin County Financial Abuse Specialist Team (F.A.S.T.) to avoid becoming a victim of scams, frauds, "wealthy Nigerian princes" and IRS impersonators, a growing problem right here in our own neighborhood. Marin F.A.S.T. enlightens and educates us on how to protect ourselves against common financial scams. A 2017 study asserts that financial elder abuse costs \$36.5 billion annually. In Marin County alone, financial abuse cases make up 32% of all referrals to Adult Protective Services.

## **The Twin Cities Village "One call does it all"**

Twin Cities Village, newest member of Marin Villages, is dedicated to building a community to better manage aging in Corte Madera and Larkspur; to remain independent in your own home and community.

For further information, call 415.457.4633 or visit the Marin Villages website at [www.marinvillages.org](http://www.marinvillages.org)

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## Community Resources

### Corte Madera

Town Hall.....	927-5050	Town Band .....	891-3071
Town Clerk .....	927-5086	Corte Madera Library .....	924-3515
Finance Dept .....	927-5055	Volunteer Firefighters.....	924-5077
Meeting Schedule.....	927-5040	Age Friendly Corte Madera...	480-9758
Fire Dept .....	927-5077	<a href="http://www.centralmarinpolice.org">www.centralmarinpolice.org</a>	
Planning Dept.....	927-5064	<a href="http://www.twincitiesll.com">www.twincitiesll.com</a>	
Public Works Dept .....	927-5057	<a href="http://www.cmwomensclub.org">www.cmwomensclub.org</a>	
Building Dept.....	927-5062	<a href="http://www.cmlmc.org">www.cmlmc.org</a>	
Engineering Dept .....	927-5057	<a href="http://www.cortemaderalions.com">www.cortemaderalions.com</a>	
Community Foundation ....	924-0150	<a href="http://www.cortemadera.org">www.cortemadera.org</a>	
Beautification Com.....	265-1105	<a href="http://www.cortemaderatownband.org">www.cortemaderatownband.org</a>	
CMPA.....	927-5150	<a href="http://www.marinlibrary.org">www.marinlibrary.org</a>	
TC Little Leagues.....	722-9730	<a href="http://www.Townofcortemadera.org">www.Townofcortemadera.org</a>	
Women’s Club.....	927-9462	<a href="http://www.agefriendlycortemadera.com">www.agefriendlycortemadera.com</a>	
Mothers’ Club .....	451-7234		
Lion’s Club .....	924-8186		
Chamber of Commerce.....	924-0441		

### City of Larkspur

City Hall .....	927-5110
City Clerk .....	927-5002
Fire Dept .....	927-5077
Public Works.....	927-5017
Larkspur Library.....	927-5005





## LARKSPUR MISSION

The City of Larkspur is committed to providing the best possible service to the community, preserving the City's unique historic character, and maintaining its total environmental balance.

### Parks & Recreation Commission

Lisbet Sunshine, *Chair*  
Michael Koepfel, *Vice Chair*  
Sandy Blauvelt  
Jeanne Friedel  
Victoria Harrison

### Park & Recreation Department Staff

Dick Whitley, *Director*  
Nick Stone, *Supervisor*  
Drew Bendickson,  
*Administrative Assistant*

### City Council

Ann Morrison, *Mayor*  
Dan Hillmer  
Catherine Way  
Larry Chu  
Kevin Haroff

### Contact Information

Phone: (415) 927-6746  
lk\_recreation@cityoflarkspur.org  
www.cityoflarkspur.org/recreation

### Hours

Monday-Thursday  
9am-12pm and 1pm-5pm  
Closed Friday  
(appointments available)  
Closed Saturday and Sunday

### Address

Larkspur Recreation Department  
240 Doherty Drive, Larkspur CA  
(across from the Central Marin  
Police Authority, next to  
Hall Middle School Gym)

## Program Registrations

Pre-Registration is required for all programs unless otherwise listed. Drop in classes require payment to the instructor before the start of class. Larkspur Recreation cannot hold space in any class or activity unless you have registered and paid. PLEASE REGISTER EARLY- All programs have a minimum registration number and if we don't reach that pre-registration number we have to cancel the class. Some programs may already be full. Please check our website or call our office for program availability.

## How to Register

**Online:** [www.cityoflarkspur.org/recreation](http://www.cityoflarkspur.org/recreation)

**In Person:** 240 Doherty Drive Larkspur, CA 94939.

**Drop Box:** For your convenience, there is a secure drop box to the left of our front door for after hours use.

**By Phone:** (415) 927-6746 A current liability waiver must be on file at the recreation department to register by phone. Please have the class code number and your credit card ready before calling.

**Method of Payment:** Larkspur Recreation accepts Visa, MasterCard, cash and checks. There is a \$20 charge for returned checks.

**Program Cancellations/Modifications:** Larkspur Recreation reserves the right to cancel or modify a program due to low registrations or other unforeseen circumstances. Registrants will be notified by email if changes occur to their programs.

**Refunds:** A request for a refund due to withdrawal from a program must be made to the recreation office a week prior to the start of the first class. Refunds are subject to a \$10 service charge. If a program is cancelled by Larkspur Recreation, a full refund will be issued. Some programs such as Super Cool Summer School have separate refund policies.

**Program Instructors:** We're always on the lookout for instructors to teach classes on new and exciting subjects. If you have a speciality you would like to share, we want to work with you to develop new programs. Contact Nick Stone at (415) 927-6746 for more information.

**Americans with Disabilities Act:** Larkspur Recreation welcomes all individuals and families from our community to participate and enjoy our programs and facilities. If you or your child require special assistance call (415) 927-6746.

## Town Council

Bob Ravasio, *Mayor*  
James Andrews, *Vice Mayor*  
Sloan Bailey  
Eli Beckman  
David Kunhardt

## Parks & Recreation Commission

Fred Casissa, *Chair*  
Emily Janowsky, *Vice Chair*  
Nathan Blomgren  
Sara Elsen  
Eric Engstrom  
Alden Miles  
Elin Phipps  
Cambry Weingart, *Youth Commissioner*

## Parks & Recreation Department Staff

Mario Fiorentini, *Director*  
Brian Hernandez  
Recreation Supervisor

### **Contact:**

498 Tamalpais Drive,  
Corte Madera, CA 94925  
Tel. (415) 927-5072 Fax. (415) 927-7138

### **Office Hours:**

Mon - Thu, 8:00 am- 5:00 pm  
Closed to the public on Friday  
Closed on Saturday & Sunday

### **Email:**

Recreation\_dept@tcmmail.org

[www.cmprsoftball.org](http://www.cmprsoftball.org)  
[www.cmprsummerplayground.org](http://www.cmprsummerplayground.org)  
[www.cortemaderaafc.org](http://www.cortemaderaafc.org)

### **Online Registration:**

[www.cmparksandrec.org](http://www.cmparksandrec.org)



THE TOWN OF  
CORTE MADERA  
MARIN COUNTY CALIFORNIA

## MISSION STATEMENT AND PURPOSE

The Town's Parks and Recreation strengthens the community's fabric, health and well-being, economic base and security. Through diverse and innovative programming for all people, plus broad partnerships with the schools and neighboring agencies, community-based organizations and businesses, Corte Madera plays an important role in creating healthy communities. By providing the space to learn and play, space to be safe and secure, and space to create and imagine, this Department is dedicated to providing the highest quality of life.

- Foster human development
- Increase cultural unity
- Strengthen community image and sense of place
- Support economic development
- Strengthen safety & security
- Promote health and wellness
- Protect environmental resources
- Facilitate community problem solving
- Provide recreational experiences

Your Parks and Recreation provides a wide variety of services, including, but not limited to: Senior activities; After-school programs; Pre-school programs; Teen programs; Summer camps; Nature & Outdoor programs; Health & Wellness programs; Sports leagues & instructions; Youth sports coaches & Training; Art & Dance programs; Special & Multicultural events; Emergency preparedness & Support.

## Residency Status Information:

The Corte Madera Town Council adopted the following clarifications of residency:

1. For the use of facilities and programs located on property owned by the Corte Madera-Larkspur School District, Reed Union School District, and Tamalpais Union High School District (Neil Cummins Gymnasium, The Cove school/park, Tennis Courts at Granada School, and Town Park's softball and soccer fields), "residents" shall mean individuals who reside in, or groups and organizations which have their principal place of business located within the County of Marin.
2. For the use of all other facilities and programs located on property owned by the Town of Corte Madera (Town Park other than the areas mentioned in (1) above, Piccolo Pavilion, and Community Center) "residents" shall mean individuals who reside in, or groups and organizations which have their principal place of business located within the Town of Corte Madera.

**Americans with Disabilities Act:** The Town of Corte Madera and the Parks and Recreation Department are committed to implementing the intent and spirit of the Americans With Disabilities Act (ADA). Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs and activities. If you have special needs that require specific accommodations in order to enjoy one of our programs or facilities, please contact us at (415) 927-5072.



## MESSAGE FROM THE LARKSPUR RECREATION DIRECTOR:

My name is Dick Whitley and I get to be the City of Larkspur Recreation Director. It's a great job and I have an outstanding team of professionals to work with. My fellow employees, Nick, Erin, Beth, and Medhanie have been working for a long time in their specialties and it shows in the work they produce. Our newest employee, Administrative Assistant Drew Bendickson has proved an essential member of the team since he joined us in June of 2018.

If your family is in need of daycare services, look no further than the Twin Cities Children's Center. Our experienced Center Staff have an abundance of experience and fresh ideas to entertain and teach your youngster. The Twin Cities Children's Center was established in 1975 and they are as amazing and fun as the day the Center was founded. Please look them up at: <http://www.twincitieschildrenscenter.com/>

We are looking forward to another Super Cool Summer School in June and July of 2019! Directors Erin and Beth are coming up with even cooler classes for your child to experience. If you've sent your child(ren) in the past, thank you for your support. This is a community program and we appreciate your patronage.

Our Department of Public Works has put up the orange fencing around Piper Park. They will be working during the next 4-5 months on upgrading the playing surfaces, making the turf ready for play in the spring of 2019. Our thanks to our partners in the Department of Public Works for keeping our parks and facilities in top form. We couldn't do it without them!

Many of our programs operate with an exceptional amount of volunteer labor. I would like to recognize and thank Mary Bowles, our volunteer coordinator for the Larkspur Walkers Walking Group. Mary very capably coordinates with members of the Larkspur Walkers, creating order, safety and fun for all concerned. We could not do it without her or without the other volunteers within the Larkspur Walkers group. Thank you! We look forward to seeing you and thank you for the opportunity to provide our programming services to you and your family.

Best regards,

*Dick Whitley*, Director  
Larkspur Recreation Department

## MESSAGE FROM THE TOWN OF CORTE MADERA DIRECTOR:

Happy Holiday Season! We hope that our new activity guide finds you and your family well. We want to thank all of you for your participation in the programs, events, and activities that are offered through the Corte Madera Parks and Recreation Department and Corte Madera Age Friendly Intergenerational Center; without your support we could not bring all of these important services to the community. We strive to provide programming that enriches our community and will continue to work to bring new and dynamic programs for your discovery. Over these past 6 months we have been very busy evaluating our services and facilities in order to improve our offerings to you. We welcome any feedback you may have, please take time to take the survey that can be found in the right column of our homepage at [cmparksandrec.org](http://cmparksandrec.org).

We have completed several projects over the past few months, the shade structure at the Town Park playground, shade trellis at the Town Park Plaza, resurfacing of both Town Park and Granada tennis courts, and drainage improvements on some of the sports fields. We are also looking at some upcoming projects, including improvements to the Town Park basketball courts, winter maintenance and improvements to our sports fields, and we are exploring the possibility of providing bocce ball courts as well as improvements to Skunk Hollow Mini-Park.

All of us here would like to thank you for taking the time to support your Corte Madera Recreation Department. We want you to enjoy all the department has to offer, so please feel free to let us know if you would like to see something new. Our goal is to deliver you the very best service that we can.

Please come by and visit us.

Happy Holidays,

*Mario Fiorentini*, Director  
Town of Corte Madera  
Recreation and Leisure Services Department

# Library Events

These events are co-sponsored by Corte Madera Library and Corte Madera Parks & Recreation Department. No registration is required, but seating is limited.

## A New Year, A New You! 10 Secrets to Successful Weight Loss:

Presented by Pamela Riggs, Outpatient Nutrition Coordinator & Dietitian at Marin General Hospital's Center for Integrative Health & Wellness

**Monday, January 14th • 10:30-11:30am • Free**

Imagine yourself at a healthier weight. You have more energy, your clothes fit better, and your blood pressure and cholesterol are lower! Start the New Year off right and join Pamela Riggs, who is a Board-Certified Specialist in Obesity and Weight Management, as she shares her top ten evidenced based weight loss strategies for making changes, that can last a lifetime.

## A History of the Olive Tree in California

Presented by Dr. Judith Taylor

**Monday, February 25 • 10:30-11:30am • Free**

Dr. Taylor, author of *The Olive in California: History of An Immigrant Tree*, will trace the tree's journey, beginning in the sixteenth century, when it arrived in Mexico. The Franciscans planted olive trees wherever they built missions and in the mid nineteenth century, canny businessmen saw its commercial possibilities for feeding the thousands of people who stayed in California after the gold rush.

## Here's Looking at You, Morocco: An Illustrated Travelogue

**Monday, March 11 • 10:30-11:30am • Free**

Curious about magnificent Morocco? Diana Saint James, owner of Dimensions in Travel, will share tales, travel tips, and mint tea from the Kingdom of Morocco. Learn about the rich culture and diverse landscapes from Roman ruins and palaces, to the seaside and snowy Atlas Mountains. See images of the colorful souks (marketplaces), the tanneries of Fez, desert camel rides, bathing at a hammam and of course, legendary Casablanca.

## Crime and Puzzlement: Exploring the World of Mystery and Suspense Fiction with the Sisters in Crime

**Monday, April 8 • 10:30-12 noon • Free**

Don't miss this engaging panel discussion featuring local mystery writers: Carol Verburg, author of the Edgar Rowdey Cape Code Series, Peggy Lucke, author of *A Relative Stranger* and *House of Whispers*, and Ana Waring, creator of the *The Jade Anne Stone Mexico Adventures*. The panel will be moderated by Myra Jolivet, author of the *Sarah Doucette Jean-Louis* mysteries.

## Discover Historic Tomales Bay with Marin Historian Dewey Livingston

**Monday, May 13, 2019 • 10:30am-11:30am • Free**

In this illustrated presentation, Marin historian Dewey Livingston details the early history of Tomales Bay. He will share stories about the one-room schoolhouses, and the towns of Hamlet, Muldrow City, Marshall, Inverness and Millerton. This talk coincides with the release of the first volume of the author's new book about Point Reyes and Tomales Bay. Books will be available to purchase.

## Food for Thought! Nutrition for a Healthy Mind:

Presented by Pamela Riggs, Outpatient Nutrition Coordinator & Dietitian at Marin General Hospital's Center for Integrative Health & Wellness

**Monday, June 3, 2019 • 10:30am-11:30am • Free**

Alzheimer's disease is the sixth leading cause of death in the United States and nearly one in three seniors die with this disease or some type of dementia. This talk will focus on foods that support healthy brain function and will highlight key findings from the MIND diet study which helped slow cognitive decline and reduce the risk of Alzheimer's disease by 53%!



**CORTE MADERA LIBRARY • 707 Meadowsweet Drive, Corte Madera**

## Book Swap

Do you have any interesting gently used books just sitting on a shelf collecting dust? Why not bring up to 5 of them to exchange for 5 "new to you" books?

