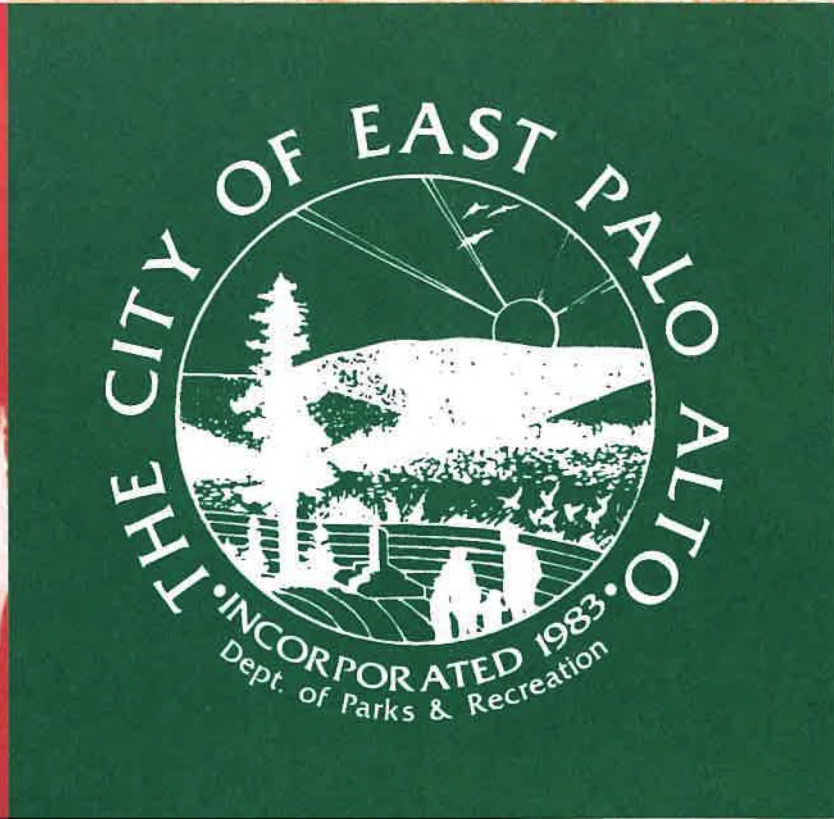


CITY OF EAST PALO ALTO COMMUNITY ACTIVITY GUIDE SPRING 2002





The Community Services Department of the City of East Palo Alto publishes this Activity Guide and calendar quarterly. It covers activities and programs offered to youth, teens, adults and seniors. It lists special events as well as a schedule for meetings of public agencies.

Please mail, e-mail or fax the information to the following address:

Community Services Department, 550 Bell Street, East Palo Alto, CA 94303
 Email: mokelo@cityofepa.com
 Fax: 650-853-3146

City Council Members

Mayor,
Duane Bay

Vice Mayor,
Pat Foster

Council Member,
Sharifa Wilson

Council Member,
Donna Rutherford

Council Member,
Myrtle Walker

City Management Staff

City Manager,
Monika Hudson, 853-3100

City Attorney,
Michael Lawson, 853-3100

Redevelopment
Agency Counsel,
Karen Tiedeman, 853-3100

Assistant to the City Manager,
Russell Averhart, 853-3100

Assistant to the City Manager,
Marie Mackenzie, 853-3100

Police Chief,
Wesley Bowling, 853-3160

Public Works Director,
Vacant, 853-3189

Housing and Community
Development Director,
Lisa Hamburger, 853-3120

Finance Director,
Sandy Salerno, 853-3100

Community Services Director,
Meda Okelo, 853-3139

Economic Development
Division Manager,
Ricardo Noguera, 853-3195

Maintenance Division Manager,
Jay Farr, 853-3105

Planning Division Manager,
Maria Banico, 853-3189

Police Lieutenant,
Rod Norris, 853-3160

Police Lieutenant,
Rahn Sibley, 853-3160

Police Lieutenant,
Tom Alipio, 853-3160

February 2002

Dear resident,

Welcome to the City of East Palo Alto **Activity Guide for Spring 2002**. Inside you will find activities for all ages. The **Activity Guide** represents our commitment as a Council to assure that activities that are physically, socially and even spiritually enriching are available to the community. We certainly hope you will take advantage of them.

