

CONNECTIONS



ENRICHING LIVES
CREATING COMMUNITY

WINTER 2024

489 WATER AVENUE NW ALBANY, OR 97321 | (541) 917-7760
OPEN MONDAY-FRIDAY | 8:30AM - 4:30PM

MOVIE MATINEE

PROUDLY PRESENTED BY:



See How They Run January 12

In this mystery whodunit taking place in the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered.



Indiana Jones and the Dial of Destiny

February 23
In this newest installment of the beloved film series, Indiana Jones races against time to retrieve a legendary artifact.



The Adjustment Bureau

January 26
A politician and a contemporary dancer fight to decide their own destiny when mysterious forces do anything they can to keep the lovers apart.



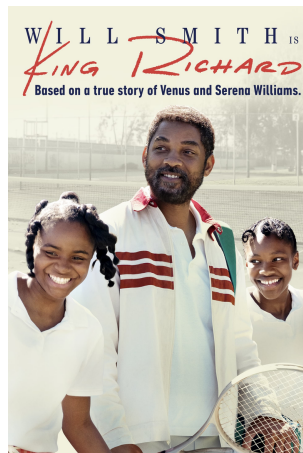
The Long, Long Trailer

March 8
Lucille Ball and Desi Arnaz star as newlyweds embarking on a road trip in their new home-on-wheels. Disastrous and hilarious adventures occur while traveling in their long, long trailer.



My Big Fat Greek Wedding 3

February 9
The Portokalos family returns to the screen as they travel to Greece for a family reunion in this hilarious and heartwarming film.



King Richard

March 22
A look at how Venus and Serena Williams became the tennis superstars they are today and how their father's coaching helped get them there.

RIVERFRONT COMMUNITY CENTER | 1:00PM



WEEKLY CARD GAMES

DON'T MISS OUT ON ALL THE FUN!

MAHJONG
THURSDAYS
1PM

HAND & FOOT
FRIDAYS
12PM

CANASTA & BOARD GAMES
FRIDAYS
1PM

TIMES ARE SUBJECT TO CHANGE

MONTHLY BIRTHDAY CELEBRATION!

JOIN US AS WE CELEBRATE FRIENDS OF THE RIVERFRONT COMMUNITY CENTER EACH MONTH WITH A FREE BIRTHDAY CUPCAKE!



FIRST FRIDAY OF EVERY MONTH AT 1:00 P.M.



Proudly Supported by:

Visiting Angels
LIVING ASSISTANCE SERVICES

Annual Holiday Luncheon

Proudly Sponsored by:



Riverfront Community Center
Thursday, December 14


Join us as we ring in the holiday season! Enjoy a wonderful meal with all the trimmings. Invite your family & friends – all ages welcome!

- HORS D'OEUVRES
11:30am
- LUNCH
Served at Noon

\$13 PER PERSON

Deadline to register: December 7. Register on-line at: cityofalbany.net/parks/events or by calling 541-917-7760.

VISIT THE RIVERFRONT COMMUNITY CENTER ON THESE SPECIALTY DAYS AND CELEBRATE WITH FREE TREATS!



NATIONAL BAGEL DAY
JANUARY 16 AT 12:30 P.M.
VARIETY OF BAGELS AND SPREADS
WILL BE OFFERED



NATIONAL MUFFIN DAY
FEBRUARY 20 AT 12:30 P.M.

PROUDLY SUPPORTED BY:



**Home
Instead.**

To us, it's personal



PI(E) DAY
MARCH 14 AT 12:30 P.M.
COME ENJOY A FREE SLICE OF PIE



GRILLED CHEESE DAY
APRIL 16 AT 12:30 P.M.

RIVERFRONT COMMUNITY CENTER COFFEE SHOP

COFFEE

TEA

HOT CHOCOLATE

SODA

WATER

SPARKLING WATER

\$1

LATTE

MOCHA

CAPPUCCINOS

\$2

SNACKS

- RICE KRISPIES TREATS
- CHIPS
- COOKIES
- NUTS
- GRANOLA BARS
- AND MORE!

\$1

OPEN MONDAY - FRIDAY

8:30 A.M. - 4:30 P.M.



VISIT THE RIVERFRONT GIFT SHOP

UNIQUE, HANDMADE ITEMS

PERFECT FOR GIFTS THIS

HOLIDAY SEASON.

COME CHECK OUT THE

HANDCRAFTED WORK OF

LOCAL COMMUNITY

MEMBERS.