January 17th & April 18

12:00pm – 1:00pm

**Location: Corte Madera Community Center Main Hall**



# SENIOR FAIR

**Thursday, May 23 | 2:00pm-4:00pm**

Seniors, join us for our annual Senior Fair. A broad range of agencies, service groups and vendors who work to meet the needs of seniors will be on hand to provide information and make presentations. Snacks & drinks provided.

**ADMISSION IS FREE**



## France Magnifique

Discover a place etched in history – D-Day – June 6, 1944. During your visit, you will experience the unique delights of Paris, Notre Dame, Arc de Triomphe, the Champs-Elysees, Place de la Concorde and Place Vendome. The Loire Valley, Avignon, Nice, and much, much more also included.

Book before March 19, 2019

**Single: \$7,199**

**Double: \$5,599**

Code	Day/s	Date
1003	Thurs-Thurs	9/19-10/3, 2019



## Discover South Dakota

Highlights include Mount Rushmore, Crazy Horse Memorial, Badlands National Park, Wall Drug, Devils Tower National Monument, Black Hills Gold, Needles Highway, Custer State Park, Deadwood, High Plains Heritage Center.

Book before Feb 16, 2018

**Single: \$2,999**

**Double: \$2,399**

**Triple: \$2,369**

Code	Day/s	Date
1003	Fri-Thurs	8/16-8/22, 2019





## Lunch Club for Seniors

Come have lunch with us! Every Thursday Good Earth Natural Foods prepares organic, well-balanced, hot lunch for adults, 60+. Enjoy a nice meal and conversation with friends! Details: Every Thursday (Except Holidays) from 11:45-12:45pm; Adults age 60+ \$3 suggested donation. No older adult will be turned away for lack of funds. Funded in part by the Older Americans Act, administered locally by the Marin County Department of Health & Human Services, Aging and Adult Services. Reservations are required seven days in advance. To make a reservation please call (415) 457-4636.

**Location:** Main Hall, Corte Madera

## Seniors in Balance

This class will improve your balance, stability, and coordination through proven methods from Qigong, Tai Chi, and Western Mind/Body science. Research shows that Tai Chi is an excellent way for Seniors to develop balance and fluidity of movement; in this class you will be learning an easy, modified Tai Chi form. You will also practice brain stimulating techniques from Western Science to assist coordination and cognition. In addition, the Qigong movements and mind activity bring inner balance, relaxation, improved immunity, and overall wellbeing. These combined approaches are carefully orchestrated to work on all aspects of balance simultaneously. The class is appropriate for anyone with reasonable mobility who is motivated to maintain a good balance of spirit, mind and body throughout their lives. INSTRUCTOR: Shirley Dockstader is an accredited medical qigong teacher and has been teaching the ancient healing movement arts for over 30 years in Marin and San Francisco. She is the producer/writer of Strengthening Your Immune System with Mind & Movement. Sandy Smith has participated in Shirley Dockstader's Seniors in Balance Program for 7 years and has been teaching Tai Chi for 4 years. Sandy's skills as a teacher and performer of traditional music and dance, lend a special insight into her teaching of balance and movement through Tai Chi.

**Instructor:** Shirley Dockstader & Sandy Smith

**Location:** Main Hall, Corte Madera

Code	Day/s	Date	Time	Fee
7002	Thur	1/3-6/13	1:30-2:30pm	donation



## Housing Options Presentation For Seniors

Free to the public. You will learn valuable information about affordable housing choices for mature adults in Marin. Whether you are looking for housing options for yourself, an aging parent, relative, or friend and even if making ends meet is a struggle, Leslie has over 20 years experience working with senior resources and senior housing and can help you find the right housing. It is easy to feel confused and overwhelmed by all the different choices, but don't delay! Start planning today! Free to the public! INSTRUCTOR: Leslie has more than twenty-five years of experience as a therapist, mediator, communications specialist and life and business coach. She spent many years working in the corporate world as an employment counselor and manager of a temporary employment agency, and in the non-profit world specializing in senior resources and intergenerational housing. Most recently she was the Director of Senior Information and Marin Independent Elders at Whistlestop Senior Center and the Housing Advocate at Marin Housing. Currently, she is the Director of Shared Housing with Episcopal Senior Communities.

**Location:** Main Hall, Corte Madera

**Instructor:** Leslie Klor

Code	Day/s	Date	Time	Fee
1201	Fri	5/10	11:00-12:30pm	Free

## Corte Madera Bingo

Join our group of active older adults for BINGO every Thursday from 9:30 a.m. to 11:45 a.m. at the Corte Madera Community Center. You're sure to have fun! Come and enjoy wonderful company, delicious treats like Lappert's ice cream, and other great perks and surprises. Once a month representatives from local senior organizations will be on hand to answer questions regarding services they offer. Most guests will be on hand the second Thursday of each month. For more information please call 927-5072.

**Location:** Main Hall, Corte Madera

# Seniors

## AARP Smart Driver Course

Sharpen your driving skills through the AARP-created "Smart Driver" program. This course was developed to help drivers 50 years or older adjust to age-related changes in vision, hearing, and reaction time.

Medication and its effects on driving will also be addressed. At the end of this course, a certificate of completion, which may save you money on auto insurance, will be given.

The 8 hour course is split between two days and is for those who have never taken the class before or have not taken the 4½ hour refresher course in the last three years. You must attend both classes to get a certificate.

The 4½ hour refresher course is for those who have taken either the 8-hour or 4½ hour course within the last three years.

\*Please note: If you arrive 15 minutes late or more you will not be allowed to take the class and no refund will be given\*

**Location:** AFIC, Corte Madera

**Instructor:** AARP staff

### 8-hour course, Two Fridays

Code	Day/s	Date	Time	Fee /classes
1257	Fri	2/8 & 2/15	10:00am-2:30pm	\$15 & \$20/2 (\$15 AARP members; \$20 non-members)



### 4½-Hour Refresher Course Date, Friday only

Code	Day/s	Date	Time	Fee /classes
1255	Fri	5/3	10:00am-2:30pm	\$15 & \$20/1 (\$15 AARP members; \$20 non-members)

## The NEW Larkspur Larks

The Larkspur Larks is open to community members who are 55 and older. This is a great opportunity to bring your own lunch and eat with new and old friends and enjoy the resources of our community and Bay Area. Special programs are periodically planned. We meet on Tuesday of each month from 11:30am-1:00pm at Larkspur Recreation in the Community Room. For more information or to be included on our mailing list for the Larks Newsletter call the Larkspur Recreation Department at (415) 927-6746.



## Larkspur Walkers

The Larkspur Walkers would like to invite you to join them on one of their morning walks. Walks start and finish at Piper Park. You have probably seen us walking along the bike paths, trails, and climbing the easement staircases around Larkspur.

On the first Wednesday of each month we carpool from Piper Park to take a walk at a location within the county or in San Francisco. Walks are held every Monday, Wednesday, Friday and Saturday from 9:00am-10:00am. Come and walk with us, and decide if this is a fitness program that meets your needs. \$20 yearly membership is valid June through May.

**Location:** Meet at Piper Park, Larkspur

## History of the Larkspur Walker Walking Group

In 1987, Larkspur Recreation Director Nancy Spivey realized that there was a need for active programming for Larkspur's seniors. She decided that a walking program would be an opportunity for participants of all abilities to join in and she founded the "Larkspur Walkers". Nancy began by leading several walks each week. The walks ambled all over Larkspur, including parks and staircases around town and back to Piper Park, all in an hour. Since then, the membership has grown to more than 130 members who have the opportunity to participate up to four days each week. Walkers add to their fitness level and make friends, all while taking in the sights and sounds of Larkspur. The Larkspur Walkers are now supported by a group of dedicated volunteers who keep the experience special and fun.

**MarinAcura.com**  
**415-924-5100**  
 5860 Paradise Dr, Corte Madera

The All New 2019  
 Acura RDX is  
 Available now!



**ACURA**



## Series 1 Bridge for the Beginner

This class is designed for the beginning student to learn and appreciate bridge. The class will move slowly so there will be time to learn the basic elements of bridge. Come and enjoy the fundamentals of bridge and bring a friend. Your guide, Bonnie Nackley is an Experienced Bridge Teacher and Bridge Life Master.

*Location: Community Center Classroom, Corte Madera*

Code	Day/s	Date	Time	Fee /classes
1228	Wed	4/3-5/8	10:30-12:30pm	\$125/6

## Series 2 Beginning Bridge

For those continuing from Series 1 Beginning Bridge or have had Beginning Bridge lessons in the past or played Bridge enough to know the basics of play. Your guide, Bonnie Nackley is an Experienced Bridge Teacher and Bridge Life Master.

*Location: Community Center Classroom, Corte Madera*

Code	Day/s	Date	Time	Fee /classes
1229	Wed	5/12-6/19	10:30-12:30pm	\$125/6



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 EMBROIDERY INC.

**EVERYTHING YOU NEED**

Family run since 1984, O'Neil Bags has continued to manufacture the finest quality sports, travel and equipment bags in America. Everything with an O'Neil label is made in our 7,000 square foot manufacturing facility in San Rafael, California. All bag products can be modified and made to your exact specifications. This allows you to tailor the bags to fit your needs and your budget. We use several types of fabric and there are 24 colors to choose from. We have full in house embroidery capabilities for "digitizing" your logos and designs and transforming them into fine stitch embroidery. Names and numbers may also be embroidered in any location on any bag.

**124 Belvedere Street, San Rafael**  
**(415) 460-0111**

## Adult Open Gym at Neil

# Adults

## Cummins Gym

Come down to the Neil Cummins Gym on Monday nights for volleyball and Sunday nights for basketball. Bring a friend and jump in to a game. It is only \$5 drop-in or you can purchase a card that will get you 10 visits for only \$30. Check the calendar outside the gym for any days we may not be there. But normally every Sunday and Monday there is a great group ready to play. Hope to see you all there.

**Location: Neil Cummins Gym, Corte Madera**

\$5 drop-in or \$30 for 10 passes

Sunday Basketball	7:00-10:00 pm
Monday Volleyball	8:00-10:00 pm

## Adult Tennis

Students will be introduced to the basic skills of tennis, including forehand, backhand, serve, and volley. Emphasis is on proper stroke technique and enjoyment of the game. For more classes offered around Marin County or to set up a private lesson, please visit [www.tennisinmarin.com](http://www.tennisinmarin.com).

Ages 18 & up.

Instructor: Tennis in Marin staff

**Location: TP Tennis court**

### Adult Beginner

Code	Day/s	Date	Time	Fee /classes
1234	Tue	3/26-5/28	6:30-8:00pm	\$300/10

### Adult Intermediate

Code	Day/s	Date	Time	Fee /classes
1235	Wed	3/27-5/29	6:30-8:00pm	\$300/10
1236	Wed	3/27-5/29	9:15-10:45am	\$300/10



It's a pulse-pounding, beat pumping fitness program that gets RESULTS FAST. It's a calorie-torching, hip swiveling dance party with a hot playlist to distract you from the burn.

## DANCE MIXX, INTERVAL, STRIKE, FUSION, STRENGTH, AND CORE

**MORNINGS: Monday/Wednesday/Friday @ 8:30am & Saturday @ 8am**

**EVENINGS: Monday/Wednesday @ 6:15 pm (2nd Wednesday of each month @ 5:15 pm)**

### JOIN ANYTIME

\$60/month unlimited classes  
(joining fee may apply)

\$20 for single class

Other pricing options available

Pricing subject to change

### Appropriate for ALL Fitness Levels

For more information, contact instructor **Susan Flint**  
415-419-7562 • [jazzercise.cortemadera@gmail.com](mailto:jazzercise.cortemadera@gmail.com)

Find us online: [www.jazzercise.com](http://www.jazzercise.com)

[www.facebook.com/JazzerciseCorteMaderaCA](https://www.facebook.com/JazzerciseCorteMaderaCA)





## Over 40's & Over 50's Men's Softball League

If you are looking for a great softball league, look no further than the Town Park Softball Field from March to October. A solid group of 15 teams play Monday through Friday. We are always looking for interested fans and players. Come out to the diamond for a late afternoon of Corte Madera's favorite pastime. Some teams even compete in national tournaments. You will not be disappointed. Hope to see you all there.

Mon-Fri; Next season starts March 2019 • \$800 per team

**Location:** TP Softball Field, Corte Madera

## Puppy Basics:



## Pickleball at Corte Madera

Pickleball in Corte Madera with Age-Friendly Corte Madera and Corte Madera Parks and Recreation. Lessons all equipment supplied (paddles & balls).

**Location:** Corte Madera

Code	Day/s	Date	Time	Fee /classes
1000	Wed	4/17-5/8	12:30-1:30pm	\$80/4
1001	Wed	5/22-6/12	12:30pm-1:30pm	\$80/4

## Pickleball in the Hall Gym

Pickleball is the fastest growing sport in America.

Pickleball combines many elements of tennis, badminton and ping-pong. The game may be played as doubles or singles, indoors or outdoors, with a solid paddle, and on a badminton-sized court with a slightly lower tennis net.

Join Instructor George Silvas for an introduction class.

George has years of teaching and coaching experience. The USAPPA has rated George a 4.44 player. He has medaled in both 4.0 and 4.5 Pickleball Tournaments throughout the Nation. George has helped put on clinics at Bay O Vista Tennis Club, Oakland Hills Tennis Club, Rolling Hills Tennis Club, Albert Park, Pickleweed Park, Hamilton Tennis Club, McGinnis Park and Bolinas. Marin Magazine featured Marin Pickleball for all in their September issue. For the last 3 1/2 years George has dedicated his time to promoting and teaching the game of pickleball. My number one goal is to give a gift of Health and Happiness (Pickleball).

**Location:** Hall Middle School Gym, Larkspur

Code	Day/s	Date	Time	Fee /classes
201	Sun	3/17-3/31	10:15-11:00am	\$60
202	Sun	4/14-4/28	10:15-11:00am	\$60
203	Sun	5/12-5/26	10:15-11:00am	\$60
204	Sun	6/9-6/23	10:15-11:00am	\$60

Drop ins available for \$25 per day.

## Drop in Pickleball:

Sundays of session dates after class. Already know how to play? Join us on Sundays after class (please see dates above). 11:00am – 1:00pm. \$5.



# Adults

Starting early with canine basic obedience manner training, consistent socialization encounters, and a well-structured exercise plan, will empower you as dog parents and establishes a more solid and successful relationship between and your new dog.

In this 6-week Basic Puppy Course we will socialize with other pups, we will work on sits and downs, leave it, recall, loose leash walking, and stays and wait. In addition, you will have the opportunity to discuss and receive professional advice on any other behavioral issues that will arise during your 6-week training.

Code	Day/s	Date	Time	Fee /classes
1247	Tue	1/8-2/12	5:30-6:30pm	\$180/6
1249	Tue	2/26-4/2	5:30-6:30pm	\$180/6



Canine basic obedience manner training, consistent socialization encounters, and a well-structured exercise plan, will empower you as dog parents and establishes a more solid and successful relationship between and your new dog.