The **Activity Guide** includes programs offered by fifteen different organizations, both private and public. If you know of any activities open to the public that are not listed, kindly tell us so we can include them in the next Activity Guide.

If you haven't been by our two largest parks lately, go take a look! At Jack Farrell Park on Fordham Street, there will be a newly resurfaced basketball court, a new children's play area, a new baseball field and a resurfaced walking trail all around the park. Jack Farrell Park, has been the home for the Tee Ball Pitching Machine program that prepares children for Little League, and the For Youth By Youth Summer Basketball Program for teenagers and young adults.

We are also reconstructing Martin Luther King Park, home of our cherished Ravenswood Little League. When we're done there will be a new baseball field and club house with restrooms, a concession space, and a meeting room.

With all this work going on, I know this year will be a good one. Please share this **Activity Guide** with your neighbors and friends and do encourage them to take advantage of the activities listed.

Sincerely



Duane Bay
Mayor

The key to independence
for both YOU and
your kids
this summer.

The SamTrans
Summer Youth Pass gives your kids
the independence they deserve.
They'll get unlimited rides on SamTrans
buses June through August and a
whole summer of fun for only \$25
(that's a savings of \$41 off of the
monthly youth pass rate)!

For information, call...

1-800-660-4287
samtrans.com
samTrans

ORGANIZATIONS

Bayshore Christian Ministries	327-1139
Boys and Girls Club of the Peninsula	330-1090
City Team Ministries Youth Outreach	327-5057
City of EPA Community Services Dept.	853-3140
East Palo Alto Senior Center	329-5900
East Palo Alto YMCA	328-0781
EPA Public Library	321-7712
Girls Club of the Mid Peninsula	322-0543
Knights of Peter Claver	322-5155
One East Palo Alto (OEPA)	327-5846
Pacific Islander Outreach	327-7801
Raices de Mexico	322-1501
Ravenswood AYSO Soccer	569-3223
Ravenswood City School District	329-2800
Ravenswood Little League	327-9208
Sports Association for Youth (SAY)	408-729-1231
Youth and Community Service	617-8960
Plugged In	1-800-225-PLUG
Open Voice	323-9184
College Track	614-4875
Foundation for a College Education	322-5048 OICW
SASSY	322-8431 EPA
QUEST Homework Assistance Program	321-7712

CITY OF EAST PALO ALTO JOB OPPORTUNITIES (853-3100)

Call the Human Resources Department at 853-3100
for updated City employment opportunities.

Children to 8th Grade

**BOYS AND GIRLS CLUB OF THE PENINSULA
THE CENTER FOR A NEW GENERATION AT A GLANCE TEL: 321-8935**

- CNG GOALS:**
- Academic and arts experience that nurtures the joy of discovery and earnings
 - High performance of students during their elementary and middle school years
 - Placement and success in college preparatory classes in high school
 - Support the involvement of parents in their child's education

PROGRAMS FOR AGE GROUP THIRD-EIGHT GRADERS

- The academic: Mathematics, Science and Written and Oral Language
- The Arts: Instrumental Music, Dance, Drama and Visual Art
- Fieldtrips and other experiences to expand students' horizons
- Is academically rigorous
- Ultimate Goal: Success in College Level classes in high school
- A year round summer and after school program
- Required a year round commitment until graduation from 8th grade
- Personal follow up and monitoring through high school
- A class size of no more than 20 students per teacher
- Tuition free
- Transportation from Ravenswood schools
- Provides professional teachers
- Provides mentors as academic coaches and career advisors
- Requires parent involvement and education
- A private non-profit program located in a host public school site – James Flood Science & Technology Magnet School of the Ravenswood School District
Contact CNG at P.O. Box 1029, Menlo Park, CA 94026 or (650) 321-8935

BAYSHORE CHRISTIAN MINISTRIES 327-1139

- Bible Clubs every Wednesdays. Contact: Amanda Ridge (program director) at 650-327-9947 or amanda.ridge@bayshore.org
- KidSmart tutoring provides homework assistance, academic tutoring, life skill development, and enrichment through special-interest classes.
Contact Susan Ficca (program director) at 650-327-9940 susan.ficca@bayshore.org
- Academic tutoring and youth ministry for 1st through 12th grades
- Elementary workshops: creative writing, art
- Elementary ministry: Bible teaching, drama activities