OPEN MONDAY-FRIDAY FROM 8:30AM-4:30PM

ADULT CLASSES

HOW TO REGISTER FOR CLASSES:

Registration locations and hours:

Online Registration
**www.albanyparksand
recreation.org**
24/7, 365 days a year

**Riverfront
Community Center
(RCC)**
489 Water Ave NW
541-917-7760
Monday-Friday
8:30 a.m. - 4:30 p.m.

Program Locations:

Albany Community Pool (ACP)
2150 36th Ave SE

Albany Tennis Club (ATC)
1423 27th Ave SW

Brigitte's Place Fine Fabrics
325 1st Ave NW

Riverfront Community Center (RCC)
489 Water Ave NW

Swanson Park Action Center
705 Railroad St SE

- Registration is required 5 days prior to start date unless indicated.
- You must pay for the class and applicable lab fees at the time of registration unless otherwise indicated.
- You can register online or over the phone with Visa or MasterCard.
- To register for LBCC classes call 541-917-4840 or go online at linnbenton.edu/register. You can also register in person at RCC if you have an email address and are paying with a Visa or Mastercard.



Refund Policy: Our mission is to provide quality recreational experiences that are financially sustainable. Activities, programs, and classes must meet minimum enrollments in order to be offered. If Parks & Recreation for any reason cancels an activity, program, or class a full refund will be issued.

Classes & Programs: A participant can receive a full refund, less a \$5 processing fee, if they notify Parks & Recreation five business days prior to the start of the class. After five days, a credit will be given. If a program is less than \$15 only a credit will be given if participant cancels

Trips & Tours: Participants will only be given refunds if a replacement participant is found, due to hard costs associated with trips.

LBCC Partnership Classes: Call 541-917-4840 or go to linnbenton.edu/register for all information regarding cancelations and refunds.

Pricing: Fees listed on the left reflect a reduced price for in-city Albany residents. Those who live outside the city limits pay full tuition. You may purchase an out-of-city user card (\$40 individual/\$80 family) which allows you to pay in-city rates for one year.

For all of our policies visit our website at www.albanyparksandrecreation.org or call 541-917-7777.

ADULT CLASSES

ENRICH, ENGAGE, ENERGIZE

Albany Parks & Recreation offers personal enrichment programs for you to explore new interests, develop new skills, and engage your imagination. Students of most any age enjoy unique learning experiences year-round through our classes. Enrich, engage, and energize your life!

AARP DRIVER SAFETY COURSE

A classroom program designed to help develop and reinforce safe driving skills and techniques. Satisfactory completion may also qualify you for reduced insurance premiums (check with your insurance carrier). A \$20 fee for AARP members, or \$25 fee for non-members, is collected at class. Please bring your driver license, AARP card, and lunch to class.

LBCC#34340

Tu 1/23 8:45am-4:20pm

RCC \$20/\$25

LBCC#34341

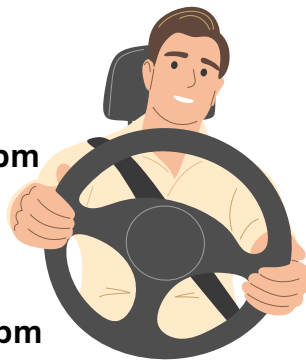
Tu 2/13 8:45am-4:20pm

RCC \$20/\$25

LBCC#34638

Tu 3/19 8:45am-4:20pm

RCC \$20/\$25



ALBANY STRING ORCHESTRA (Ages 10+)

The Albany String Orchestra is a beginner-intermediate level ensemble for violin, viola, cello, and string bass players with prior playing experience or who have completed at least a year of instruction. No auditions are required. The orchestra performs 2-3 concerts each year. Music includes classical, folk, Broadway, and dance tunes.

Tu 1/9-3/12

7-9 p.m.

RCC \$96

Conductor



BEGINNING BALLROOM DANCE

Discover the magic of ballroom dancing in our beginner's class! Whether you're a complete novice or have some dance experience, this class is designed to introduce you to the captivating world of ballroom dance. Our skilled instructors will guide you through the basics of various ballroom styles in a supportive and friendly atmosphere. You'll learn fundamental steps, posture, and rhythm while building confidence on the dance floor. Whether you're looking for a fun social activity, a new way to stay active, or a new date night option, our beginner's ballroom dance class is the perfect place to start. No prior experience or partner is required – just bring your enthusiasm and comfortable shoes. Get ready to waltz your way into a world of elegance and excitement!