In this 6-week Basic Young Adult Basics course we will socialize with other pups, we will work on sits and downs, leave it, recall, loose leash walking, and stays and wait. In addition, you will have the opportunity to discuss and receive professional advice on any other behavioral issues that will arise during your 6-week training. These training style takes into consideration the psychology of canines, providing physical, mental and intellectual stimulation while boosting their innate capabilities to attain a balanced self in addition to integrating comfortably in our human world. All this is achieved through coaching, mentoring, socializing and team playing. Instructor bio: After my education in Psychology (BA) and Business Communication/ Public relations (MA), became a Certified Dog Trainer (ABCDT), founded The Running Dog Ranch in September of 2010, where we, as a team integrate outdoor exercise adventures in Northern California with Behavior Modification and Training. In addition, after 4 years of study and practice, I became a Certified Practitioner in Healing Touch for Animals, and integrates Traditional Chinese Medicine, Animal Acupressure, promoting holistic health, balance and well-being. In addition, I am an authorized DOGSAFE Instructor, certified in Canine First Aid and Emergency Response. Being able to use my knowledge and skills with animal disaster and rescue groups locally and internationally, allows me to reach animals globally.

Code	Day/s	Date	Time	Fee /classes
1248	Tue	1/8-2/12	6:45-7:45pm	\$180/6
1250	Tue	2/26-4/2	6:45-7:45pm	\$180/6

## Young Adult Basics:

## For Fitness' Sake- Low-Impact Aerobics

Fitness is a gift that only you can give yourself. Make scheduling time for fitness a priority. Study after study concludes that regular, moderate exercise is beneficial for optimal health. This proven program has been offered in Marin since 1985. In our non-competitive, supportive atmosphere, we welcome you at your current fitness level, whatever that is.

This is a professional, complete program from warm-up, aerobic and toning, through stretch and relaxation. For questions or to register, call Cindy Leroux at (415) 454-6801. Register for these classes directly with the instructor. \$6 drop-in.

**Class Location:** Hall Middle School PE Portable, Larkspur

Day/s	Date	Time	Fee /classes
Mon,Wed,Fri	Ongoing	5:30pm-6:35pm	\$40/8
Mon,Wed,Fri	Ongoing	5:30pm-6:35pm	\$50/12
Mon,Wed,Fri	Ongoing	5:30pm-6:35pm	\$60/30

## Larkspur Community Garden

The Larkspur Community Garden has been in Piper Park since 1982. We work together growing organically and learning to learn about mulching, watering, other gardeners' techniques, sharing harvests, and building community in an ongoing year-round opportunity. We participate in community garden projects, which keep our garden looking nice. We share good old garden know-how and receive recreation and therapeutic hands-in-the-soil benefits. To sign up for the waiting list call (415) 927-6746.





**THE THIRD WEDNESDAY SPEAKER SERIES**  
*sponsored by*  
**Age-Friendly Corte Madera, Twin Cities Village,  
 Corte Madera Parks and Recreation & Age-Friendly Solutions**

**invites you to celebrate the season with refreshments, festivities and holiday cheer**  
**WEDNESDAY, DECEMBER 19 • 1:00PM - 2:30PM**  
 at the  
**AGE-FRIENDLY INTERGENERATIONAL CENTER**  
 498 Tamalpais Drive, Corte Madera  
*Entrance at the side of the Community Center by the Pencil Bench*



# Adults

## PROGRAM FOR ADULTS WITH SPECIAL NEEDS

Larkspur Recreation offers a variety of programs at Larkspur Recreation in conjunction with Rec. Inc. for Adults with developmental disabilities. Programs vary from art classes, healthy eating, 3rd Friday dances, wiffleball, movie nights, basketball, world beat, and Lions Club. We always welcome new participants, for more information about one of the programs visit the website at [www.recinc.org](http://www.recinc.org). Questions? Email [info@recinc.org](mailto:info@recinc.org) or call (415) 453-4847.

### Larkspur Champions Lions Club

Members of this special chapter of the international charitable organization: perform community service, act as officers, plan special events, and visit other Lions Clubs.

**Dates:** Check Rec Inc. website for session dates

**Class Day:** 2nd & 4th Thursday of the Month

**Time:** 6:00-7:30pm

### World Beat Circle

Music & dance everything happens here! It's a circle of personal sharing, stretching, African influenced dancing, and sometimes drumming.

**Dates:** Check Rec Inc. website for session dates

**Class Day:** Tuesday

**Time:** 6:10-7:10pm

### Party Night

Our young adults, 20s to 30s, need a chance to meet and socialize with their peers. This is it! Coordinator Steph Sues has made this the place to be. Each themed night includes a movie, photo booth, snack, and a craft. Dress to match each theme! Must RSVP - email [steph@recinc.org](mailto:steph@recinc.org) at least a week before each Party to reserve a spot.

**Dates:** Check Rec Inc website for dates

**Class Day:** 2nd Friday of each month

**Time:** 6:30-8:00pm

### Basketball for Winners

Be a member of the Seals. Everyone plays - we adapt the game to our players' abilities. The Seals play community members, families, police & fire departments, community service groups, and celebrities like comedian Michael Pritchard.

**Dates:** Check Rec Inc. website for session dates

**Class Day:** Monday

**Time:** 6:35-8:00pm



### Be Healthy

Almost all our members have lost weight and are keeping it off! Dixie James with her weekly charismatic, inspirational talks, workout challenges, and healthy food discussions. Lose weight with the support of friends. Learn about nutrition and getting fit.

**Dates:** Check Rec Inc. website for session dates

**Class Day:** Tuesday

**Time:** 4:30-6:00pm

### Wiffleball with the Wildcats!

REC Inc has produced another undefeated sports team! Come play with Coach Karen Carlson while we slaughter teams from all over the community. Our players have made up an entirely new list of wacky rules so anyone can play this highly adaptable game. Ever play with no "outs", a zillion pitches, or 3 runners on one base?

**Dates:** Check Rec Inc. website for session dates

**Class Day:** Tuesday

**Time:** 6:15-7:30pm

### Third Friday Dance

This is an excellent opportunity to meet some new folks, catch up with friends, and have a great time. With the wild music of Ebony Slam by Feeve you'll want to dance! A different theme every month!

**Dates:** Check Rec Inc. website for session dates

**Class Day:** 3rd Friday of Every Month

**Time:** 7:00-9:30pm







## LEO GIRALDI TENNIS AT PIPER PARK

All classes taught by LG Tennis staff. Minimum of 3 players or 2 paying for 3. Drop-in fee is \$30 for 1 1/2H classes, \$25 for 1H classes, \$15 for 1/2H classes, limited to space available, no refund for missed classes. A class will be added the following week to make up for missed class due to weather.

### Level #1: Beginners Tennis (2.0/2.5NTRP)

Introductory class for players with little or no tennis experience. Emphasis is on proper technique, basic strategy, getting to serve and return serves for immediate game enjoyment. Different sets of shots will be presented each week with review as well. By the end of the session student will be able to play singles and doubles games in a social context.

Code	Day/s	Date	Time	Fee /classes
2321	Tue	1/08-2/05	10:30-12:00pm	\$130
2322	Tue	3/05-5/28	10:30-12:00pm	\$305

(no class on 4/09)

### Level#2: Intermediate (3.0NTRP)

Early Intermediate class for players with some basic tennis experience or who have not played in a long time. Emphasis is on proper technique, basic strategy, getting to serve and return serves for immediate game enjoyment. Different sets of shots will be presented each week with review as well. By the end of the session student will be able to play singles and doubles games in a social context.

Code	Day/s	Date	Time	Fee /classes
2323	Mon	1/07-2/04	10:30-12:00pm	\$105
2324	Mon	3/04-6/03	10:30-12:00pm	\$305

(no class on 1/14, 4/08 & 5/27)

### Level #3: Intermediate (3.0+/3.5NTRP)

For the player with some match experience working on consistency, consolidating fundamentals and strategy. A different topic will be covered each week, including technique adjustments, shot selection and effective patterns for social or early competitive context. Last half-hour is singles and/or doubles match play.

Code	Day/s	Date	Time	Fee /classes
2325	Mon	1/07-02/04	9:00-10:30am	\$105
2326	Mon	3/04-6/03	9:00-10:30am	\$305

(no class on 1/14, 4/08 & 5/27)

### Level #4: Intermediate (3.0+/3.5NTRP)

For the player with match experience seeking help with consistency, more effective patterns and strategy. A different topic will be covered each week, such as singles and doubles technique adjustments, shot selection and positioning for social, early or more advanced competitive context. Last half-hour is match play.

Code	Day/s	Date	Time	Fee /classes
2327	Wed	1/09-2/06	3/06-5/29	\$130
2328	Wed	3/06-5/29	3/06-5/29	\$305

(no class on 4/10)

### Level #5: Intermediate (3.5+/4.0NTRP)

For the player with match experience seeking help with consistency, more effective patterns and strategy. A different topic will be covered each week, such as singles and doubles technique adjustments, shot selection and positioning for social, early or more advanced competitive context. Last half-hour is match play.

Code	Day/s	Date	Time	Fee /classes
2329	Wed	1/09-2/06	9:00-10:30am	\$130
2330	Wed	3/06-5/29	9:00-10:30am	\$305

(no class on 4/10)

### Level #6: Advanced 4.0+/4.5NTRP

Designed for the regular competitive player looking for technical pointers, more advanced drills and practice games in a social yet competitive environment. Students will be challenged with different patterns each week, specialty shots, taught creativity and encouraged to fine tune their style according to skills.

Code	Day/s	Date	Time	Fee /classes
2331	Wed	3/13-6/05	5:00-6:30pm	\$305

(no class on 04/11)

# Adults

## WINTER SEASON

### Winter USTA 40 & Over (3.0 Team)

Open to all 40 (39 if reaching 40 by the end of calendar year). "At Level" Player Requirement: Teams must have a minimum of 6 players who are rostered at the team's NTRP level (3.0) by the time the first match is played. Season starts in January 2018 and ends in April 2019 with possibility to go to playoffs until April (Local), May (District) or even November (Nationals) 2019. No Team Practice. Matches will mostly be on weeknights or weekends, occasional weekday as well.

**Class Code #:** 2341

**Winter Regular Season:** 01/02-03/25 (local playoffs is first weekend of April). Registration on a first come first serve basis will determine a limited to 16 computer sanctioned players roster (6 at-level (3.0) minimum + 10 either at-level or 2.5 players)

**Deadline to register for team is:** 12/28/2018

**Fee:** \$105 (includes all fees except USTA Membership and League fees)

### Winter USTA 40 & Over (3.5 Team)

Open to all 40 (39 if reaching 40 by the end of calendar year). "At Level" Player Requirement: Teams must have a minimum of 6 players who are rostered at the team's NTRP level (3.5) by the time the first match is played. Season starts in January 2018 and ends in April 2019 with possibility to go to playoffs until April (Local), May (District) or even November (Nationals) 2019. No Team Practice. Matches will mostly be on weeknights or weekends, occasional weekday as well.

**Class Code #:** 2342

**Winter Regular Season:** 01/02-03/25 (local playoffs is first weekend of April). Registration on a first come first serve basis will determine a limited to 16 computer sanctioned players roster (6 at-level (3.5) minimum + 10 either at-level or 3.0 players)

**Deadline to register for team is:** 12/28/2018.

**Fee:** \$105 (includes all fees except USTA Membership and League fees)

## SPRING SEASON

### Spring USTA 18 & Over (3.5 Tryouts)

Players who bear a USTA rating of 3.5 must pre-register for team by 12/28/2018 (minimum of 6) and will have priority over 3.0 players. If 16 3.5 players or less register, ALL 3.5 players automatically qualify for the Spring.

USTA 3.5 Ladies Team Practice for Singles and Doubles. Season starts in March 2019 and ends in July 2019 with possibility to go to Local, District, Sectional and Nationals playoffs all the way until August 2019.

Practices will be held on Thursdays from 9AM to 10:30AM and will focus on singles and doubles play, strategy, patterns, communication, and partnership rather than technique, or drills. Matches schedule to be determined between weekend, weeknight and weekday morning.

**Class Code #:** 2350

**Fee:** \$15 non-refundable

### Spring USTA 18 & Over (3.0 Team) Pre-Registration

Players who bear a USTA rating of 3.0 must pre-register for team by December 28th, 2018 (minimum of 6) and have priority over 2.5 players. If 16 3.0 players or less register, ALL 3.0 players automatically qualify for the Spring Team.

USTA 3.0 Ladies Team Practice for Singles and Doubles. Season starts in March 2019 and ends in July 2019 with possibility to go to Local, District, Sectional and Nationals playoffs all the way until August 2019.

Practices will be held on Tuesdays from 9AM to 10:30AM and will focus on singles and doubles play, strategy, patterns, communication, and partnership rather than technique, or drills. Matches schedule to be determined between weekend, weeknight and weekday morning.

**Class Code #:** 2351

**Fee:** \$15 non-refundable



# Corte Madera Age-Friendly Intergenerational Center

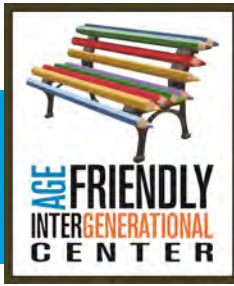
498 Tamalpais Drive  
Corte Madera  
Entrance by the iconic Pencil Bench  
(415) 991-4040

[www.agefriendlycenter.org](http://www.agefriendlycenter.org)

On the following pages are just some of the terrific programs for all ages offered at the Age-Friendly Intergenerational Center.



A \$25 tax-deductible donation to *Age-Friendly Solutions* qualifies Corte Madera residents for a Gold Pass, entitling the Gold Member to attend all classes at no charge for the rest of 2019! For a \$40 donation, those living outside of Corte Madera qualify for a Silver Pass, entitling Silver Members to the same benefits. For all current (2018) members, if you renew before December 31, you will get a **\$5 discount!**



## INTERGENERATIONAL CENTER

### **DRAWING AND WATERCOLOR BASICS**

**Instructor: John McCormick, BFA**

Award-winning Artist and Instructor, San Francisco Academy of Art, et al

*Mondays and Wednesdays,  
10:30 am—12:30 pm*



John McCormick

This is an all-levels adult class. Beginners will receive basic understanding of materials while intermediate and advanced students will be guided by the instructor and encouraged to work on their own projects if desired. Explore using pencils, charcoal and watercolors to develop an

understanding of composition, spatial relationships and value (lights and darks). Students will develop their skills in drawing while discovering and nurturing their unique expression. These ideas will then be applied to watercolor painting. Materials will be available for purchase or bring your own. Free to members/\$10 per class for non-members.



Instructor John McCormick (left) makes everyone an artist.

### **MAH JONG AND BRIDGE FOR FUN**

*Mondays*

**1:00—3:00 PM**

Mah Jong and Bridge games are going on at The Center. . . just for fun and when space is available. Free to members/ \$10 per class for non-members.



### **FUN & FITNESS WITH PATI**

**INSTRUCTOR: Pati Stoliar, RN**

*Mondays*

**3:15 pm —4:15 pm**

If you're thinking about trying some easy physical activity, join us

on Mondays at 3:15 at the Intergenerational Center for gentle aerobics, light strength exercises and stretching. No impact or getting down on the floor.

Helps reduce stress, painful joints and instability. Free for members; otherwise, \$10





# INTERGENERATIONAL CENTER

## CHAIR YOGA

Instructor: Rayner Needleman

*Tuesdays*

1:00–2:00 PM

Rayner Needleman is a certified yoga teacher and therapist, and has been teaching for over 25 years in the Bay Area.



The class at the Age-Friendly Intergenerational Center consists of chair yoga with gentle movements to stretch and strengthen, and breathing exercises, along with some standing for balance and yoga poses. All abilities are welcome, the class is light-

hearted and fun, and brings about a general sense of well-being both in body and mind.

Rayner Needleman taught at California Pacific Medical Center in the Wellness Center and in Cardiac Rehab. Rayner teaches at several health clubs and senior centers, and has volunteered at San Rafael Abused Women’s Shelter, San Quentin State Penitentiary and Sobriety High for teens. She is the Director and Producer of ‘Moving for Life Yoga’ a DVD for both chair and yoga on your bed.