**CITY OF EAST PALO ALTO COMMUNITY SERVICES DEPARTMENT
EPA BELL ST. RECREATION CENTER 853-3140**

Daily Drop In Activities Monday through Friday from 3- 6 p.m.
(Pool, Fuzzball, Ping Pong, Basketball, and Healthy Snacks)

Drumming and Dancing classes

April- May Tuesdays & Thursdays 3:30-4:30pm.
Registration at 550 Bell St. Main office

Bi-Lingual (Spanish) Karate Classes

Wednesdays 4:30-5:30 Cost: Free
 • Session 1: March 6-April 17th
 • Session 2: April 17-May 29th
 Please call 650-853-3140 for more information.

Special Events

- Uganda Children's Choir Intergenerational Workshop & Performance Tuesday, March 19th, at 550 Bell Street GYM from 3:00 to 4:00pm.
- Spring Youth Dance April 5th 7-10:30pm
- Hershey's Track and Field-Spring Break April, 13,2002 for ages 9 -14
Cost: Free, Registration at 550 Bell St. Main office 8am-4pm or at 550 Bell St. Gym 3-6pm

Upcoming Events

- Make a Circus/Children's Day family event Saturday, July 27 from 11am to 4pm Cost: Free

QUEST (A collaboration with the East Palo Alto Library) Tel: 321-7712

- Homework Assistance Program Monday through Friday
January 7th - March 29th and April 8th, - June 14th 3-6pm
- Children's Bilingual Storytime
(Stories, crafts, and fun for kids of all ages.) English/Spanish 6:30 pm. To 7:30 pm
Tuesdays, January 8, 15, 22,29, and February 5,12,19,26 from 6:30 to 7:30 pm
- Basic Internet Classes
(Learn the Internet and basic computer skills) 10:00 am. to 11:30 am.

GIRLS CLUB OF THE MID PENINSULA 322-0543

Homework Assistance, Drumming, Arts and Crafts, Creative Writing, Field Trips, Cooking, Sewing, Music, Junior Golf, Dance (African, Latin) Computer Literacy.
Girls 8 through 13 learn about business (call for schedule)
1.00-5.30pm except on holidays.
Membership fee: \$20.00 per year. Or \$5.00 per week. Scholarships available.

RAVENSWOOD CITY SCHOOL DISTRICT 329-2800 Ext. 165

After School enrichment programs:
DROP ZONE, After school program with academic support, and enrichment programs for children attending the Ravenswood Elementary School District. Programs are held M-F during the school year between the hours of 3-6pm. Program is at the following schools:
Belle Haven, 415 Ivy Drive, Menlo Park
Cesar Chavez, 2450 Ralmar Avenue, East Palo Alto
Menlo Oaks, 475 Hope Street, Menlo Park
James Flood School, 320 Sheridan Drive, Menlo Park
49er Academy, 2086 Clark Avenue, East Palo Alto
Edison McNair, 2033 Pulgas Avenue, East Palo Alto
School of Wisdom and Knowledge, 791 Runnymede, East Palo Alto
Call Jocelyn Guansing at 329-2800 Xt. 165 for further information.

RAVENSWOOD LITTLE LEAGUE 327-9208

Parents Meeting: March 21st Opening Day: April 6th, Costano School.

YOUTH AND COMMUNITY SERVICE 617-8960

Youth and Community Service promotes the ethic of service, fosters youth leadership, builds community, and enhances education. YCS accomplishes this mission by providing community service, service learning, and leadership activities for youth in East Palo Alto, Palo Alto, and Menlo Park. Encourage your child to join a community service club in his or her school.

EAST PALO ALTO YMCA

On going programs for 2002
Drop Zone: after school program at Cesar Chavez with arts and crafts and academic support:
 • Monday: 2nd Grade
 • Tuesday: 1st Grade
 • Wednesday: Sport Session for all
 Please contact Anthony or Cat at 328-YMCA



BAYSHORE CHRISTIAN MINISTRIES 327-1139

- StreetWorkz on Thursdays at 6pm
- TeenWorks tutoring, M-Th, 4-8 pm
- Academic tutoring and youth ministry for 1st through 12th grades.
- Teen workshops: video editing, cooking, sewing, web design
- Teen ministry: discussions on life issues, knowing God.

