

Adult

Registration for these classes is available immediately on a first come, first served basis. In this section, the fees listed at the right reflect a reduced price for Albany residents. Those who live outside the city limits pay full tuition. You may purchase an Out-of-City User's Card for \$40 for an individual or \$80 for a family which is good for a year and you pay the in-city rate for all classes and services. Register for these classes at the Albany Parks & Recreation office in City Hall, 333 Broadalbin SW, or by calling 917-7777.

The Arts:

MARIMBA, BEGINNING (Ages 10-Adults)

Make music and magic with the marimbas. Learn how to play the sweet earthy music from Zimbabwe in this beginning marimba class. Classes for intermediate and experienced students are also available on Monday evening. Students must have prior marimba playing experience to join intermediate and experienced classes. Call 917-7777 for more information.

M 7:30-9pm 10/5-10/26
\$48/\$36 Reliant Aviation Annex Beck

OILS IN THE EVENING (Ages 16-Adults)

Join local artist Gwenn Marchese on an exciting adventure to find the artist in you. We will cover the basic information and skills needed to paint with oils in this six-week class. Composition, color theory, and various techniques will be important parts of the class. Confidence and a sense of adventure will grow as your internal artist practices and emerges. Class is designed for all skill levels. A supply list will be given at the first meeting. No class on 11/11.

W 6:30-8:30pm 10/7-11/18
\$64/\$48 Brass Ring Project Marchese
1st & Washington

FUSED GLASS ART (Ages 15-Adults)

Learn first-hand from recognized local artist Debby Scheele how to work with fusible glass. Each workshop includes a basic introduction to kiln formed glass and terminology associated with glass fusing. You will be guided through the process of cutting and assembling your glass design. The workshops will be held at the Albany Senior Center, 489 Water Ave. NW.

Fused Glass Decorative Dish: In this three-hour workshop you will create a beautiful 5" dish to use for your holiday parties or to give as a present. Lab fee: \$15.

W 6:30-9:30pm 9/23 \$26/\$20

Fused Glass Jewelry: In this three-hour workshop, you can create earrings, a pin, or pendant. Let your imagination go wild and dazzle your family and friends with your special jewelry. Lab fee: \$15.

Th 6:30-9:30pm 10/22 \$26/\$20

Fused Glass Christmas Ornament: Create your own special fused glass ornament for your Christmas tree or as a present for a friend or family member in this three-hour class: Lab fee: \$15.

Th 6:30-9:30pm 11/19 \$26/\$20

Self & Home Improvement:

RESUME WRITING WORKSHOP FOR ENGLISH LEARNERS

Is English your second language? Are you looking for a better job? Perfect your resume and learn how to write a cover letter using proper English. If we have time, we will also rehearse for job interviews. Bring your current resume or work history.

Sa 1-5pm 10/3
\$33/\$25 Oregon Language Center Wendler-Shaw
237 Third Ave. SW

BEGINNING GERMAN

Beginning German for adults will introduce basic vocabulary, conversation, and some grammar for everyday use. The class will be interactive with the emphasis on gaining confidence in conversing in German for casual social contacts and travel. The format for Mondays will be a more traditional classroom setting. Thursday evenings will be a study hall to review lessons and practice your new skills.

M/Th 5:30-6:20pm 10/19-11/23
\$126/\$95 Oregon Language Center Stanko & Shaw
237 Third Ave. SW

SELLING ON E-BAY

Do you want to sell items on e-Bay, but you're not quite sure how to start or you're concerned about security issues? This five-week class will provide you with the information you need to get started, including how to register, how to market your items, payment and shipping options, and how to keep your transactions secure.

Th 6:30-8:30pm 9/24-10/22
\$67/\$50 Senior Center Solomon

FIRST FRIDAYS: ALBANY RENAISSANCE LECTURE SERIES

Join us for some intellectual stimulation the first Friday of every month. Each month, a new speaker will present a lecture on his or her area of expertise, followed by discussion with the audience. Topics of upcoming lectures will be posted in the window of the Oregon Language Center, 237 3rd Ave SW, two weeks in advance. Seating is limited, and tickets must be picked up in advance. (Limit two per person.) Tickets are free, but a \$3 donation per person is requested at the door. If you would like to deliver a lecture, please submit an abstract to info@oregonlanguagecenter.com. 9/4, 10/2, & 11/6, 7-8pm.