## CHAIR YOGA

Instructor: To be announced

*Thursdays*

1:00–2:00 PM

## COMMUNITY KNITTING GROUP

*FOURTH TUESDAY OF EVERY MONTH*

11:00 AM – 12:00 PM

Join a great group of community members that gather together to work on their personal projects or knit hats and blankets for



preemies and chemo patients at Kaiser San Rafael. This activity is free to all. Sponsored by The Center and Corte Madera Women’s Club.

## CRAFTS WITH JULIE

Instructor: Julie Kritzberger,

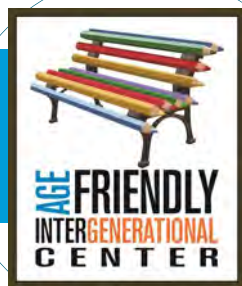
*2nd Tuesday of the Month*

10:30 AM–12:00 PM

(Check the website for additional dates or any changes)

Julie Kritzberger, Crafter Extraordinaire will guide you through the steps to leave with a super creation. For total beginners and experienced crafters. Materials will be provided. Free to members, \$10/class for non-members.





## INTERGENERATIONAL CENTER

### STORY TIME FOR PRE-SCHOOLERS

with Ruth, Ruthe, Jackie and Laurel

*Tuesdays and Thursdays*

10:30 – 11:00 AM

Join us as we read, sing and play together. Fun for the entire family from infants to grandparents. Books, songs, rhymes and fun for children of all ages. Free to all.



### “ASK JODY”

Jody Timms, PhD , Marin Commission on Aging, Age-Friendly Fairfax, Age-Friendly Marin

*Second and Fourth Tuesdays*

2:00 - 3:00 PM

Dr. Timms' many years of professional experience in Marin have provided



her a vast knowledge of local resources for older adults. When you have a challenging situation or are stumped by any difficulty and need assistance,

"Ask Jody" for guidance to the appropriate organization or agency.

### THIRD WEDNESDAY SPEAKER SERIES

*Third Wednesday of every month*

**11:00 AM – 12:30 PM NEW TIME!**

The Speaker Series, sponsored by Age-Friendly Corte Madera, Twin Cities Village, Age-Friendly Solutions and Corte Madera Parks and Recreation Department, has presented years of well-attended, successful events. All are invited to attend monthly informative and entertaining programs. See the inside cover of this catalogue for the list of upcoming events. The Series is located in the Main Hall of the Corte Madera Community Center at a NEW time of 11:00am to 12:30pm.



### TEEN VOLUNTEER PROGRAM

We need TEENS to help older adults with their iPhones and iPads. Please call Pam at the Intergenerational Center (415.991.4040) and let her know your availability. This will be a fun and rewarding opportunity.



# INTERGENERATIONAL CENTER

## CHAIR EXERCISE

Wednesdays

2:00–3:00 PM



Instructor: Pam Waterstone

Join Pam for gentle, safe exercise while remaining seated. These mild exercises are ideal for those with high risk of falls, have severe joint problems, or are wheelchair-bound. These exercises have shown to improve strength, flexibility and blood circulation, as well as to boost one's mood. Free to members, \$10/class for non-members.

## ART FOR KIDS (2ND GRADE– 12TH GRADE)

Wednesdays

2:00 – 4:00 PM **School Minimum Days!**

Instructor: Debra Maddox



Debra offers a terrific program for kids of all artistic levels. Students will have fun drawing, painting, and creating collages. They will explore drawing and painting techniques as well as styles of famous artists. Projects

will all be age appropriate.

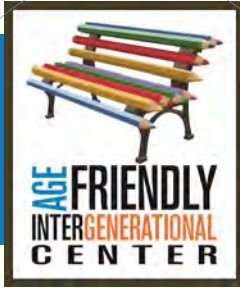
Debra Maddox participates in the Artists Teaching Art Program funded through the Sausalito Art Foundation. Among many honors, she was selected as Commemorative Artist for the Sausalito Art Festival in 2006.

## TEEN TECHIES FOR THE OLDER ADULT

*Please call for an appointment.*

Looking for help with your iPhone, iPad or laptop? Teen techies will provide guidance to master your electronic devices. Whether you're a beginner or want to learn more about social media (Facebook, Twitter, etc.), no question is too small. Free to members, \$10/class for non-members. Call 991-4040 to sign up.





## INTERGENERATIONAL CENTER

# MakerSpace

**4th to 12th Grade and adults up to 110!**

*Thursdays*

*3:30–5:30 PM*

Instructor: Charles Sowers

Everyone, from ages 10 to 110, is welcome to the Makerspace to create, collaborate, work on projects, share resources and learn. The Makerspace has a wide array of equipment including a 3D printer, a Carvey and a laser cutter. Charles will guide you through the mechanics



to utilize these tools and develop your ideas. We'll start with paper crafts, and progress to building with small motors and then using the various equipment in the Makerspace. Come with an idea or invite suggestions. Free to members, \$10/class for non-members, (There may be a small charge for materials.)

Charles is a renowned artist and has been Exhibit Developer at the San Francisco Exploratorium since 1998.

[www.charlessowers.com](http://www.charlessowers.com)



### **FRIDAY AT THE MOVIES**

*Fridays 2:00 to 4:30PM*

Your opportunity to see new movies or those old classics. Titles will be posted on [www.agefriendlycenter.org](http://www.agefriendlycenter.org)

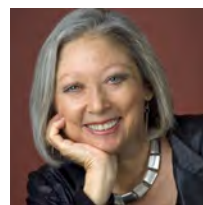
Free to members.

### **Movie/Book Club**

2nd Friday of the month, 2:00 to 4:30

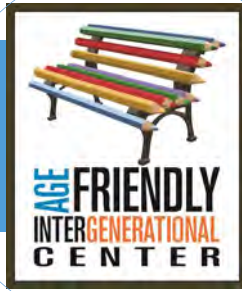
Facilitator: Sally Gelardin, EdD

Whether you've read the book or seen the movie, participate in an entertaining conversation, reviewing and critiquing the story. The movie will be shown just prior to



the discussion. Check the website for the current movie/book title. Free to members, \$10/class for non-members.





# INTERGENERATIONAL CENTER

## COMING IN FEBRUARY!

### YOGA WITH WEIGHTS—BAPTISTE METHOD THE ULTIMATE ANTI-AGING SYSTEM

Instructor: Sherri Baptiste

Wednesdays, beginning February 20, 2019

9:00AM to 10:00AM



With nationally recognized yoga expert Sherri Baptiste, you'll practice the mindfulness and core ideals of yoga with the physical culture

and science of bodybuilding. 'Yoga with Weights,' the ultimate anti-aging system, integrates the best of both disciplines, building core stability, bone density and balance.

The exercises stimulate muscle toning, lean muscle mass, metabolism, strength and coordination. Building on the strengths of both disciplines, this user-friendly system combines breath based yoga with weights exercises, held in accurate alignment, while simultaneously working out.

Equipment will be provided: yoga mat, handheld weights (1-3 pounds per hand for women and 5 pounds per hand for men) and ankle weights (2-3 pounds for men and women).

The book *Yoga with Weights for Dummies* by Sherri Baptiste (Wiley) is recommended for those who plan to incorporate this system into their workout program, available on Amazon.

*Weight training and the healing power of yoga bring strength and serenity*



### SMART DRIVER COURSE

8-hour course, Fridays, Feb. 8th and 15th  
10:00AM-2:30PM

\$15 AARP members; \$20 non-members

4½-Hour Refresher Course

Friday, May 3, 10:AM to 2:30PM

\$15 for members; \$20 non-members

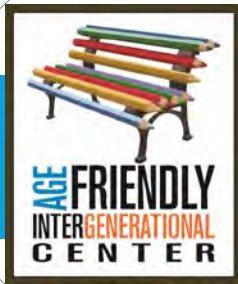
Sharpen your driving skills through the AARP-created "Smart Driver" program. This course was developed to help drivers 50 years or older adjust to age-related changes in vision, hearing and reaction time.

Medication and its effects on driving will also be addressed. At the end of this course, a certificate of completion, which may save you money on auto insurance, will be given.

The 8 hour course is split between two days and is for those who have never taken the class before or have not taken the 4½ hour refresher course in the last three years. You must attend both classes to get a certificate.

*The 4½ hour refresher course is for those who have taken either the 8-hour or 4½ hour course within the last three years.*

*\*Please note: If you arrive 15 minutes late or more you will not be allowed to take the class and no refund will be given.*



## INTERGENERATIONAL CENTER

# Always fun at the Corte Madera Age-Friendly Intergenerational Center!



A donation of \$25 paid to *Age-Friendly Solutions*, a 501(c)(3) tax-deductible non-profit organization, qualifies Corte Madera residents to participate in any and **all of the Intergenerational Center's programs at no charge** until the end of 2019. Those residing outside of Corte Madera may obtain a membership for \$40, entitling them to the same privileges.



The Intergenerational Center's classes, programs and related materials are funded through grants and donations. Tax-deductible donations payable to *Age-Friendly Solutions* are accepted with much appreciation and ensure the Center's continuing success and quality programming.



## **REGISTRATION BEGINS MARCH 14th**

Summer Playground is an 8 week summer program designed for children ages 5-12. At every hour, we host a different art, sport, and game to encourage diversity in our camper's daily schedules. For nearly 40 years, Corte Madera Parks & Recreation has offered this program which is both convenient and fun, while maintaining a low cost. After another successful summer, we are proud to be back again this year. We are open Monday through Friday from 7:30am to 6:30pm.

We hope to see you next summer!

## **COUNSELOR IN TRAINING (C.I.T)**

### **Program for ages 13-15**

The fun doesn't stop once you turn 13! At Corte Madera Parks & Recreation, we offer our Counselor in training program, where teens not only learn what it takes to become a camp counselor but also how to work in a team environment alongside people of all ages. CITs help our counselors with daily tasks and are an integral part in keeping Summer Playground running smoothly. CITs do not get paid, but instead earn valuable community service hours that fulfill many requirements for schools and even college applications!

Applications available March 14th

**For more information and registration forms visit  
[www.cmprsummerplayground.org](http://www.cmprsummerplayground.org)**

## MagiKids Course in Magic for Kids

Seeing a magician perform is a chance to experience the wonders of magic. Performing magic allows your child to become the life of the party and give your family and friends something wonderful to remember. Most of all, your child will enjoy amazing everyone.

Magic is an ancient art, international language and an incredible world unto its own. Paula Ramsey brings that world forward with her MagiKids' Course in Magic. This is a pleasure and a gift your child will have and be able to give for a lifetime. INSTRUCTOR: Paula Ramsey has been a Bay Area magician for over 25 years. She is a member of the IBM, SAM, and the prestigious Academy of Magical Arts (Magic Castle of Hollywood).

Known for her humor and ability to connect with all ages, Paula has performed for many celebrities and taken her show all over the world. Teaching children has been the highlight of her career and joy in her life.

PLEASE NOTE: Our MagiKids instructor is a working professional, and from time to time she does cancel classes on short notice for performances. Phone calls and emails will be made as soon as we are made aware of the cancellation. Make-up classes will be offered. Ages 7-10.

### In this class, students will learn to:

- "think outside the box"
- invent and adapt their own tricks and routines
- learn about the exciting history and evolution of magic
- increase their motor and eye-hand coordination
- develop their self-esteem and public speaking/acting abilities

Students will learn tricks with everyday objects, cards, coins, ropes and much much more. Note: There is a \$10 materials fee to be paid to the instructor at the first class.

Instructor: Paula Ramsey

### The Cove School Classroom

Code	Day/s	Date	Time	Fee /classes
2040	Tue	1/8-3/5	3:10-4:10pm	\$126 /8
2041	Tue	3/26-5/21	3:10-4:10pm	\$126 /8

(No class on 2/19 & 4/9)

### Neil Cummins Classroom

Code	Day/s	Date	Time	Fee /classes
2043	Wed	1/9-3/6	2:00-3:00pm	\$126 /8
2044	Wed	3/27-5/22	2:00-3:00pm	\$126 /8

(No class on 2/20 & 4/10)



## Chess for Kids

Awaken your child's inner genius through chess where s/he will learn to focus and concentrate, observe, plan and think critically before acting, patience, thoughtfulness, to visualize and consider the bigger (strategic) picture, establish long-range goals and to broaden their decision-making criteria, to look beyond their own ideas and consider others' plans, to learn from mistakes and to view them as part of the learning process, be creative and to show good sportsmanship and respect for others all while having fun!

Our former students are currently attending/have graduated from Stanford, Harvard, UC Berkeley, Yale, Princeton and MIT to name a few. We help prepare them for life experiences through the broader applications of what they learn while studying chess. INSTRUCTOR: Lanette and Jeff Gordon of Marin Scholastic Chess have taught chess in Marin for over twenty years and have created more than 350 lessons. They organize the Marin County Scholastic Chess Championship for any child K-8 who resides or goes to school in Marin. They also host an end of the school year tournament for all their students. They coach school chess teams that have won many state championships. If you have questions write to [marinchess@comcast.net](mailto:marinchess@comcast.net). Grades K-6.

### Grades K-5th

Code	Day/s	Date	Time	Fee /classes
2023	Wed	1/9-3/20	1:35-2:35pm	\$190 /10
2025	Wed	3/27-6/5	1:35-2:35pm	\$190 /10

(No class on 2/20 & 4/10)

### The Cove School classroom - Grade K-5th

Code	Day/s	Date	Time	Fee /classes
2024	Fri	1/11-3/22	3:05-4:05pm	\$190 /10
2026	Fri	3/29-6/7	3:05-4:05pm	\$190 /10

(No class on 2/22 & 4/12)



## AMAZING SCIENCE!

Join Amazing Science — the widest range of STEM, STEAM and science activities, and the most experienced science teachers, in any Marin enrichment program! Amazing Science students improve critical thinking skills and general science knowledge through a wide variety of kid-pleasing science experiments, hands-on activities, and demonstrations, in scientific subjects such as chemistry, physics, geology, biology, engineering, and more – with over 130 lessons, our wonderful team of teachers can inspire love of learning and science in your child for as much as three solid years, without using the same lesson twice! Lessons planned for Winter 2019 include: Aerodynamics; Chromatography; Electronic Circuits; Magic Potions 1; Salmon Lifecycle; Why Why Why 1; Simple Machines 1 and 2; and more. Lessons planned for Spring 2019 include: Classification; Puzzles: Kids Vs Animals; Pulley Power (Simple Machines 3); Seeing 3-D; Sharks 1 and 2; Top Predators; Creek Water Lab; and more. Instructor: Amazing Science Staff, (415) 717-0140, AmazingScience@wpm.org, www.AmazingSci.org.

### Neil Cummins Classroom, Grade K

(No class on 2/19 & 4/9)

Code	Day/s	Date	Time	Fee /classes
2314	Tue	1/8-3/19	2:00-2:50pm	\$247 /10
2315	Tue	3/26-6/4	2:00-2:50pm	\$247 /10

(No class on 2/19 & 4/9)

### Grades 1-3

Code	Day/s	Date	Time	Fee /classes
2316	Tue	1/8-3/19	2:55-3:55pm	\$247 /10
2317	Tue	3/26-6/4	2:55-3:55pm	\$247 /10

(No class on 2/19 & 4/9)

### Grades 1-3

Code	Day/s	Date	Time	Fee /classes
2325	Tue	1/8-3/19	3:05-4:05pm	\$247 /10
2327	Tue	3/26-6/4	3:05-4:05pm	\$247 /10

(No class on 2/19 & 4/9)

## Marin Girls Chorus

Marin Girls Chorus empowers girls to find and use their voices through exceptional music education and the joy of collaborative singing. By creating an inclusive and diverse environment, we provide a stage for our singers to build confidence, community, and a strong sense of self through practice, performance, and friendships that last a lifetime.