EAST PALO ALTO LIBRARY Tel: 321-7712 Quest Program

- Teens First Friday program fun and interactive workshops for teens.
- Teens homework assistance (a collaboration with the City of East Palo Alto)

**CITY OF EAST PALO ALTO COMMUNITY SERVICES DEPARTMENT,
EPA BELL ST. RECREATION CENTER 853-3140**

Teen/Young Adults Basketball
Open league Mondays and Wednesdays
March 4th - March 27th, 5:30-8pm May 1st - May 29th, 5:30-8pm
Drums and Dance Classes April -May Tuesdays and Thursdays 3:30-4:30
Special Teen Events:
 • Lakers at Warriors Youth Field Trip March 14th
 • Spring Teen Dance (ages 13-17) April 6th
 • Teen Dance May 4th

FOUNDATION FOR A COLLEGE EDUCATION 322-5048

info@collegefoundation.org
The Foundation for a College Education strives to increase the number of East Palo Alto students enrolling in and graduating from four-year colleges. Monthly meetings: Every 3rd Wednesday of the month. 6:30-9:00pm
Meeting location: Palo Alto Unified School District

GIRLS CLUB OF THE MID PENINSULA 322-0543

Biz World, Girls 8 through 13 learn about business (call for schedule)
Dance (Latin Dance, African Dance, Ballet) (call for schedule)

SCHOOL AFTER SCHOOL FOR SUCCESSFUL YOUTH (SASSY) 322-8431

After-school vocational training program for high school students. Classes in Culinary Arts, Electronics, Office Skills, Video Production, Web Page Design.

EAST PALO ALTO YMCA

On going programs for 2002
2002 Youth Basketball League: games are every Saturday and practices are one hour a week.
 • First games are January 12th through March, 9th, sign up at the YMCA office
 • Financial assistance is available
 • Soccer league coming this spring
Kids Night Out: overnight of food, activities and endless fun for all kids to enjoy
 • First Night out is Friday, April 12
 • Please contact Anthony or Cat at 328-YMCA
 • YMCA Spring Break Jamboree: Spring 2002
 • Healthy Kids Day: April 27, 2002
 • YMCA Aquatics Program: Beginning in March of 2002
 • For more information please contact Antony or Cat at 328-YMCA

YWCA OF THE MID-PENINSULA 4161 Alma Street, Palo Alto, CA 94306

Fun entrepreneurship program for high-school girls called Jumpstart
 • Learn what it's like to start and run your own business
 • Make decisions that will help you earn more money
 • Learn new ways to be a leader
 • Have fun
 • Find out what great ideas you have inside of you
 Sign up for a session today!
 Spring session: Monday, April 22 - Wednesday, June 12, 2002.
 Applications due Friday, April 19, 2002.
 Pick up application at the YWCA of the Mid-Peninsula's Front Desk. If you have any questions or need an application mailed to you, call Ellen Scheetz (the program director) at 494-0972, ext. 323 or e-mail her at ellen@ywcamid.org
 Workshop in other subjects as Goal Setting and Stress Management are also available.
 Jumpstart is brought to you by the YWCA of the Mid-Peninsula's Teen Women Entrepreneur Program (Teen W.E.P.).

YOUTH AND COMMUNITY SERVICE 617-8960

High School Community Service Club
The High School Club provides East Palo Alto Charter High School students with the skills to design community service projects that benefit their school and the community. Meets weekly.



Adultos

Departamento de Servicios a la Comunidad (CIUDAD DE EAST PALO ALTO) 853-3140

- Aerobics/Kickboxing**, (Martes, Jueves y Viernes)
- Sesión 1: Febrero 19 a Marzo 22
 - Sesión 2: Abril 2 a Mayo 3
- Clases de Aerobics Bilingue (Español) En colaboración con El Concilio)**
- Miércoles Costo: Gratis
 - Sesión 1: 6 Marzo - 17 Abril

Basketball para Adultos Jóvenes
Lunes & Miércoles 5:45 - 8pm
4 de Marzo - 27 de Marzo
1 de Mayo - 29 de Mayo

Volleyball para Adultos
2nd, 3rd, y 4th Viernes en Abril
2nd, 3rd, y 4th Viernes en Mayo
2nd, 3rd, y 4th Viernes en Junio

Clases de Tai-Chi
Todos los Martes de 12-1pm en el Community Rm. Primer piso del 2415 University Ave.
Para más información llame al 853-3140

Eventos Especiales
Blood Pressure/ Cholesterol Screening,
Bell Street Gym, Marzo 9th a las 10:00am a 11:30pm

Building a Healthy Body & Soul walk-a-thon; Coyote Point, Mayo 18, 2002
Ongoing Event of Breast Cancer screening disponible para mujeres sin seguro
En Mills Peninsula Health Center Hendrickson Auditorium en San Mateo cada cuarto Domingo de cualquier mes. Para más información llame al 650-341-0559.