Right-Brained Fitness™ Workout

Everyday more compelling neuroscience research affirms the power of playfully exercising mind and body. Right-Brain Fitness adds imagination and creativity to the current brain fitness formula. It is a fun, full-bodied, 'endorphinic' group experience designed to improve and strengthen memory function, relieve stress, release endorphins, and inspire laughter.

Sa 10:30am-noon 10/3
\$32/\$24 COOL! Swanson Park Action Center Jean
705 Railroad Ave SE

Adult

PREVENTING INTERNET FRAUD AND ONLINE SAFETY

Are you frustrated and overwhelmed by all of the scams, spam, and other junk you see every day on the Internet and in your e-mail box? Do you wish you had a way to know -- for sure -- what's real and what's not? If so, you've come to the right place. Over the next few weeks we will provide you with the knowledge and education to prevent fraud.

Th 6:30-8:30pm 10/29-11/12
\$40/\$30 Senior Center Solomon

LANDSCAPE DESIGN 101 FOR HOME OWNERS

Low maintenance, eco-friendly, and water smart are terms on the 'most-wanted' list of many home-owners. Landscape designer, Hetty Versteeg, will take you through the steps while helping you create and draw a landscape plan for your own yard. Come well prepared and with a finished homework assignment. The assignment will be provided at registration. All other materials are provided.

W 7-9:30pm 10/7-10/21
\$100/\$80 City Hall Versteeg
 333 Broadalbin SW

CONFLICT RESOLUTION SKILLS WORKSHOP (Adults)

This four-hour workshop is designed for anyone in a relationship (work, personal, or family) where there is a high level of conflict or anyone who wants to learn how to communicate better during conflict. Topics covered include approaches to conflict; listening skills, brainstorming solutions, and dealing with anger. The workshop is Monday, September 21, 5:30-9:30pm. For more information or to register e-mail lbms@peak.org or www.linnbentonmediationservices.org or call 928-5323.

Active Life & Outdoor Recreation:

BELLYDANCING (Ages 16-Adults)

Come enjoy the exciting art of belly dancing, a fun and creative way to keep fit. Each six-week class is designed to teach you how to move and stretch your body in new ways, helping to build self-confidence and a healthy body image.

Session 1: 9/15-10/20; Session 2: 10/27-12/1
Tu 7:30-8:50pm
\$64/\$48 Senior Center Beckwith
 489 Water Ave NW

SALSA SIZZLE (Ages 16-Adults)

There's more to Salsa than just spicy, medium, and mild! The steps to this dance are fun, the music is energetic, and we've got a great location with a wooden dance floor on which to practice. In this five-week class, you can learn the dance that everyone's talking about. The class will emphasize footwork, turns, partnering, and musicality. All levels are welcome and a partner is encouraged, but not required. The first class will be held on Wednesday, September 9 due to the Labor Day holiday.

Session 1: 9/9-10/5; Session 2: 10/12-11/9; Session 3: 11/16-12/14
M 8-9pm
\$53/\$40 The Flinn Block
 222 1st Ave SW

HYPNOSIS (Adults)

Attend a class about hypnosis with Howard Hamilton, board certified member of the National Guild of Hypnotists and member of the Board of Directors of the Oregon Hypnotherapy Association. The classes described below are all held on Tuesday evenings from 7-9pm and are being held at the Albany Senior Center, 489 Water Ave. NW.

Weight Loss with Hypnosis: Re-program your subconscious mind. This program eliminates improper eating habits from your subconscious, and replaces them with positive behavior for the results you want. An audio conditioning, reinforcing recording is included at no extra cost.

10/6 \$65/\$49

Stop Smoking with Hypnosis: The powerful techniques presented in this class can transform nicotine slaves into non-smokers in just one session. A hypnotic, reinforcing audio will be included. Howard specializes in working with smokers. This stop smoking program was developed over more than 20 years and has an extremely high success rate. Anyone with a desire to stop smoking is encouraged to attend.