Th 1/18-3/7

7-7:50pm

RCC \$73 (In-city)/\$95

Zera



OREGON'S RICH HISTORY

Join us on a fascinating journey through time as we explore the captivating history of Oregon's gold rushes and the ghost towns they left in their wake. This history class will take you deep into the heart of Oregon's past, unearthing tales of fortune seekers, rugged pioneers, and the legacy of the Gold Rush era. **Supply Fee: \$5.**

M 2/5-3/11*

10am-Noon

RCC \$26 (In-city)/\$34

Larsen

***No class 1/15**



ADULT CLASSES

UNDERSTANDING YOUR LOVED ONE WITH DEMENTIA (LBCC#35655)

Learn to live in the moment and the environment of an individual with dementia. Create an atmosphere where your loved one with dementia can thrive. You'll view the world through their eyes and learn how to help your loved one by studying possible physical and brain changes. You will also learn about dementia and cognitive decline risk factors and caregiver support.

Th 2/1 11am-12:50pm
RCC \$29 Babick

URBAN FARMING 101 (LBCC#35652)

Are you interested in turning your urban yard into a small farm? Dream of owning chickens but don't know where to start? Wondering how viable your ideas are? You will walk away with a vision of your urban farm, a list of animals and plants, resources for realizing your vision, and a timeline. Take this course and create a plan to make these ideas a reality! ***No class 1/15 & 2/19.**

M 1/8-2/26* 6-7:50pm
RCC \$99 Nolten

THE URBAN HIPPIE (LBCC#35651)

Want to get a head start on the skills you will need in a zombie apocalypse? Want to WOW your mother-in-law come Christmas? Just want an excuse to wear your Little House on the Prairie apron? Come join this fun, interactive, and fast-paced look at the traditional homesteading arts. We'll help you identify some helpful plants, create natural products, preserve food, sew basic items, and make cleaning products.

Tu 1/9-2/13 7-8:50pm
RCC \$89 Nolten



EXPRESS YOUR CREATIVITY

Everyone is creative! Join us to try your hand at a variety of artistic endeavors, and you might just find a talent you never knew you had. Stretch your creative ability as you bring your ideas to life. Not many things bring as much satisfaction as making something with your own hands. Whether you'd like to decorate your house with a personal flair, or you want to create something for a loved one – we have a class for you!

ACRYLIC PAINTING FOR FUN (LBCC#35648)

This course is designed for all skill levels, no experience is required, and you can use whatever acrylic paints and brushes you have already. The goal of the class is to have fun and experience the versatility of the medium of acrylics. See supplies to bring to class: linnbenton.edu/supplies.

Th 1/11-3/14 1:30-3:20pm
RCC \$129 Walz

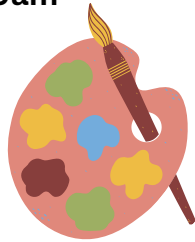


ADULT CLASSES

ADVANCED/INTERMEDIATE WATERCOLOR PAINTING (LBCC#35125)

Delight in the color, brilliance, and challenge of watercolor painting. Learn composition, perspective, reflections, shadows, and color theory with new and challenging techniques. This class is for those who are already knowledgeable of the basics of watercolor. See supplies to bring to class: linnbenton.edu/supplies.

W 1/10-3/13 9:30-11:20am
RCC \$129 Hansen



BEGINNING SEWING

Learn how to understand a sewing pattern from the envelope to the instructions and the pattern itself. After taking this class you will become confident in choosing your new sewing pattern.

Supply fee: \$11.

Sa 1/20, 1/27 11am-3pm
Brigitte's \$129(in-city)/\$168 DeValois



BEGINNING WATERCOLOR PAINTING

Learn traditional techniques including wet-into-wet, dry brush, lifting, glazing, color mixing, and much more. See supplies to bring to class: linnbenton.edu/supplies.

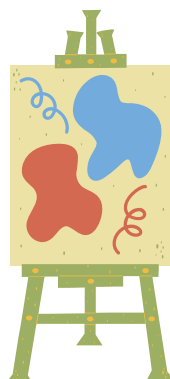
LBCC#35649

M 1/8-3/18* 6-7:50pm
RCC \$129 Armstrong

***No class 1/15 & 2/19**

LBCC#34327

Tu 1/9-3/12 10-11:50am
RCC \$129 Armstrong



CARICATURES & CARTOONING (LBCC#35653)

Accentuate, exaggerate, and have fun while learning new fun techniques for your caricaturing and cartooning. We'll focus on human and animal portraits and other scenes and situations. Any water-based medium is acceptable. See supplies to bring at linnbenton.edu/supplies.