**Location: Multiple, see below**

### Community Center 2nd-3rd

Code	Day/s	Date	Time
3029	Mon	1/7-5/11	4:45-5:45pm

Fees: \$510 New singers, returning singers \$460  
Classes: 14 plus 4 special rehearsals and 4 performances

### Community Center K-1st

Code	Day/s	Date	Time
3020	Mon	1/7-5/11	3:45-4:30pm

Fees: \$500 new singers, \$450 returning singers  
Classes: 14 plus 4 special rehearsals and 4 performances

### Neil Cummins 2nd-3rd

Code	Day/s	Date	Time
3021	Mon	1/7-5/6	3:00-4:00pm

Fees: \$510 New singers, returning singers \$460  
Classes: 14 plus 4 special rehearsals and 4 performances  
(No class on 1/21, 2/18 & 4/8)

### The Cove K-1st

Code	Day/s	Date	Time
3022	Wed	1/9-5/8	1:30-2:15pm

Fees: \$500 New singers, \$450 returning singers  
Classes: 14 plus 4 special rehearsals and 4 performances  
(No class on 2/20 & 4/10)

## Toddler Town

When it's cold and rainy, come inside for good, clean, safe and warm FUN! This fun-filled program features a full-sized auditorium with inflatable jumpy. We have space to run, jump, and release energy in a warm and safe indoor setting with mats and toys for everyone. Kids can also enjoy fun games, tumbling on mats, and lots more. We provide a gym mat padded area for tots ages 0-4, so they can enjoy some play time with mom or dad in their own special and safe environment. \$5 drop-in.

**Location: Main Hall**

### Ages 0-4

Day/s	Date	Time	Fee /classes
Mon	1/7-4/1	12:30pm-2:00pm	\$5

(No Toddler Town on 1/21 & 2/8g)

## Art with Harry

Students will explore fine art basics in several media, including watercolor, pencil, pen, markers, polymer clay (Sculpey), and Model Magic. We will learn to draw and paint landscapes, portraits, Manga comic art, cartoons, and to bring imagined subjects to life. All levels of skill and experience welcome. Grades 1st - 5th.

**Instructor:** Harry Simpson

**Location:** The Cove, Corte Madera

Code	Day/s	Date	Time	Fee /classes
2111	Mon	5/6-6/10	3:10-4:10pm	\$97 /5

### Neil Cummins

Code	Day/s	Date	Time	Fee /classes
2112	Mon	1/7-3/4	3:10-4:10pm	\$135 /7

(No class on 1/21, 2/18 & 5/27)

## Winterwonderland with KIKI

Children will make many ceramic projects which include but are not limited to a pocket bear, money bank, dog and milk carton recycled dog house, puppet, lantern and book. Children will complete the ceramic process and glaze their work. The last day is finger food potluck celebration. Send a snack to share. All work goes home the last day. \*Please bring an empty 1/2 gallon/ 64 oz Carton the first day. Lab fee paid the first day to instructor KIKI \$40.

**Instructor:** Kiki Rostad

**Location:** The Cove, Corte Madera

### Grades K-5th

Code	Day/s	Date	Time	Fee /classes
2310	Wed	2/6-4/3	1:20-2:30pm	\$120/8

(No class on 2/20)

## Spring Forward with Clay

In this spring themed class children will connect with nature. We will make a bird and nest & eggs, bird house, nature textured- picture frame, bee hive and sculpey bees, & more. We will use the on site kiln and complete the ceramic cycle. We will glaze and paint. The last day is a finger food potluck celebration. Send a snack to share. All work goes home the last day. Lab fee paid to KIKI the first day \$40.

**Instructor:** Kiki Rostad

**Location:** The Cove, Corte Madera

### Grades K-5th

Code	Day/s	Date	Time	Fee /classes
2311	Wed	4/17-6/5	1:20-2:30pm	\$120/8

## Yoga for Kids

I teach my classes in a fun way so the children have a great time while they are exercising their body and their mind.

It's filled with music, stories, games and yoga poses. I also use balancing boards, shakers and other educational tools to help the children with their sensory regulation and body awareness development. Ages 6-10 years.

**Instructor:** Goncalves de Souza

**Location:** Neil Cummins, Corte Madera

Code	Day/s	Date	Time	Fee /classes
1072	Mon	1/7-3/4	3:05pm-3:45pm	\$112 /7

1073	Mon	3/18-5/6	3:05pm-3:45pm	\$112 /7
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(No class on 1/21, 2/18 & 4/8)



## Kids Capoeira

Capoeira is a unique martial art that offers countless benefits to young children with respect to both physical and mental development. By incorporating body movement, percussion, music and singing, Capoeira helps develop balance, coordination, fitness, flexibility, and rhythm. Capoeira also builds social skills, a sense of community and self esteem through creative expression. Toddlers are introduced to Capoeira in a play-based and nurturing format with musical elements to make them feel comfortable while simultaneously inspiring them to exercise and learn new movements. For more information about our organization and instructors please go to [www.abadamarin.com](http://www.abadamarin.com). Drop-in: \$20 per class.

**Instructor:** Lisa Silva or Diego Freitas

**Location:** Main Hall, Corte Madera

### Ages 5-10yrs

Code	Day/s	Date	Time	Fee /classes
2063	Mon	1/7-3/25	5:00-6:00pm	\$144 /10

2064	Mon	4/1-6/10	5:00-6:00pm	\$130 /9
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(No class on 1/21, 2/18 and 5/27)

## Skateboarding Classes

SK8 GYM is a leader in skateboard training, consultation and education. Our curriculum, "SK8 GYM WAY!" is the practice of combining educational formulas designed for implementing custom training techniques in a safe, guided and fun learning environment. Designed for students of all ages and genders. Our elite team of SK8 GYM WAY! certified instructors provide skateboard training in the San Francisco Bay Area. Ages 5-12yrs.

Code	Day/s	Date	Time	Fee /classes
2075	Wed	3/27-5/8	1:40-2:40pm	\$156/6
2076	Wed	5/15-6/12	1:40-2:40pm	\$130/5

(No class on 4/10)

## Little Animal Power, Kung Fu Animal Power

Kung Fu Animal Power builds virtue and good character, strong athletes with proper body mechanics, whole body strength, flexibility, and coordination. Master the lessons of the Kung Fu Animal Power, each Animal includes 4 parts; the Virtue Lesson, Body Mechanics Lesson, Animal Drills to master the body mechanic, and Animal Moves that are the self defense techniques. Kids G1+ and above will learn practical self defense moves and theories. Ages 3-12yrs.

**Location: Main Hall, Corte Madera**

### Pre-K

Code	Day/s	Date	Time	Fee /classes
2300	Wed	1/9-3/6	1:00-1:30pm	\$156/8

(No class on 2/20)

### K

Code	Day/s	Date	Time	Fee /classes
2301	Wed	1/9-3/6	2:20-2:50pm	\$160/8

(No class on 2/20)

### 1st-5th

Code	Day/s	Date	Time	Fee /classes
2302	Wed	1/9-3/6	3:00-3:45pm	\$180/9

(No class on 2/20)

## Tennis Level 1, Marin Munchkins

This course uses special equipment designed for this age group. Students will be introduced to tennis with simple activities and games that produce both fun and early motor skill development. Ages 4-6.

**Instructor: Tennis in Marin Staff**

**Location: Town Park Tennis Courts, Corte Madera**

Code	Day/s	Date	Time	Fee /classes
2046	Mon	3/25-5/20	2:30-3:15pm	\$160/8
2049	Fri	3/29-5/24	2:30-3:15pm	\$160/8

### Grananda Park tennis Courts

2057	Tue	4/16-6/4	2:30-3:15pm	\$160/8
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(No class on 4/8 & 4/12)

## Tennis Level 2, Marin Stars

Join the new team sport in town! If you are between the ages of 7-10, Corte Madera Junior Tennis League is the team to join! Using the quickstart play format, kids are immediately introduced to the game and learn to rally the ball the first time they step on the court. Beginners welcome! Ages 7-10.

**Instructor: Tennis in Marin Staff**

**Location: Town Park Tennis Courts, Corte Madera**

Code	Day/s	Date	Time	Fee /classes
2051	Mon	3/25-5/20	3:15-4:45pm	\$240 /8
2052	Fri	3/29-5/24	3:15-4:45pm	\$240 /8

**Location: Granada Park, Corte Madera**

Code	Day/s	Date	Time	Fee /classes
2058	Tue	4/16-6/4	3:15-4:45pm	\$240 /8

(No class on 4/8 & 4/12)

## Tennis Level 2, Marin Stars

This course places emphasis on stroke development using movement drills, games, and fun activities. Positive attitude and sportsmanship are addressed. Ages 11-14

**Instructor: Tennis in Marin Staff**

**Location: Town Park Tennis Courts, Corte Madera**

Code	Day/s	Date	Time	Fee /classes
2055	Fri	3/29-5/24	4:45-6:15pm	\$240 /8

(No class on 4/12)



## Spring Soccer Clinic

Corte Madera FC is pleased to offer a series of weekday soccer training clinics, open to players who wish to sharpen their skills and get touches on the ball during the spring months. The seven-week session will begin the week of March 4th and run through April 25th. Clinics are open to ALL soccer players; no competitive team experience required.

### U8: Boys and Girls born in 2012

Code	Day/s	Date	Time	Fee /classes
3033	Mon	3/4-4/22	3:30-5:00pm	\$135/7

(No class on 4/8)

### U9: Boys and Girls born in 2011

Code	Day/s	Date	Time	Fee /classes
3030	Tue	3/5-4/23	3:30-5:00pm	\$135/7

(No class on 4/9)

### U10: Boys and Girls born in 2010

Code	Day/s	Date	Time	Fee /classes
3031	Wed	3/6-4/24	2:30-4:00pm	\$135/7

(No class on 4/10)

### U11: Boys and Girls born in 2009

Code	Day/s	Date	Time	Fee /classes
3032	Wed	3/6-4/24	4:00-5:30pm	\$135/7

(No class on 4/10)

### U12-U14: Boys and Girls born in 2008, 2007, 2006

Code	Day/s	Date	Time	Fee /classes
3034	Thur	3/7-4/25	3:30-5:00pm	\$135/7

(No class on 4/11)

## TGA Premier Junior Golf

TGA Premier Junior Golf is the # 1 program to introduce, teach, and engage children in the game of golf, learning life skills along the way. We use the game of golf as a method to develop your child's hand-eye coordination & improve motor skills. Your child will also learn and use golf in other educational areas, such as math, English, science and history. Our enthusiastic instructors provide a proven curriculum filled with instruction, drills, and fun games, with a ratio of no more than 8 children per instructor. We use a safe golf ball and all equipment is provided. Every student gets personal attention, a TGA golf hat, & awards for achievement. Classes grouped by age. For more information visit [www.playtga.com/northbay](http://www.playtga.com/northbay) or call (415) 599-9478.

**Instructor:** TGA Staff

**Location:** Town Park, Corte Madera

Code	Day/s	Date	Time	Fee /classes
2060	Tue	4/16-5/28	3:05-4:05pm	\$165/7

(No class on 10/8 & 10/15)

## Super Soccer Stars Kick & Play 12 months - 5 Years

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play – all while having a blast!

**Location:** Main Hall, Corte Madera

### 2-3 Years

Code	Day/s	Date	Time	Fee /classes
3000	Mon	1/7-2/11	10:05-10:45am	\$100/ 5
3001	Mon	2/25-3/25	10:05-10:45am	\$100/ 5

(No class on 1/21)

### 12-24 Months

Code	Day/s	Date	Time	Fee /classes
3002	Mon	1/7-2/11	10:50-11:30am	\$100/ 5
3003	Mon	2/25-3/25	10:50-11:30am	\$100/5

### 3-5 Years

**Location:** Outfield of Baseball Diamond, Corte Madera

Code	Day/s	Date	Time	Fee /classes
3005	Sun	1/13-3/17	9:15-10:00am	\$200/10

### 12-24 Months

Code	Day/s	Date	Time	Fee /classes
3007	Sun	1/13-3/17	10:05-10:45am	\$200/10

### 2-3 Years

Code	Day/s	Date	Time	Fee /classes
3009	Sun	1/13-3/17	10:50-11:30am	\$200/10



## Aikido Kids of Tamalpais



Aikido Kids of Tamalpais (AKT) is an empowering, fun, and enriching after-school martial arts program. A dojo is a multi-age, multi-rank, multi-dimensional learning environment. Never a dull moment! In an atmosphere that is supportive, safe, yet challenging, kids have fun practicing how to focus and build their attention span, become flexible in motion, increase mindfulness, and learn to problem-solve authentically yet peacefully. Children learn how to roll and fall safely, how to quicken their response time, gain impulse control, as well as learn to embody quieting skills. In Aikido training kids learn how to shift from a reactive way of being to a responsive way of being. The most effective way to learn is to be relaxed, feel safe, and have a good time while being passionately involved. That is exactly what your child will find at Aikido Kids of Tamalpais. INSTRUCTOR: Chief Instructor Dolano Arthur Sensei, mother of three school-aged girls, has been training Aikido for over 29 years and holds the rank of 3rd degree black belt. Dolano Sensei is the founder of Aikido Kids of Tamalpais which serves students ages 4-17 years of age. Dolano has been a supporting staff member at Marin Academy High School, and Del Mar Middle School. In addition she has implemented Peace Coaching Programs at the elementary and middle school levels. Sensei's focus in these programs is on helping children to advocate for themselves and each other in bully prevention and positive leadership models.

### Ages 4-5yrs (After January 31 \$360)

Code	Day/s	Date	Time	Fee /classes
2085	Sat	2/9-6/8	8:15-8:45pm	\$290 /13

After January 31 \$360

(No class on 2/16, 2/23, 3/9, 4/6, 4/13 & 5/25)

### Ages 6-8yrs (After January 31 \$580)

Code	Day/s	Date	Time	Fee /classes
2087	Tue	2/5-6/11	4:00-5:00pm	\$510/18
2088	Thu	2/7-6/13	4:00-5:00pm	\$510/18
2089	Tue & Thu	2/5-6/13	4:00-5:00pm	\$710/36*

\* After January 31 \$770

(No class on 2/20, 2/22, 4/10 & 4/12)

### Ages 9-13yrs (After January 31 \$580)

Code	Day/s	Date	Time	Fee /classes
2090	Mon	2/4-6/10	4:00-5:00pm	\$510/16
2091	Wed	2/6-6/12	4:00-5:00pm	\$510/18
2092	Fri	2/8-6/7	4:00-5:00pm	\$510/15
2093	Mon & Fri	2/4-6/10	4:00-5:00pm	\$710/31*

\* After January 31 \$770

(No class on 2/19, 2/21, 2/23, 4/9, 4/11, 4/13 & 5/28)

### Ages 13-17yrs (After January 31 \$580)

Code	Day/s	Date	Time	Fee /classes
2094	Mon	2/4-6/10	5:00-6:00pm	\$510/16
2095	Wed	2/6-6/12	4:00-5:00pm	\$510/18
2096	Fri	2/8-6/7	5:00-6:00pm	\$510/15
2097	Mon & Fri	2/4-6/10	5:00-6:00pm	\$710/31*

\*After January 31 \$770

(No class on 2/19, 2/21, 2/23, 4/9, 4/11, 4/13 & 5/28)



## WINTER/SPRING TENNIS

All classes taught by LG Tennis staff. Minimum of 3 players or 2 paying for 3. Drop-in fee is \$30 for 1 1/2H classes, \$25 for 1H classes, \$15 for 1/2H classes, limited to space available, no refund for missed classes.