11/3 \$65/\$49

FREE TO THE PUBLIC

FESTIVAL LATINO

MONTEITH RIVERPARK
 Albany Parks & Recreation 489 WATER AVENUE

Free Children's Art Activities • Music & Dancing • Food Available For Purchase

SATURDAY SEPTEMBER 12

12-4 PM

Resource Fair coordinated by the Hispanic Advisory Council
 Presented in cooperation with the First Christian Church
 FOR MORE INFORMATION, CONTACT JOY AT 917-7772.

ADULT

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MIXED BALLROOM (Ages 16-Adults)

Do you have a wedding, cruise, or class reunion in your future? Learn a variety of ballroom dances in this mixed ballroom dance class. The first session will feature Merengue and Waltz. The second session will feature the Foxtrot and East Coast Swing. The third session will feature the ChaCha and Rumba.

Session 1: 9/11-10/9; Session 2: 10/16-11/13; Session 3: 11/20-12/18
F 6:45-7:45pm CJ
\$53/\$40 The Flinn Block
222 1st Ave SW

BEGINNING HULA DANCING (Ages 10-Adult)

Learn the basics of hula dancing and have fun swaying to the island beat. This gentle exercise is great for your body and helps relieve stress, allowing you to have fun while learning something new. In this six-week class you will learn about Hawaiian culture and the meaning of the movements in a hula dance. One dance, done to modern Hawaiian music, will be learned and performed for family and friends at the end of class.

Sa 1-1:45pm 9/19-10/24
\$56/\$42 Periwinkle Community Room Fifita
1700 Periwinkle Circle SE

WHITewater RAFTING ON THE MCKENZIE (Ages 8-Adults)

Enjoy an exhilarating, full-day whitewater rafting trip on the middle section of the McKenzie River at a bargain price! This is a family friendly trip that is great for first timers, yet exciting enough for the more experienced adventurers. The middle float on the McKenzie is characterized by beautiful scenery, clear water, diving osprey, and fun rapids. The rapids are typically class II with Browns Hole and Martins Rapids being class III. Our experienced, registered guides will provide a safe, fun-filled river experience for all! Children must be accompanied by an adult. In addition to all the fun, a delicious deli-style lunch is served at a riverside stop. Cost includes all rafting equipment, rentals, and lunch. Trips go rain or shine.

Sa 10am-4pm 9/19
\$75/\$57 McKenzie River Shuttle Site

NW Discoveries

NW Discoveries is a full service outdoor outfitter that works with Albany Parks & Recreation to provide interesting beginning and intermediate outdoor adventures. NW Discoveries guides are knowledgeable, well trained, and have a genuine interest in providing you with a terrific experience. All NW Discoveries trips and tours are open to adults and 11-18-year olds when accompanied by an adult, unless otherwise noted. Trips go rain or shine. You can get equipment lists for the trips from the Albany Parks & Recreation Department or at nwdiscoveries.com.

Canoe Long Tour: These trips allow you more time to explore our surrounding waterways. Some of these tours include shuttles to allow you to paddle with the flow. Canoe tour participants should have canoed at least once before. Individual instruction is provided upon request. Cost includes boat equipment and guide.

Sa 8:30am-1pm 9/26
\$78/\$58 Willamette, Rogers Landing, Staff
Newberg

Touring Kayak Long Tour and Lesson - no transit: Explore our local waterways at a leisurely pace in touring kayaks. These stable and responsive kayaks will allow you to quickly become proficient paddlers. Some of these tours include shuttles to allow you to paddle with the flow. Both solo and double kayaks are available. We provide a brief introduction/lesson to kayaking, so even the first timer will be ready for the tour. Cost includes kayak equipment and guide. Trips go rain or shine.

Sa 8:30am-1pm 9/26
\$78/\$58 Willamette, Rogers Landing, Staff
Newberg

HELP WANTED!

We're looking for qualified local Outdoor Recreation instructors in the areas of hiking, biking, and other outdoor skills! If you are interested in teaching classes in one of these or other areas of Outdoor Recreation please contact Theresa at 917-7767.

ADULT

CJ's socials

Fridays, September 4 & 18,
October 2 & 16, November 6 & 20,
and December 4 & 18
from 7:45-9:15pm
 at The Flinn Block, 222 1st Ave. SW

The first half hour will be dance instruction followed by one hour of mixed social dancing. The lesson time will cover a variety of dances, including Swing, Latin Rhythms, and Country Western.