MARZO

• Sabado 2 de Marzo **Community Health Fair**, Bayshore Christian Ministries, 1001 Beech Street 9am-3pm, Sponsored by the Menlo Park Presbyterian Church.

• Sabado 9 de Marzo, **Blood Pressure/ Cholesterol Screening**, Bell Street Recreation Center, 550 Bell Street, 10:00am a 11:30pm

• Sabado 16 de Marzo **Grand Parents Hall of Fame Luncheon Celebration**, East Palo Alto Senior Center, 560 Bell Street 12-3PM Costo: \$10.00.

• Martes 19 de Marzo, 550 Bell Street GYM de 3:00 a 4:00 PM
Uganda Children's Choir Intergenerational Workshop Performance. Costo: Gratis. Donaciones son apreciados.

ABRIL

• 6 Abril, **Little League Opening Day**, Ravenswood Little League 8AM-4PM, Costano School. llame 327-9208 para más información llame 327-9208.

• 27 de Abril, **Healthy Kids Day**, llame al YMCA at 328-0781 para más información

MAYO

• **Cinco de Mayo**, Domingo, Fecha exacta sera anunciado, 8am-4pm. Comite Latino

SUMMER ACTIVITY PREVIEW

1. City of East Palo Alto Community Services Department Sports /Environmental Camp Llame 853-3140 para más información.
2. Bayshore Christian Ministries, Summer Adventure in Learning llame al 327-1139 para más información
3. Boys and Girls Club Summer Camp 9am-3pm, Regular Program 3pm-6pm llame 330-1090 para más información
4. City Team Ministries, Programas de Verano llame 327-5057
5. East Palo Alto Library Programas de Verano 321-7712
6. East Palo Alto Peninsula Partnership For Children Youth and Families. 322-1821/617-1400 Jump Start Kindergarten Readiness Program
7. Girls Club of the Mid Peninsula Girls edades 6-11, Creative Writing, cultural Dance Classes and Music Classes llame al 322-0543
8. Ravenswood City School District Pre K-8 grades Clases de Verano llame 329-2800 para más información
9. St Samuel Church of God in Christ Vacation Bible School llame 325-8000 para más información
10. YMCA Eventos de Verano llame al 328-9622 para más información
11. Make a Circus/Children's Day family event Sabado 27 de Julio de 11am to 4pm Cost: Gratis

CONSEJEROS DE LA CIUDAD DE EAST PALO ALTO 853-3100
1 Y 3 Miércoles 7:30pm

AGENCIA DE REDESAROLLO DE EAST PALO ALTO 853-3100
2 Martes de cada mes a las 7:30pm

DISTRITO DE SANIDAD DE EAST PALO ALTO 325-0021
1 y 3 Jueves 7:00

ESCUELA PRIMARIA DEL DISTRITO DE RAVENSWOOD 329-2800
2 and 4 Jueves 7:00pm

CONSEJEROS DE SUPERVISORES DEL CONDADO DE SAN MATEO 363-4123
September 11, 18, 25 a las 9.00am

ESCUELA SECUNDARIA DE LA UNION DE SEQUOIA School District 369-1411
1 y 3 Miércoles 7:00

One East Palo Alto 327-5846
Juntas de Mesa Directiva 4 Martes 6:00pm
Juntas General de Miembros Martes, Octubre 9, 5:30pm

Kiwanis Club of the Bayshore Community 323-4477
Juntas de Mesa Directiva Primer Miércoles de cada mes. 12.30pm-1.30pm
OICW Conference Room
Juntas del Club: 2 y 4 Miércoles de cada mes 12.30-1.30pm
OICW Conference Room

EPA After school Programs Coalition 853-3139/329-2800 X1. 165
Organizaciones proporcionando juntas de programas para despues de clases para compartir informacion, colaborar en el desarrollo de programas comprensibles para juvenes. Miércoles, Octubre 24, Community Room 2415 University Avenue 6-7.30pm

EPA After school Programs Coalition 853-3139/329-2800 X1. 165
Organizaciones providing after school programs meeting to share information, collaborate in the development of comprehensive programs for youth.