### Junior Tennis 11-14 year olds (Beginners/Semi-Beginners, green ball)

This class offers girls and boys age 11 to 14 the opportunity to learn sound fundamentals of the game, including groundstrokes, serves, returns, net play techniques, basic strategy and rules of tennis with the goal of preparing them to eventually join the Junior Tennis Team.

Code	Day/s	Date	Time	Fee /classes
2301	Tue	3/05-5/28	4:00-5:00pm	\$269

(no class on 04/09)

### USTA Junior Tennis Team Practice (14U/yellow ball)

USTA Junior Tennis Team offers girls and boys age 12-14 the opportunity to play on teams in local leagues that emphasize fun, fitness and friends. Teams have the opportunity to advance to Area, Section, State and National Championships! 5 reg. min to make it a go. Must not turn 15 by 05/31. \$485 (Includes Tue&Fri tennis. Does not include USTA League registration fees).

Code	Day/s	Date	Time	Fee /classes
2302	Tue	3/05-5/28	4:00-5:30pm	\$485
(no class on 04/09)				
2302	Fri	3/08-05/31	4:00-5:30pm	\$485
(no class on 04/12)				

# Youth

## Quickstart#1 (5-6 year olds)

Children will enjoy the experience of hitting balls back and forth in a safe environment. Emphasis is on passing, rolling, tossing or throwing the ball. Students will learn how to rally a ball over low net using a red foam or red low compression felt ball that moves slower, bounces lower and travels less distance for immediate enjoyment of real tennis.

Code	Day/s	Date	Time	Fee /classes
2303	Tue	1/08-2/12	3:15-3:45pm	\$95
2304	Tue	3/5-04/16	3:15-3:45pm	\$95
(no class on 04/09)				
2305	Tue	4/23-5/28	3:15-3:45pm	\$95

## Quickstart#2 (7-8 year olds)

Emphasis for this age group is on rally skills using both forehand and backhand ground strokes. Students will be taught other skills needed to play a complete game of tennis including serves and returns of serve as well as learn simple tactics and introduction to rules of tennis. Red low compression felt ball will be used for adjusted striking zone adapted to their height in order to hit over the net with consistency.

Code	Day/s	Date	Time	Fee /classes
2306	Fri	1/11-2/15	4:00-5:00pm	\$137
2307	Thur	3/08-05/31	4:00-5:00pm	\$269
(no class on 04/12)				

## Quickstart#3 (9-10 year olds)

Students will learn the basics of a rally by using forehand and backhand ground strokes. Overhand serve will be introduced and the return of serve is emphasized as well as volley, approach shot and overhead skill. Understanding singles and doubles play, develop the tactics for different playing situations, shot selection and court positioning will be covered as well. Orange low compression felt ball that moves a little faster and travels farther but still has a lower bounce than the yellow ball will be used for adapted development of the students' tennis skills.

Code	Day/s	Date	Time	Fee /classes
2308	Thur	1/10-02/14	4:00-5:00pm	\$137
2309	Thur	3/07-05/30	4:00-5:00pm	\$269
(no class on 04/11)				

## USTA Junior Tennis Team Practice (12U green ball)

USTA Junior Tennis Team offers girls and boys age 10 to 12 the opportunity to play on teams in local leagues that emphasize fun, fitness and friends. Teams have the opportunity to advance to Area, Section, State and National Championships! 5 reg. min to make it a go. Must not turn 13 by 05/31. \$395 includes Wed practice & Fri matches. Does not include USTA League registration fees

Code	Day/s	Date	Time	Fee /classes
2310	Wed	3/06-05/29	4:00-5:00pm	\$395
(no class on 04/10)				
2310	Fri	3/08-05/31	4:00-5:30pm	\$395
(no class on 04/12)				

Private and small group lessons are also available beyond the dates listed. Let your tennis pro know, if you want to arrange for more instruction.



## Swimming-Tidalwaves

The Tidalwaves Swim Team is dedicated to providing access to the sport of swimming and a high quality competitive experience for members of our community to develop self-esteem, swimming skills, sportsmanship, and a strong sense of team spirit and achievement. We are open to swimmers of ALL ABILITIES ages 5-18 and are part of the Marin Swim League (a league of 10 community teams within Marin County). The Spring/Summer program is run primarily at Redwood High School from late February through mid July, (an 8 & Under practice group is run at College of Marin, Kentfield as well). All practices are run by professional coaches. Parent volunteer commitment is required to run team events and meets. Its fun for the whole family! There's no better way for kids to become, strong, competent swimmers and build lifelong friendships in the process. More details for our 2018 Spring Season, as well as our Fall and Winter swim programs are available online at [www.gowaves.com](http://www.gowaves.com). Head Coach Marie McSweeney is also available to answer questions about your child's readiness for the team at [mariemcswim@yahoo.com](mailto:mariemcswim@yahoo.com) or 415-453-9563.



## TWIN CITIES CHILDREN'S CENTER

- \* Established in 1975
- \* A year round childcare program run by dedicated & licensed professionals
- \* Located at Neil Cummins
- \* Serving local K- 5th Graders
- \* Affordable experienced care
- \* Providing quality care on a regular scheduled basis & convenient drop-in
- \* Small safe 1 to 12 ratio
- \* Summer & Holiday Camps open to all Marin Residents

Ca State License # 210106797

[Teeckids@gmail.com](mailto:Teeckids@gmail.com) For more information call 924-6622

[WWW.TWINCITIESCHILDRENSCENTER.COM](http://WWW.TWINCITIESCHILDRENSCENTER.COM)

Art  
Sports  
Cooking  
Games  
Friends  
Fun

## BACICH AFTER SCHOOL PROGRAMS

Bacich Elementary has given Larkspur Recreation the opportunity to provide after school enrichment classes for their students. These classes are not part of Bacich school. We ask if you have any questions about classes, instructors or registration that you not ask the office staff. Please contact Larkspur Recreation. Once you are registered in a class we will send you an email before the start of the class with the room number. Please make sure you remind your child to go to the correct classroom after school. [www.cityoflarkspur.org/recreation](http://www.cityoflarkspur.org/recreation) (415) 927-6746. **Registration opens online Monday, August 20th.**

### Checkmate Chess

Develop your critical thinking and problem-solving skills while having fun! Learn how to move the various pieces and basic and intermediate strategy of this fascinating game. The class period generally consists of instruction and supervised play. Competitive matches and tournaments will take place near session's end. For Bacich Elementary students only.

Code	Day/s	Date	Time	Fee /Grade
861	Mon	1/14-3/25	2:20-3:10pm	\$190/1-2
862	Mon	1/14-3/25	2:55-3:45pm	\$190/3-4

### Sew Much Fun

Get your thread ready and away you sew, making projects so adorable you will keep them forever. We will focus on making gathered flowers, bunnies for spring, butterflies birds and other fun items. Embroidery and appliqué projects will also be included. Please use the bathroom and wash your hands before class. We look forward to meeting new sewers and continuing with our returning students.

Code	Day/s	Date	Time	Fee /Grade
867	Thur	3/28-6/6	1:10-2:10pm	\$198/K
868	Thur	3/28-6/6	2:20-3:20pm	\$198/1-2
869	Thur	3/28-6/6	3:00-4:00pm	\$198/3-4



### Oven Baked Clay

In this FUN class students will use a polymer clay that can be baked in a kitchen oven! Imaginations go wild as students decide what to make: tiny creatures and miniatures of any kind including food, robots, unicorns, monsters, beautiful jewelry, pinch pots, magnets, ornaments, and other collectibles. Instructions, project ideas and guidance provided, but students are encouraged to create from their own vision! Students can make entire sets of characters and props for their imaginative stories and will be able to pull from Nikki's large collection of recyclable supplies and art materials to complete their projects. All clay and materials are included in the class. Instructor Bio: Nikki Contini is a local glass, eco-artist, and educator. She teaches glass fusing, jewelry, clay and eco-art to children in after-school enrichment programs and summer camps. Nikki brings her enthusiasm for crafts of all kinds to her classes and is committed to helping her students joyfully explore their creativity. Her artwork is colorful and whimsical and has been exhibited in many shows over the last 17 years. Her art parties and workshops are also very popular for both children and adults. Check out her blog at [fusedglassoriginals.blogspot.com](http://fusedglassoriginals.blogspot.com)

Code	Day/s	Date	Time	Fee /Grade
865	Mon	4/1-6/3	2:55-4:10pm	\$296/3-4

### Drawing, Painting & Sculpting

Students will explore art basics in several media, including watercolor, pencil, charcoal, and clay. Learn to draw landscapes, portraiture, still life, and bring imagined subjects to life. All levels of skill and experience welcome.

Code	Day/s	Date	Time	Fee /Grade
863	Tue	1/15-3/19	2:20-3:20pm	\$185/1-2
864	Wed	1/15-3/19	12:30-2:00pm	\$225/3-4

### Amazing Science

Join Amazing Science — the widest range of STEM, STEAM and science activities, and the most experienced science teachers, in any Marin enrichment program! Amazing Science students improve critical thinking skills and general science knowledge through a wide variety of kid-pleasing science experiments, hands-on activities, and demonstrations, in scientific subjects such as chemistry, physics, geology, biology, engineering, and more – with over 130 lessons, our wonderful team of teachers can inspire love of learning and science in your child for as much as three solid years, without using the same lesson twice! Lessons planned for SPRING 2019 include: Classification; Puzzles; Kids vs Animals; Pulley Power (Simple Machines 3); Seeing 3-D; Sharks 1 and 2; Top Predators; Creek Water Lab; & more!

Code	Day/s	Date	Time	Fee /Grade
866	Wed	3/27-6/5	12:15-1:30pm	\$295/1-2

## The Lounge at Hall

This after school program provides students a vibrant, exciting environment to do homework, socialize and participate in indoor and outdoor activities. It's also a safe place to relax and escape the drama and stress of middle school. Creativity, Kindness, Conflict Resolution, Empathy and Community are Lounge's guiding principles. Students start the afternoon with supervised homework time. Staff offer assistance and encouragement. The rest of the afternoon has opportunities to play board games, sports, socialize, arts and crafts, and enjoy a variety of events with weekly movie days!

**Monday-Friday after school until 6:00pm**  
**Flexible payment options available.**

## Fine Art Basics & Beyond at Kent

Students will explore fine art in several media, including watercolor, drawing, acrylics, oil painting, and sculpture. Subjects will include still lifes, landscape, and portraiture. A brief lesson integrating examples from the history of art will be followed by individual help. Students may continue the lesson or receive guided instruction for their own projects. Instruction is designed to benefit all levels of skill and experience. Includes materials.

Code	Day/s	Date	Time	Fee /Grade
870	Thur	1/17-3/21	3:30-4:30pm	\$240/5-8



## Archery

Learn Olympic-Style Archery from a highly ranked shooter and the Director of "Cupids Gate Archery" in San Francisco. Instructor Joseph Arnaldo will focus on shooting form, stance, and safety. Archery is great exercise, utilizing the largest collection of muscles in your back. Tournament-grade equipment is provided for each student to use.

Code	Day/s	Date	Time	Fee /Grade
881	Wed	1/16-2/27	2:15-3:30pm	\$325/4-8
882	Wed	3/26-4/24	2:15-3:30pm	\$325/4-8



## THEATER PROGRAMS

### Peter Pan

Join Katia & Company in a fairytale adventure filled with pirates, mermaids and fairies! Actors of all levels are welcome, all registrants will be cast in the production, roles based on audition and experience. Fully costumed performance held at the beautiful Marin Center Showcase Theater. For grades 4-8.



**Rehearsals:** March 5-May 15th No rehearsals April 8-12th

**Performances:**

**Show week:** May 13-18th at Marin Center Civic Center Showcase Theater. Actors will have two rehearsals and two performances that week.

For more show info and audition materials, visit [katiaandcompany.com](http://katiaandcompany.com)

### Peter Pan: Lost Boys & Fairies

Young performers are encouraged to grow and develop their singing, acting and dancing skills in a fun and creative atmosphere. Rehearsals are spent learning songs and dances for the show and playing theatre games to develop stage presence and acting techniques. Actors participate as a group and are assigned lines or solos as they demonstrate desire and readiness, to minimize anxiety and maximize fun! At the end of the session, actors join their older cast mates to participate in a fully stage and costume production at the beautiful Marin Center Showcase Theater. Actors rehearse 1x/week and may miss up to two rehearsals. Expect extra rehearsal time the week of the show and two weeks prior to the show. Full schedule will be available on the first day.

**Auditions:** Actors are taken through the audition process as a group on their first rehearsal day. This builds their confidence and skill set in a stress-free and fun environment.

**Rehearsals:** Start the week of March 20-22nd - May 20th. No rehearsals April 8-13th. 1st-3rd graders meet once a week, with extra days the of and the week before the show.

**Performances:**

**Show week:** May 13-18th at Marin Center Civic Center Actors will have two rehearsals and two performances that week.



### NEW! Introducing K&Co Pro!

Open to actors ages 12+. By audition only.

### Disney's NEWSIES!

Extra! Extra! Read all about it! Katia & Company's semi-professional theatre company is holding open auditions this Spring! Join the newsboys of 1900 as they, "Seize the day" in this electric, feel-good musical! Directed by Katia McHaney. Rehearsals period: May 28th - July 5th. Placement is by audition only. For rehearsal schedule and audition materials, visit: [Katiaandcompany.com](http://Katiaandcompany.com). By audition only, actors 12 - adult. Tickets available at [www.katiaandcompany.com](http://www.katiaandcompany.com).



# Corte Madera FC

## Recreational Soccer

Boys and Girls: Kinder—4th Grade

\$225 per player

Boys and Girls: 5th-12th Grade

\$275 per player

Registration April 15th through June 13th

*Players that are registered after June 20th will be waitlisted! After June 20th, k-4th is \$255, Rec Misa 5th-12th is \$305*

Our recreational soccer league is for kids who are interested in a fun and semi-competitive environment. The eight-week season begins in late August with weekly Saturday games beginning on September 8th.

## Signups at

[www.cortemaderafc.org](http://www.cortemaderafc.org)



## 2019 Competitive Tryouts

**TBD**

*2019 Tryouts will be held at Town Park.*

***More Information to come!***

## Competitive Soccer

Our competitive program offers local youth an opportunity to play a high level of soccer in their own community. In its fifth year, Corte Madera FC teams play in the NorCal Premier League. Professional trainers run weekday practices and parent-coaches coach the weekend games and tournaments. This program is a significant commitment and is for players looking to pursue a more competitive level of play.

### BIRTH YEAR

Boys / Girls U-8.....	2012
Boys / Girls U-9 .....	2011
Boys / Girls U-10 .....	2010
Boys / Girls U-11 .....	2009
Boys / Girls U-12 .....	2008
Boys / Girls U-13 .....	2007
Boys / Girl U-14.....	2006

# Community Information

The Corte Madera Lions Club was chartered in 1951 by a group of 25 local civic-minded men who felt that Corte Madera needed a service organization to help set up youth activities for children in our community. Aside from schools and churches there were no facilities for large events, so the Lions met this need by raising funds and building the current Community Center as a labor of love, with mostly volunteer labor.