Albany Parks & Recreation is partnering with CJ's Dance to bring you socials

Childcare is available for \$1/child, but you must RSVP by the Thursday before by calling CJ at 503-507-9093.

Light snacks will be provided.

Cost: \$5/person above age 16
 \$4/students up to age 16

For more information, call Albany Parks & Recreation at 917-7777 or visit our Web site at albanyparksandrecreation.org.



LBCC Co-Sponsored Adult Classes

REGISTRATION BEGINS IMMEDIATELY FOR THE CLASSES IN THIS SECTION!

All classes are held at the Albany Senior Center unless otherwise noted. Please see registration information in Senior Section page 24.

CAKE DECORATING (CRN #20678)

Using simple techniques to accomplish professional looking results, this basic class will concentrate on the upcoming holidays. Lab fee: \$5.

M 6:30-8:20pm 9/28-11/23
\$57.00 9 weeks Compton

BETTER BONES AND BALANCE (CRN #21902)

Reap the benefits that OSU bone research studies have shown. This exercise program will significantly slow the rate of bone loss in adults of all ages. Improve your balance, flexibility, and coordination, and see an increase in muscle tone and overall body fitness. This class will be held at COOL! Swanson Park Action Center, 705 Railroad St. SE. Two class times are offered for your convenience.

M/W/F 7-7:50am 9/28-12/11
\$85.50 11 weeks Brenneman

BETTER BONES AND BALANCE (CRN #22413)

M/W/F 8-8:50am 9/28-12/11
\$85.50 11 weeks Brenneman

HATHA YOGA (CRN# 21717)

Hatha Yoga is a journey of self-discovery and self-healing. Yoga will strengthen, tone, and reshape your body as it reduces stress. Yoga builds stamina, balance, and brings a graceful flexibility to your body. Please bring a yoga mat and blanket. This class does not meet the first Wednesday of each month.

M/W 7-8:20pm 9/28-12/9
\$73.50 11 wks Rose



BROOKDALE SENIOR LIVING
 www.brookdaleliving.com



Remember when being on vacation meant no cooking, cleaning or yard work?

And you enjoyed most of your meals in great restaurants. From now on, every day can be a vacation day for you. Our staff will take care of the cooking, cleaning, transportation, maintenance, and other services. They will also serve you fresh, delicious meals – all prepared by a professional chef. We do the dishes too! Your job is just to enjoy life with organized activities, day trips, extended travel, exceptional service, comfortable living, fine dining and the availability of any care you may need in the future. It's the ultimate vacation for you!




Villas Albany
1560 Davidson St SE
(541) 926-6800

Villas Courtyard
1929 Grand Prairie SE
(541) 928-9536

Wynwood Albany
2445 Geary St SE
(541) 926-8200

Clare Bridge Salem
1355 Boone Rd SE
503-365-7500

Coupons Anyone?
CiddiciPizza.com

928-2536



Pizza Rising
CIDDICI'S
 5th & Lyon Downtown Albany • 928-2536

Located in Historic Electric Railroad Building Circa 1912

\$34.50

2 LARGE PIZZAS
 Purchase any 2 Large pizzas of your choice from our menu or any 4 toppings!

NOT VALID ON KITCHEN SINK. Please present coupon when ordering. Not valid with any other offers. TO-GO ORDERS ADD 30c

Expires 12/31/09

\$3.00

OFF
Any Large Pizza

Please present coupon when ordering. Not valid with Pepperoni or Bacon Special or any other offers. TO-GO ORDERS ADD 30c

Expires 12/31/09

\$14.50

LARGE PIZZA W/ 2 TOPPINGS!
 Get any large pizza with cheese and 2 toppings for \$14.50. Add'l toppings \$2.00 each. Limit 4 pizzas.

Please present coupon when ordering. Not valid with any other offers. TO-GO ORDERS ADD 30c

Expires 12/31/09

\$3.75

PIZZA OR CHICKEN & MOJOS
 With the purchase of any large pizza at regular price get a 10" pepperoni or bacon pizza or 4 piece chicken & mojos for \$3.75

Please present coupon when ordering. Not valid with any other offers. TO-GO ORDERS ADD 30c

Expires 12/31/09

ADULT

Adult > Adapted Recreation

The Albany Parks & Recreation Department endorses an integration philosophy. Activities listed in this brochure are available to all people. Volunteers are always needed to help facilitate the inclusion of individuals with disabilities. Age-appropriate, able-bodied people are needed to buddy up with people who may have a disability. Make a friend by being a part of this exciting program! If you are interested, call 917-7767.