Kiwanis Club of the Bayshore Community 323-4477
Board Meetings 1st Wednesdays of each month 12.30pm-1.30pm
OICW Conference Room
Club Meetings: 2nd and 4th Wednesdays of the month 12.30-1.30pm
OICW Conference Room

One East Palo Alto 327-5846
Board Meetings 4th Tuesdays 6:00pm
General Membership Meetings Tuesday October 9th 5:30pm

Sequoia Union High School District 369-1411
1st and 3rd Wednesdays 7:00

San Mateo County Board of Supervisors 363-4123
September 11th, 18th 25th at 9.00am

Ravenswood Elementary School District Board 329-2800
2nd and 4th Thursdays 7:00pm

East Palo Alto Sanitary District 325-9021
1st and 3rd Thursdays 7:00

East Palo Alto Redevelopment Agency 853-3100
2nd Tuesday of each month at 7.30pm

East Palo Alto City Council 853-3100
1st and 3rd Tuesdays, 7.30pm

1. City of East Palo Alto Community Services Department Sports /Environmental Camp. Call 853-3140 for information.
2. Bayshore Christian Ministries, Summer Adventure in Learning please call 327-1139 for more information.
3. Boys and Girls Club Summer Camp 9am-3pm, Regular Program 3pm-6pm call 330-1090 for more information.
4. City Team Ministries, Summer Program Call 327-5057
5. East Palo Alto Peninsula Partnership For Children Youth and Families 322-1821/617-1400 Jump Start Kindergarten Readiness Program
6. East Palo Alto Library Programas de Verano 321-7712
7. Girls Club of the Mid Peninsula Girls ages 6-11, Creative Writing, cultural Dance Classes and Music Classes call 322-0543 for more information.
8. Ravenswood City School District Pre K-8 grades Summer School call 329-2800 for more information.
9. St Samuel Church of God in Christ Vacation Bible School call 325-8000 for more information.
10. YMCA Summer Events call 328-9622 for more information.
11. Make a Circus/Children's Day family event Saturday, July 27 from 11am to 4pm Cost: Free

SUMMER ACTIVITY PREVIEW

- Sunday May 5, **Cinco de Mayo**, 8am-4pm. Comite Latino

MAY

• April 27, 2002, **Healthy Kids Day**, Call the YMCA at 328-0781 for more information.

APRIL

- April 6, **Little League Opening Day**, Ravenswood Little League 8AM-4PM, Costano School. Call 327-9208 for more information.
- Saturday March 16th **Grand Parents Hall of Fame Luncheon Celebration**, East Palo Alto Senior Center, 560 Bell Street 12-3PM Cost: \$10.00.
- Tuesday, March 19th, at 550 Bell Street GYM from 3:00 to 4:00 PM
Uganda Children's Choir Intergenerational Workshop Performance.
Cost: Free. Donations appreciated.

MARCH

- Saturday March 2nd **Community Health Fair**, Bayshore Christian Ministries, 1001 Beech Street 9am-3pm, Sponsored by the Menlo Park Presbyterian Church.
- Session 1: February 19th to March 22nd
Cost: \$35.00 per session.
- Session 2: April 2nd to May 3rd
Bilingual (Spanish) Aerobic Class (in collaboration with El Concilio)
Mondays (Time to be Announced) Cost: Free
- Session 1: March 6 - April 17
Young Adult Basketball
Mondays & Wednesdays 5:45-8 PM
2nd, 3rd, and 4th Fridays in April
2nd, 3rd, and 4th Fridays in May
March 4th - March 27th, May 1st - May 29th