The building was donated to the Town of Corte Madera in 1986, but the Lions, now composed of men and women of all ages, are still actively involved in helping maintain it. In 2010, the Lions partnered with the Corte Madera Community Foundation, the Women's Club and the Beautification Committee to renovate the patio. In 2013, the Lions helped with renovation of the main hall.

The Lions Club supports many community organizations including the Boy Scouts, Canine Companions, AdvoKids, Twin Cities Little League, Twin Cities Police Authority Youth Programs, Redwood High School, Neil Cummins Elementary and Hall Middle School. The Lions are an integral part of Corte Madera Oktoberfest, and we always have a food and drinks booth for the 4th of July Festival. We host many social events throughout the year at the Community Center including Casino Night, and we provide volunteers for several community events including Breakfast with Santa and the Opening Day of Soccer.

Lions Club International supports vision programs around the world, and we collect old prescription eye-glasses and hearing aids for distribution in third world countries. These items can be dropped off at the Community Center lobby during normal working hours.

We meet on the 2nd and 4th Thursdays of the month except for the summer months, and guests as well as prospective members are always welcome! For more information, go to [www.cortemaderalions.com](http://www.cortemaderalions.com), email [Cortemaderalions51@gmail.com](mailto:Cortemaderalions51@gmail.com), or visit us on Facebook at [www.facebook.com/groups/CMLionsClub/](https://www.facebook.com/groups/CMLionsClub/).

The Lions membership includes men and women, both professional and retired. A growing number of our membership have children attending Corte Madera and Larkspur schools.



The Corte Madera Community Foundation was established in 1994 to promote events, facilities, programs, and services that build community spirit and enhance Corte Madera's small-town character. It is a 100% volunteer organization that works with Town government and any local civic groups for the benefit of our community. The Foundation focuses mainly on public facilities enhancement, senior services, summer playground activities, emergency response support, local history, beautification, and ecological conservation. The Foundation provides fiscal support to Corte Madera's Beautification Committee, Town Band, Women's Club, CM-CERT, Emergency Preparedness Fund, Heritage & History, neighborhood associations and major civic improvement projects.

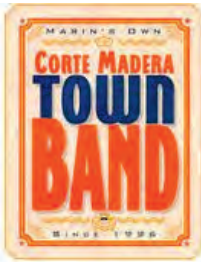
In 2010 the Foundation led the partnership of four local groups working with the Town to renovate the patio area at the Community Center, and in 2011 it participated in the renovation of the main hall. In 2012, the Foundation raised funds to create Town Park Plaza, next to the Community Center. Organizing the year-long series of events for Corte Madera's Centennial Celebration in 2016 was led by the Foundation. This year, the Foundation is partnering with the Town to add a shade structure to the Plaza.

For more information about the Corte Madera Community Foundation and its many activities, visit our website at [www.CorteMaderaCommunityFoundation.org](http://www.CorteMaderaCommunityFoundation.org) or send an e-mail message to [CMCFoundation@comcast.net](mailto:CMCFoundation@comcast.net)

## Corte Madera Women's Club

Founded in 1907, the Corte Madera Women's Club has nearly 100 members from Corte Madera, Larkspur, and surrounding communities. It meets on Tuesdays at the Corte Madera Community Center. Membership dues are \$20 per year, and all women are welcome to join. Visit the Club's website at [www.cmwomensclub.org](http://www.cmwomensclub.org) for the current schedule of activities and more information about the many opportunities to participate and join the Club.





The Corte Madera Town Band is a volunteer organization that has over 40 bandmates from all over the Bay Area, and CMTB would like anyone who plays a band instrument to join! CMTB meets every Thursday at 7:15 p.m in the music room of Neil Cummins elementary school in Corte Madera. Be prepared to play great music while having amazing fun.

For more information please contact please contact Lloyd at 415-381-0515 or Madeline at 415-515-9357, or send the band an email at [cortemaderatownband@gmail.com](mailto:cortemaderatownband@gmail.com) Like us on Facebook @ [CorteMaderaTownBand](https://www.facebook.com/CorteMaderaTownBand). CMTB looks forward to hearing from you!

Age-Friendly invites everyone to visit the AFCM webpage ([agefriendlycortemadera.com](http://agefriendlycortemadera.com)) for money-saving tips, helpful local resources and



## Age-Friendly Corte Madera

relevant events in our community. Look for news of a developing Twin Cities Village in partnership with Larkspur volunteers. Marin Villages is dedicated to assisting Marin's seniors to remain independent in their homes and communities with dignity and grace. Call 415-457-4633 to join or to volunteer for this new Twin Cities branch of Marin Villages.

Age-Friendly Corte Madera is dedicated to creating physical and social environments that support & enhance healthy and active aging, and an optimal quality of life for our older residents.

In the event of a major disaster, professional services may be overwhelmed and unavailable for long periods of time. The widespread needs of the town will depend on voluntary assistance. With this in mind, the fire departments in Marin County have adopted a citizen training program called Community Emergency Response Training (CERT).



CERT is designed to provide hands-on training to become self-sufficient for at least 72 hours following a disaster such as an earthquake, flood, or a wild land fire. We then encourage CERT trained volunteers to join their neighborhood teams to assist their community.

**Class 1:** Introduction/Emergency Preparedness/Disaster First Aid  
**Class 2:** Search and Rescue Fire Prevention/Suppression

CERT classes are offered every month except July and December throughout Marin County. For a training session near you, please contact Marin County CERT.

**Registration Info:** 415-485-3409  
[www.marincountycert.org](http://www.marincountycert.org) | [certinfo@marincountycert.org](mailto:certinfo@marincountycert.org)



## Central Marin NRG Program

NRGMARIN.ORG is the website for Central Marin Neighborhood Response Groups.

Established in 2007, the NRG Program covers 4629 homes with 33 individual neighborhoods organized, or 48% of homes in Corte Madera, Larkspur and Greenbrae.

The NRG program supports families by organizing neighbors to help each other. We create neighborhood communication networks to share when it's a high-risk fire day (Red Flag Day), and phone trees and text trees to share evacuation alerts. We identify and map out potential evacuation pathways out of your street (by car and by foot). We encourage each other to harden our homes and create defensible space at the neighborhood level, mitigating fire risk at the entire community level.

And that's just for preparing for wildfire evacuation events. We also prepare neighborhoods to help each other after a major shelter-in-place event, such as a major earthquake. Neighbors pool resources and organize a response plan in case of a major earthquake to make sure every neighbor is checked on, to make sure gas meters are secured to prevent the spread of fire, and have radios to communicate efficiently and to have a lifeline out to authorities.

Contact [Coordinator@nrgmarin.org](mailto:Coordinator@nrgmarin.org) to put you in touch with your neighborhood's NRG contacts or learn more on how your neighborhood can support its families prepare to evacuate for wildfire events, as well as for major earthquakes. The Central Marin NRG Program is endorsed by the managers of Corte Madera and Larkspur, Central Marin Fire and Central Marin Police. There aren't enough professional responders on duty at any one time to cover everywhere after a major disaster.

"Preparedness is everyone's job. Not just government agencies but all sectors of society - service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen - should plan ahead for disaster. During the first few hours or days following a disaster, essential services may not be available. People must be ready to act on their own." California Office of Emergency Services

"70% to 95% of victims are rescued by neighbors, not professional responders." Los Angeles Emergency Services

# Facility & Park Rental

## A Special Way To Deliver

Put your messages up on our digital marquee! This affordable medium delivers birthday wishes and announcements. Located just in front of the Community Center, the marquee message may include 4 lines, with 15 spaces in each line including spaces between words.



### DIGITAL MARQUEE RENTAL RATES

General use.....	\$25.00 per day
Commercial use .....	\$130.00 per day



## Community Center

Located by the beautiful and award-winning Town Park on Tamalpais Drive at Eastman, the Community Center is the perfect venue for wedding receptions, birthdays, business meetings, social gatherings, banquets, fund-raisers, and performances. With total capacity of 350 people, the Community Center includes a large multi-purpose main hall (64'x 43'6"), lounge and wet bar (62'6"x 14'6"), fireplace, stage (20'x 43'4"), meeting rooms, and beautiful garden-setting patio. Capacity is 250 theatre style, 175 dining, 350 assembly. Adjoined to the main hall is a huge kitchen (35'6"x 14'6") with commercial refrigerator, double deep sink, oven, griddle, and stove. Our furniture collection includes 250 chairs, 8 foot by 30 inch rectangular tables (20) and 6 foot round (20) tables provided free of charge if you rent the facility. The Community Center is also equipped with a piano, PA system, and lighting. Renters are entitled to a one-day use of the readerboard in front of the building on the day of rental. The hourly use fees/charges applicable to users of the Town's Community Center shall be:

### A. MAIN HALL /PATIO /KITCHEN

Residents .....	\$235.00 per hour
Non Residents.....	\$275.00 per hour

(4 hour minimum)

### B. MINIMUM CLEANING AND DAMAGE DEPOSIT

Depending on type of activity  
\$500 - \$ 2,000 (may be refundable)

### C. COMMERCIAL USES /FILMING

1-3 people on crew.....	\$150 per day
4-6 people on crew.....	\$200 per day
7-9 people on crew .....	\$300 per day
10 + people on crew .....	\$700 per day

Corte Madera and Larkspur Student Filming – No Charge  
(Town of Corte Madera business license required.)

### D. SPECIAL EVENTS APPLICATION

Residents .....	\$100.00 (per application)
Non Residents.....	\$200.00 (per application)

### E. NEIL CUMMINS FACILITIES

The use fees/charges applicable to users of the Neil Cummins Gymnasium shall be:  
Residents .....

Residents .....	\$70.00 per hour
Non Residents.....	\$85.00 per hour

All above fees are per hour, with a two-hour minimum.  
Additional Fees:  
Cleaning and Damage Deposit  
\$500.00 - \$2,000.00 (may be refundable)

### FOR A FACILITY RENTAL PACKET CALL

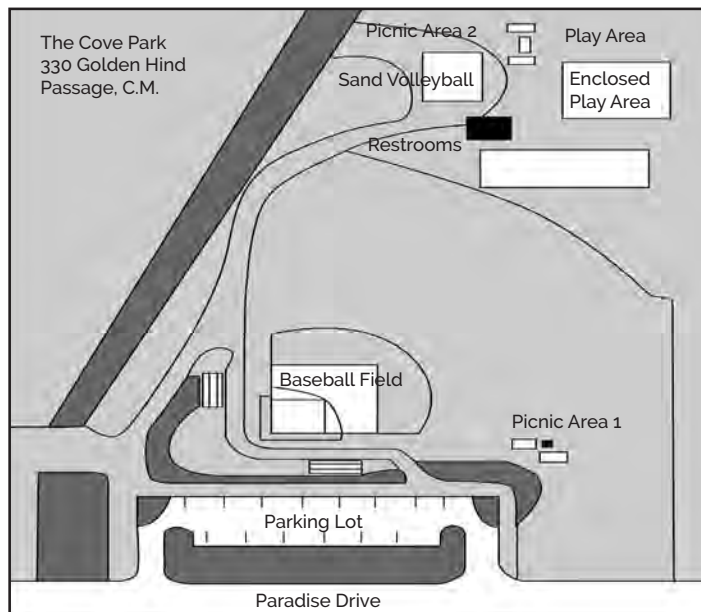
(415) 927-5072 or go to [www.cmparksandrec.org](http://www.cmparksandrec.org)

## Outdoor Fields Facilities

The one-day use fees/charges applicable to users of the TOWN'S outdoor fields and facilities shall be:

	RESIDENTS	NON-RESIDENTS
<b>A. PICNIC AREA SITE</b>		
Areas A - G Town Park.....	\$30/hour	\$40/hr
Areas 1 - 2 The Cove .....	\$30/hr	\$40/hr
(4-hour segments)		
Cleaning & Damage Deposit .....	\$200	\$200
(may be refundable)		
<b>B. MENKE PARK</b>		
*Special event permit required .....	\$55/hr	\$65/hr
Cleaning & Damage Deposit .....	\$300	\$300
(may be refundable)		
<b>C. ATHLETIC FIELDS</b>		
Town Park West Field.....	\$95/hr	\$110/hr
Town Park East Field .....	\$95/hr	\$110/hr
Softball Field.....	\$95/hr	\$110/hr
The Cove Field.....	\$95/hr	\$110/hr
<b>D. COURTS</b>		
Town Park & Granada Tennis		
Annual Court Key .....	\$40	\$50
Half Year Court Key .....	\$25	\$35
(available July 1)		
The Cove Sand Volleyball Court.....	\$20/hr	\$25/hr

\*Tennis court locks will be re-keyed the second week in January\*



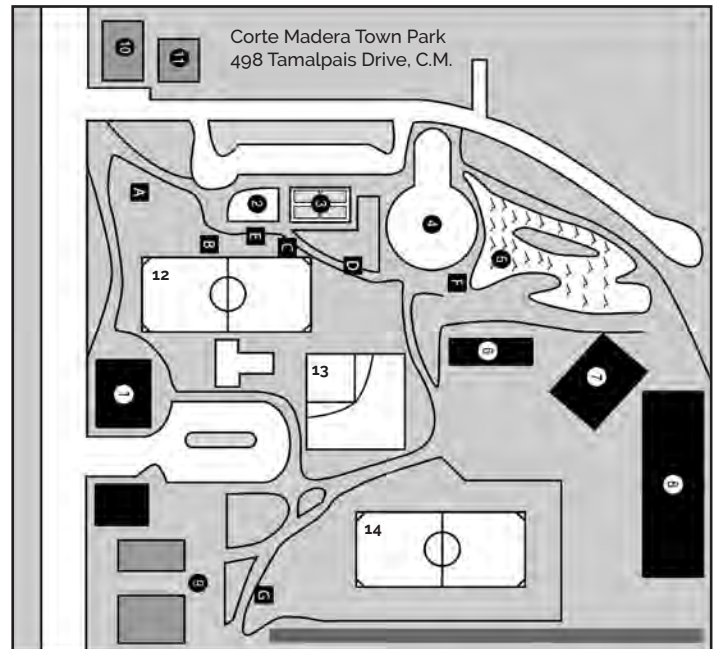
## Picnic Areas

- 1. 2 tables, 1 BBQ
- 2. 3 tables, 1 BBQ



## Picnic Refund/Cancellation policy:

- (a) Cancellations made fourteen (14) days or more prior to the reservation date will result in forfeiture of 50% of the deposit. Rental fee may be refunded.
- (b) Cancellations made thirteen (13) days or less prior to the reservation date will result in forfeiture of 100% of the deposit. Rental fee may be refunded.
- (c) Cancellations made less than six (6) days prior to the reservation date will result in forfeiture of 100% of all fees. All fees are due and payable at time reservation is made.



## Picnic Areas

- A: 4 Tables, 2 BBQ
- B: 2 Tables, 1 BBQ
- C: 2 Tables, 1 BBQ
- D: 3 Tables, 1 BBQ
- E: 2 Tables, 1 BBQ
- F: 2 Tables, 2 BBQ
- G: 2 Tables, 1 BBQ

## Legend

- 1. Community Center
- 2. Skate Park
- 3. Tennis Courts
- 4. Playground
- 5. West Lagoon
- 6. Twin Cities Day Care
- 7. Neil Cummins Gym
- 8. Neil Cummins School
- 9. Private Businesses
- 10. Fire Department
- 11. Post Office
- 12. West Soccer Field
- 13. Softball Field
- 14. East Soccer Field

# Park Information

## MINI PARKS IN LARKSPUR

### BON AIR LANDING PARK

South Eliseo Drive (next to 557 S. Eliseo)  
Fishing dock, sitting and picnic area greenbelt

### CENTENNIAL PARK

Magnolia at Alexander Avenue  
Picnic tables, tennis courts, benches, drinking fountain, greenbelt, baseball fields.