What is Adaptive Recreation? Adaptive recreation works to break down the barriers to participation for people with disabilities whether they are financial, transportation, or the need for one-on-one assistance. It also includes programs organized with special populations in mind and inclusive services to provide opportunities to participate in any scheduled program.

Albany Parks & Recreation is working with a variety of agencies to promote leisure and socialization activities in the community for people with disabilities. If you have an interest in being involved with this effort, please call Theresa at 917-7767.

FRIDAY NIGHT CLUB

Ready for a fun Friday night for your teen or young adult? The Friday Night Club is a parent-organized opportunity for young adults aged 16-25 with high functioning autism or Asperger's Syndrome. Meet and befriend other young adults with similar interests, such as playing card games, board games, and video games. The Fun Nights will be held from 7-9pm at the Oregon Language Center, 237 3rd Ave SW on September 18, October 16, and November 20, 2009. A Friday Night Club will be held on December 18, 2009 with the location to be announced. Refreshments will be served. Parents must accompany their youth for the first 30 minutes of the first visit. Cost will be \$5/person. If you cannot afford the fee please contact Theresa at 917-7767. For more information contact Albany Parks & Recreation at 917-7777 or the Oregon Language Center at 928-8975.

MONTHLY DANCE AND SOCIAL

Join Albany Parks & Recreation and CJ's Dance at this dance and social in our new facility on Friday nights from 7:45-9:15 pm. The dates for fall term are September 11, October 9, November 13, and December 11. During the first half hour, CJ will provide some dance instruction followed by one hour of mixed social dancing. Light snacks will be provided. Cost is \$5. If you cannot afford the fee, please contact Theresa at 917-7767. Dances will be held at the Flinn Building West, 222 1st Ave SW. These dances are for high school age and older citizens with disabilities and their families and friends. For more information contact Albany Parks & Recreation at 917-7777.

GENTLE YOGA

Albany Parks & Recreation is offering a Gentle Yoga class from 11:30am-12:20pm starting Monday, September 28, 2009. This class is suitable for people with physical limitations, including those who have trouble getting up and down from the floor. For more information on this class please see page ___ in the Specialty Fitness class section of the fall activity guide.

ART AND PLAY

Designed for people with developmental disabilities this program combines some art and play in the classes. The activities are held on Monday evenings from 6:30-7:30pm at CHANCE at 238 3rd Ave. SE, Albany. The cost is \$5 per evening per person. If you cannot afford the fee, please contact Theresa at 917-7767. For more information, please contact Albany Parks & Recreation at 917-7777.

GENTLE YOGA

LBCC is offering three Gentle Yoga classes from 1-1:50pm, 2-2:50pm, and 3-3:50pm starting Monday, September 28, 2009. This class is suitable for people with physical limitations, including those who have trouble getting up and down from the floor. For more information on this class please see page ___ in the Senior class section of the fall activity guide.

OPVA RECREATION FUND

Are you an Oregon Paralyzed Veterans of America member? Then you are eligible for reimbursement from the Recreation Fund. You can be reimbursed for up to \$200 for recreational activities over the course of the year. For more information about the Recreation Fund or any of the OPVA's activities, please call 1-800-333-0782.

SPECIAL OLYMPICS OF LINN COUNTY

Special Olympics of Linn County offers dances, bingo nights, and other events in addition to the great sports opportunities. The sport of swimming has been added to the Special Olympics line-up for the Linn County area. For more information visit the Web site at <http://www.soor.org/lpc/304.htm>.

SILVER SPINNERS WHEELCHAIR SQUARE DANCE CLUB

The Silver Spinners is a Wheelchair Square Dance Club in Keizer, Oregon. The lessons and dances are free to all. Dances are held every Wednesday night from 7-9pm except when there is a fifth Wednesday in a month. For more information visit www.home.comcast.net/~blowther01/slvrspr.htm.

DIRECTORY OF ADAPTED RECREATION SERVICES

Please visit our Web site at www.cityofalbany.net/parks to connect with a directory of adapted recreation services offered by other agencies in the Willamette Valley.