Meetings

- **Second Harvest Food Bank**
For more information please call: 650-341-0559
- **Ongoing Event of Breast Cancer screening** available for uninsured and under-insured women at the Mills Peninsula Health Center Hendrickson Auditorium in San Mateo every 4th Sunday of any month.
- **Building a Healthy Body & Soul walk-a-thon**, Coyote Point, May 18, 2002
- **Breast Cancer Relay for Life marathon** (Place TBD) June, 2002
- **San Jose Tech Museum April 10th**. For more information please call 853-3140.
- **Ano Nuevo State Reserve Pescadero**, Wednesday, March 27
- **Visit Sun Set Magazine Garden** March 13
- **Visit to Martin L. King Senior Center** Tuesday, March 12
- **Uganda Children's Choir Intergenerational Workshop Performance**, Bell Street Gym, March 9th, 2002 at 10:00am to 11:30pm
- **Blood Pressure/ Cholesterol Screening**, Bell Street Gym, March 9th, 2002 at 10:00am to 11:30pm
- **SENIOR EVENTS & TRIPS**
Every Tuesdays at 12:00 - 1PM. At 2415 University Ave. Community Room 1st floor. For more information, please call 853-3140.
- **Music and Movement exercise class for seniors 50 and up**
February 25, 2002 - April 22, 2002 (Every Monday) at the Sr. Center Inc. from 10:00am-11:00 AM Cost: Free (with twenty enrollments)
- **Arts and Crafts class for seniors 50 and up**
February 14 2002-April 18, 2002 (every Thursday) East Palo Alto Senior Center, 560 Bell Street, 10:00am-11:00am Cost: free (with the twenty enrollments)
- **Basic Computer classes for seniors 50 and up**
February 15, 2002-April 19, 2002 (every Friday) Plugged In, 2115 University Ave.
- **Tai Chi Classes**
Every Tuesdays at 12:00 - 1PM. At 2415 University Ave. Community Room 1st floor. For more information, please call 853-3140.
- **Nutrition Program**: Lunches provided Monday through Friday. To participate in the program, you must be registered. Diverse menu. Cost of \$1.50.
- **Transportation Program**: Rides provided to and from home for seniors, their spouses, and children under their care to the Senior Center. By arrangement, tips for doctor's appointments and group shopping trips can also be arranged. Cost \$1.50.
- **City of East Palo Alto, Division of Aging 853-3140**
Tai-Chi, Wednesdays 10:00 - 11:00 am
Sitting, Mondays 10:00 - 12:00pm.
Shopping, Fridays 10-11.30am
Senior Club Meetings: Every Wednesday at 1:00 - 2:00pm at 560 Bell Street (Sponsored by the National Black Women's Health Project)
- **Senior Club Walking Group**, Monday, and Wednesday 10:00 - 11:30am
Reading Class, Project Read, Tuesday 1-3pm
Grandparents Raising Children meetings: Thursdays 1-12pm
Domino Games, Daily
Dancing, Wednesday, 2:00 - 3:00pm
Board Meetings third Wednesday of each month
Blood Pressure and Sugar screening 2nd and 4th Thursday 10-11.45am
Bingo, Tuesdays 10:30 - 11:30 am, and Thursdays 10:00 - 11:00 am
Arts & Crafts, Mondays 1:00 - 2:00pm.



Seniors

EAST PALO ALTO SENIOR CENTER 329-5900

Arts & Crafts, Mondays 10:30 - 11:30 am, and Thursdays 10:00 - 11:00 am
Bingo, Tuesdays 10:30 - 11:30 am, and Thursdays 10-11.45am
Dancing, Wednesday, 2:00 - 3:00pm
Domino Games, Daily
Grandparents Raising Children meetings: Thursdays 1-12pm
Reading Class, Project Read, Tuesday 1-3pm
Senior Club Walking Group, Monday, and Wednesday 10:00 - 11:30am
Shopping, Fridays 10-11.30am
Sitting, Mondays 10:00 - 12:00pm.
Sitting & Fit, Mondays and Tuesdays 9:30 - 10:30am
Tai-Chi, Wednesdays 10:00 - 11:00 am

every 4th Sunday of any month. For more information please call 650-341-0559.

Ongoing Event of Breast Cancer screening available for uninsured and under-insured women at the Mills Peninsula Health Center Hendrickson Auditorium in San Mateo

Every Tuesdays, 12 - 1pm. At 2415 University Ave. Community Room first floor.
For more information please call 853-3140.

Adult Volleyball
Mondays & Wednesdays 5:45-8 PM
2nd, 3rd, and 4th Fridays in April
2nd, 3rd, and 4th Fridays in June

• Session 1: March 6 - April 17
Cost: \$35.00 per session.

• Session 1: February 19th to March 22nd
Cost: \$35.00 per session.