### DOHERTY PARK

Between Lucky's parking lot and Magnolia Avenue  
Benches, historical marker, greenbelt

### DOLLIVER PARK

Magnolia Avenue at Madrone Avenue  
Play equipment, restroom, picnic area

### GREENBRAE SCHOOL PARK

Eliseo to Parkside Way  
Tot lot, basketball court, greenbelt

### HAMILTON PARK

South Eliseo Drive (next to 1251 S. Eliseo)  
Sitting and picnic area, greenbelt

### HEATHERWOOD PARK

Midway at Diane Lane  
Play equipment, basketball hoop, picnic area, greenbelt

### NEIGHBORHOOD PARK

North side of Larkspur Landing Shopping Center  
Greenbelt, picnic area.

### NIVEN PARK

Barry Way at Drakes Landing  
Benches, picnic tables, play equipment, greenbelt

### REMILLARD PARK

East Sir Francis Drake Blvd.  
Freshwater marsh, wildlife sanctuary, bay fishing from levee.



## PIPER PARK

**Located at:** 250 Doherty Drive (behind police station)  
Facilities are available to rent.

**Picnic Tables:** 30 tables and 14 BBQ grills  
**Softball Fields:** 2 fields (price per field)  
**Sand Volleyball Courts:** 2 courts (price per court)  
**Soccer Field:** 1 grass field  
**Synthetic Soccer Field:** 1 field

## Canine Commons Dog Park

Larkspur Canine Commons, located in Piper Park, is the regular playground for local dogs and their owners. This special area allows dogs and dog owners to have an opportunity to enjoy the company and interests of other people and their pets. To utilize the Canine Commons, dogs must display a current license, never be left unattended, and females must not be "in heat." It is also recommended dogs are spayed or neutered. Please remember to abide by the City's leash law and pick up after your pet. The Canine Commons is on the move! Check the website for additional information.



## HERITAGE TREES

Part of the culture of living in Larkspur is the respect and loving care we give our community's historical heritage trees. For this reason, Larkspur has long had a Heritage Tree Ordinance. Permits are required to remove or significantly prune a Heritage tree. View the Municipal Code (section 12.16) on our website at [www.cityoflarkspur.org](http://www.cityoflarkspur.org) for more information about Heritage Trees.



## TREE & BENCH DONATIONS

The City's Parks Donation & Memorial Program is a wonderful way for you to honor or commemorate a special person or event while adding beauty to a favorite park or trail. Please contact the Public Works Department at 415-927-5017 or [publicworks@cityoflarkspur.org](mailto:publicworks@cityoflarkspur.org) on how you can donate a bench or tree today!



## CITY MEETINGS

Unless noted all meetings will be held at City Hall in the Council Chambers 400 Magnolia Ave.

**City Council:** 1st & 3rd Wednesday 6:30pm

**Library Board:** 2nd Monday 6:15pm

**Planning Commission:** 2nd Tuesday 7:00pm

**Heritage Preservation Board:** 2nd Thursday 7:00pm

**Parks & Recreation Commission:** 3rd Thursday 6:30pm

## Office Hours

Monday-Thursday 9:00am-12:00pm & 1:00pm-5:00pm

Closed Friday, Saturday & Sunday

[www.cityoflarkspur.org](http://www.cityoflarkspur.org)

## City Council

Ann Morrison, Mayor

Dan Hillmer

Kevin Haroff

Catherine Way

Larry Chu

## Contact Information

City Hall Administration (415) 927-5110

Fax: (415) 927-5022

Public Works (415) 927-5017



## ZERO WASTE MARIN HOLIDAY SUSTAINABILITY GUIDE

Follow these tips from Zero Waste Marin and our partners to reduce food waste in Marin County during the holidays!

- Practice Smart Shopping
- Make a List • Shop Local
- Buy Only What You Need
- Prep Now, Enjoy Late
- Repurpose Holiday Leftovers
- Don't Let Good Food Go to Waste
- Store Food Correctly
- Compost the Rest



Zero Waste Marin works with cities and towns throughout Marin County to educate residents about reducing the amount of waste that goes into our local landfills. Check out the latest updates at [ZeroWasteMarin.org](http://ZeroWasteMarin.org) for more tips to reduce waste this holiday season.

# Skate Park



Park is open everyday, 9:00am to dusk.

## Corte Madera Skate Park Rules

- All users of this facility are required to wear safety gear including helmets and knee and elbow pads. [Any person failing to wear said safety gear is subject to citation pursuant to Corte Madera Municipal Code (CMMC) Section 9.28].
- Skateboards and in-line skates only.
- No bicycles, tricycles, scooters, or motorized vehicles allowed at any time.
- Keep area clean. Please use trash cans.
- No glass or bottles allowed in the Skate Park area
- All forms of graffiti, tagging, stickers, or other means of defacement to park property are prohibited.
- Do not use facility if a hazardous condition exists. Report any damage, vandalism or hazardous condition to the Central Marin Police Authority, 415-927-5150.
- Violations may result in citations, temporary closure of the facility, and/or prosecution of the responsible person(s).

## Warning: Skating is a dangerous sporting Activity

Skateboarding and in-line skating are hazardous recreational activities. Use of this facility may result in death, paralysis, brain damage, concussions, broken bones or other serious injury. Any and all uses of this facility is at your own risk. This facility is NOT supervised. The Town of Corte Madera does not assume any responsibility for injuries. (California Government Code Section 831.7)

**The Corte Madera Larkspur Mother's Club is a friendly and supportive group of parents with young children. We would like to welcome you into our community!**

### Playgroups

Age and interest-based children's groups

### Educational Programs

Learn about sibling rivalry, infant/child CPR, etc.

### Mom's Nights Out

Leave the kids behind for wine tasting or a mani-pedi

### In-A-Pinch

Meals brought to your door when you need them the most

### Club-Wide Family Events

All-Club playdates, FunRuns, Halloween Bash & more

### Newsletter

Bi-monthly round-up of club news and fun tips

### Online Community Forum

Discussions on babies sleeping through the night to garner recommendations

**Join Us! [www.cmlmc.org](http://www.cmlmc.org)**





## Marin Rowing Association

[www.marinrowing.org](http://www.marinrowing.org)

## Tidalwaves Swim Team

[www.gowaves.com](http://www.gowaves.com)

## Marin Girls Softball

[www.maringirlssoftball.org](http://www.maringirlssoftball.org)

## The Ranch Adult Sports

[www.theranchtoday.org](http://www.theranchtoday.org)

## San Rafael Adult Sports

[www.livelifelocally.org](http://www.livelifelocally.org)

## Twin Cities Little League

[www.twincitiesll.com](http://www.twincitiesll.com)

## St. Patricks CYO

[www.stpatricksparish.com/cyo](http://www.stpatricksparish.com/cyo)

## Marin FC

[www.marinfc.com](http://www.marinfc.com)

## Boy Scouts

[www.marinpack43.weebly.com](http://www.marinpack43.weebly.com)

## Marin Women's Soccer

[www.mwsl.net](http://www.mwsl.net)

## Marin Cricket Club

[www.marincricketclub.com](http://www.marincricketclub.com)

## Southern Marin Toastmasters

<https://eloquent.toastmastersclub.org>

## MacIntosh Pipe Band

[www.macintoshpipeband.org](http://www.macintoshpipeband.org)

## Twin Cities Girl Softball

[WWW.tcsoftball.org](http://WWW.tcsoftball.org)

## Corte Madera Library

[www.marinlibrary.org](http://www.marinlibrary.org)

## Corte Madera Larkspur Mothers Club

[www.cmlmc.org](http://www.cmlmc.org)

## Marin Highlanders Rugby

[www.marinhighlandersrugby.org](http://www.marinhighlandersrugby.org)

## Girl Scouts

[www.gsnorca.org](http://www.gsnorca.org)

## Ross Valley Lacrosse

[www.rossvalleylacrosse.com](http://www.rossvalleylacrosse.com)

## Larkspur Community Foundation

[www.larkspurcommunityfoundation.org](http://www.larkspurcommunityfoundation.org)

## Larkspur Rec'ing Crew

[www.cityoflarkspur.org/recreation](http://www.cityoflarkspur.org/recreation)

# WE WANT YOU TO JOIN!

WHEN  
REHEARSALS EVERY THURSDAY  
7:15PM-9:15PM

WHERE  
NEIL CUMMINS  
ELEMENTARY SCHOOL  
58 Mohawk Ave, Corte Madera

CONTACT US!  
CorteMaderaTownBand.org

CORTE MADERA TOWN BAND



facebook.com/CorteMaderaTownBand

cortemaderatownband.org



## THE RAY SIMPSON BIG BAND FREE ADMISSION



The 17-piece Ray Simpson Big Band plays the music of the 30s, 40s, and 50s - from swing to jazz. These local musicians have performed professionally for years. You'll hear arrangements created by the late Ray Simpson, along with favorites from Count Basie, Les Brown, Jimmy Lunceford, Duke Ellington, Stan Kenton, and Glenn Miller. You can simply sit and listen to the band's crooners and guest singers perform favorites like, "It Had to Be You" and "Mack the Knife" or get out on the floor and dance the night away! The band is a perennial Italian Street Painting Festival favorite and fills the Main Hall at the Corte Madera Community Center.

**UPCOMING DANCE DATES FOR 2019:**

Jan. 9th, Feb. 13th, Mar. 13th, Apr. 10th, May 8th, Jun. 12th

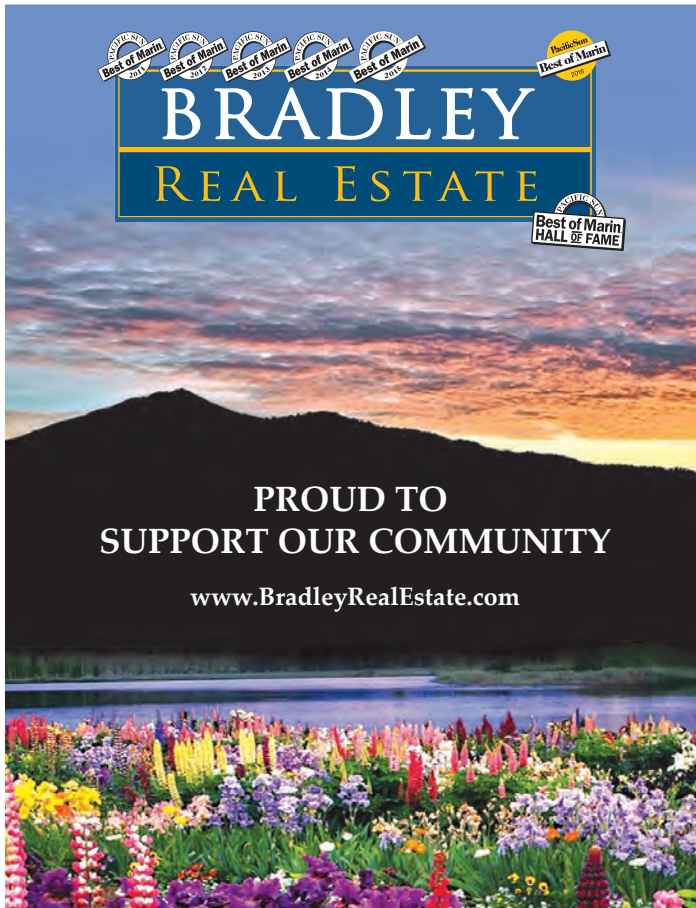
Every Second Wednesday of The Month From 8-10pm

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Based in Marin County and welcome players 18+ from the greater Bay Area.

SPRING REGISTRATION  
OPENS FEBRUARY 2019



# SUPER COOL SUMMER SCHOOL 2019!

Don't miss our exciting array of classes for Summer 2019! We'll be offering a ton of new classes in addition to our popular classics!

**Location:** Hall Middle School, Larkspur

**Session 1:** June 17th-28th | **Session 2:** July 3rd-14th (no 7/4)

Registration info available in late February!



## PC TECH SUPPORT

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Director— Tricia Franz

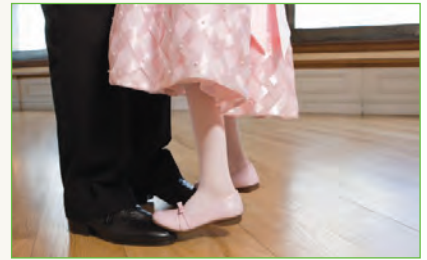
# events

## Daddy Daughter Sock Hop

Join us at the hop! Corte Madera Parks and Recreation would like to invite all hip daddies and daughters to enjoy some tunes and a classic meal from Marin Joe's. Our annual Father Daughter Dinner Dance is the place to be. So don those poodle skirts or break out those blue suede shoes and get your tickets as soon as possible. Registration begins 1/8.

**Location: Corte Madera Community Center**

511 Fri 3/15 7:00-9:30pm \$37  
512 Fri 3/22 7:00-9:30pm \$37



## Mother Son Sock Hop

Come on and do the twist! Don't be a square and miss our annual Mother Son Dinner Dance. Corte Madera Parks and Rec invites Mothers and sons to attend a classic sock hop and a delicious meal from Marin Joe's. Wear your poodle skirts, cuffed jeans and pomade and enjoy a nifty night. Registration begins 1/8.

**Location: Corte Madera Community Center**

509 Fri 3/29 7:00-9:30pm \$37

## Flashlight Egg Hunt

Grab your flashlight and basket and join us at Piper Park for our fourth annual Flashlight Egg Hunt! Eggs stuffed with goodies will be spread across a section of the park. When the timer goes off, the search begins! The hunt begins at 8:30PM sharp – don't be late! No registration necessary. Free to the community. Separate area for 6 and under.

**Location: Piper Park, Larkspur**

Friday, April 19th – 8:30PM



## Breakfast with the Bunny

Here comes Peter cotton tail, hopping down the bunny trail and straight in to our Community Center! We have received some egg-citing information from THE bunny himself. He will be joining us on to eat a delightful breakfast and host an egg-celent egg hunt.

Breakfast with the Bunny is sure to be a blast so buy your ticket early.

**Location: Corte Madera Community Center**

510 Fri 4/20 8:00-10:00am \$10

## Enchanted Mother's Day Tea

Come join us as we celebrate mothers at our Enchanted Mother's Day Tea. Corte Madera Parks and recreation is hosting a magical tea party with games, crafts and a delicious assortment of traditional tea party snacks and beverages. There is no better way to begin your Mother's Day celebration!

**Location: Corte Madera Community Center**

513 Sat 5/11 2:00-4:00pm \$25



## Father's Day BBQ

Come celebrate Father's Day and enjoy some good old fashioned fun. Play capture the flag and enjoy an assortment of sports themed attractions. After you work up an appetite on the field feast on burgers, hot dogs, and refreshments.

**Location: Corte Madera Community Center**

514 Sat 6/8 2:00-4:30pm \$25

Corte Madera Parks & Recreation  
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# SPONSOR a TABLE AT PIPER PARK!

Piper Park Picnic area is getting a make-over and we need your help! We're replacing the original wooden picnic tables with the newer concrete models to match the new ones we have. If you're interested in sponsoring a table for your family, business or loved one, contact us to learn more! Sponsorship includes engraving on the table of your choice, one free group rental and recognition in this brochure and at our Arbor Day Celebration in April! Donations are tax deductible.

**Hurry! The sponsorships deadline is January 4th!**



Sponsorship Inquiries contact Nick Stone at  
**415-927-5004 | NSTONE@CITYOFLARKSPUR.ORG**