Aerobics/Kickboxing, (Tuesdays Thursdays and Fridays 6:30-8PM)
Cost: \$35.00 per session.

CITY OF EAST PALO ALTO, COMMUNITY SERVICES DEPARTMENT
853-3140

Adults

Special Events

Personas de la Tercera Edad



Centro de la Tercera Edad 329-5900

- Artes, Lunes 1:00 - 2:00pm
- Bingo, Martes 10:30 - 11:30 am, y Jueves 10:00 - 11:00 am
- Monitoreando la Presión Alta y el Azúcar cada 2da y 4to Jueves 10-11.45am
- Junta de Consejo el tercer Miércoles de cada mes
- Baile, Miércoles, 2:00 - 3:00pm
- Juegos de Domino, Diarios
- Juntas de Abuelos Criando Niños: Jueves 11-12pm
- Clases de Lectura, Project Read, Martes 1-3pm
- Club de Caminata para personas de la Tercer Edad, Lunes, y Miércoles 10:00 - 11:30am (Patrocinado por National Black Women's Health Project)
- Junta del Club de Personas de la Tercer Edad: Cada Miércoles a la 1:00 - 2:00pm en 560 Bell Street De Compras, Viernes 10-11.30am
- Costura, Lunes 10:00 - 12:00pm.
- Sit & Fit, Lunes y Martes 9:30 - 10:30am
- Tai-Chi, Miércoles 10:00 - 11:00 am

LA CIUDAD DE EAST PALO ALTO, DIVISION DE LA EDAD AVANSADA 853-3140

Programa de Nutrición: Se proporciona comida Lunes a Viernes. Para participar en este programa se requiere registrarse con el Centro. Menu diverso. Contribución de \$1.50 es sugerida.

Programa de Transportación: Viajes proporcionado de ida y regreso de su casa para personas de la tercer edad, sus esposos, y hijos que se encuentren bajo su cuidado, al centro de de las personas de la tercer edad. Por citas se puede arreglar viajes al doctor o viajes de compras en grupo. Costo \$1.50.

Clases Tai-Chi
cada Martes de 12-1pm en 2415 University ave. Community Rm. Primer piso.
Para más información llame al 853-3140

Clase de Movimiento y Musica, ejercicio para personas de 50 años o más
25 de Febrero - 22 de Abril (cada Lunes) en el Senior Center Inc.
de 10am - 11 am. Costo: Gratis (con 20 inscripciones)

Clase de Habilidades y Arte para personas 50 años o más
Febrero 14 - Abril 18 (cada Jueves)
East Palo Alto Senior Center, 560 Bell Street 10:00am - 11:00am
Costo: Gratis (con 20 inscripciones)

Clase de Computación Basico para personas de 50 años o más
Febrero 15 - Abril 19 (cada Viernes)
En el edificio de Plugged In: 2115 Universidad Ave.
9:30am - 11:00am
Costo: Gratis (con 20 inscripciones)

SENIOR EVENTS & TRIPS:

- **Blood Pressure/ Cholesterol Screening**, Bell Street Gym, Marzo 9th, 2002 a las 10:00am to 11:30pm
- **Uganda Children's Choir Intergenerational Workshop Performance**
Martes, 19 de Marzo, en 550 Bell Street GYM de 3:00 to 4:00 pm. Costo: Gratis. Donaciones es agradecida
- **Visit to Martin L. King Senior Center** Martes, 12 de Marzo
- **Visit Sun Set Magazine Garden** 13 de Marzo
- **Ano Nuevo State Reserve Pescadero**, Miércoles, 27 de Marzo
- **San Jose Tech Museum** 10 de Abril For more information please call 853-3140.
- **Building a Healthy Body & Soul walk-a-thon**; Coyote Point, 18 de Mayo.
- **Breast Cancer Relay for Life marathon** (lugar sera anunciado Junio, 2002)
- **Ongoing screening** disponible para mujeres sin seguro Mills Peninsula Health Center Hendrickson Auditorium en San Mateo cada cuarto Domingo cada Mes. Para más información llame al: 650-341-0559.

EL SEGUNDO HARVEST FOOD BANK

• Distribución de Bolsas de Comida cada Jueves al 550 Bell Street 9am-12pm

Juntas

GUIA DE ACTIVIDADES DE LA COMUNIDAD DE EAST PALO ALTO PRIMAVERA 2002