M 2/5-2/12 1-2:50pm
RCC \$59 Messer



CALLIGRAPHY

Unleash your artistic expression with our Calligraphy Class. Explore the world of decorative lettering, flourishing, and innovative design. Develop your unique calligraphic style while experimenting with colors, textures, and layouts. This class is suitable for both beginners and those with some calligraphy experience, offering a chance to take your skills to the next level and infuse your work with creativity.

Th 1/11-3/14 9-11:30am
RCC \$85(in-city)/\$110 Tanaka



EXPLORING HAND STITCHING (LBCC#35650)

Using fabric scraps and various threads, you will stitch a series of small, simple pieces that are uniquely yours. Experience the pleasures of hand stitching while exploring a variety of materials, techniques, and design options. In addition to creating wonderful stitched pieces, these methods may be used in your quilting, fiber art, or mixed media work. All skill levels are welcome. Some materials are provided. See supplies to bring to class at linnbenton.edu/supplies.

Tu 1/9-2/27 2-3:50pm
RCC \$119 Ayotte

ADULT CLASSES

FUSED GLASS

Join us for one of our most popular classes! Make a unique and one-of-a-kind fused glass creation. Simply arrange different shapes and types of colored glass elements to make your very own unique design. The class will have access to a variety of beautiful glass to build their creation. You will have a fun time meeting new friends and creating a beautiful masterpiece! Note: Because sharp objects are used, manual dexterity and ability to follow directions in a group setting is required.

Supply Fee: \$20.

FUSED GLASS HEART DISH

W 1/10 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele

FUSED GLASS HEART WINDCHIME

Tu 1/16 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele

FUSED GLASS ART PIECE

Tu 2/6 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele

FUSED GLASS VASE

Tu 2/13 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele

FUSED GLASS SUNCATCHER SURPRISE

Th 3/7 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele

FUSED GLASS MYSTERY

Tu 3/26 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele



LEARN TO SEW WITH KNIT FABRICS

Learn to work with knit fabrics and how to sew a pair of knit PJ's. Fabric must be purchased and pre-washed (you will need 5 yards of 60" wide knit jersey fabric, rayon or cotton) Pattern will be provided. Students must know the basic functions of a sewing machine. **Supply fee: \$11.**

Sa 3/9, 3/16 11am-3pm
Brigitte's \$129(in-city)/\$168 DeValois



MOSAIC

Create your own mosaic masterpiece! Students will have access to a variety of beautiful tiles and a variety of different items to mosaic. Let your imagination come to life and you will go home with beautiful pieces to put on display. Note: Because sharp objects are used, manual dexterity and ability to follow directions in a group setting is required. **Supply fee: \$20.**

MOSAIC STAND-UP HEART PICTURE HOLDER

M, W 1/22, 1/24 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele

MOSAIC BIRDHOUSE

Tu, Th 2/27, 2/29 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele

MOSAIC MADNESS

Tu, Th 3/12, 3/14 6:30-9:30pm
RCC \$19(in-city)/\$25 Scheele



ADULT CLASSES

HEALTHY, ACTIVE, AND FIT

Finding a fitness routine that works for you isn't always easy, but Albany Parks & Recreation has gone the extra mile to ensure you have plenty of possibilities. We have fitness classes to suit every ability level and personal preference, so come join us in a supportive and social environment as we seek to keep Albany fit!

ADULT BEGINNER PICKLEBALL

Learn basic skills, strokes, and strategies. Play fun games and drills to develop skills. Racquets and balls provided. Supplies: non-marking tennis shoes.

M 1/8-3/25* 1-2pm

ATC \$150(in-city)/\$195

*No class 1/15 & 2/19

W 1/10-3/27 1-2pm

ATC \$150(in-city)/\$195



ADULT INTRO TO PICKLEBALL

Some describe it as a cross between ping pong and tennis. It is one of the fastest growing sports in the country. Learn basic rules of the game, strokes, and scoring. Get out on the court and see what this popular game is all about! Racquets and balls provided. Supplies: non-marking tennis shoes.

Sa 1/13-3/30 10-11am

ATC \$150(in-city)/\$195

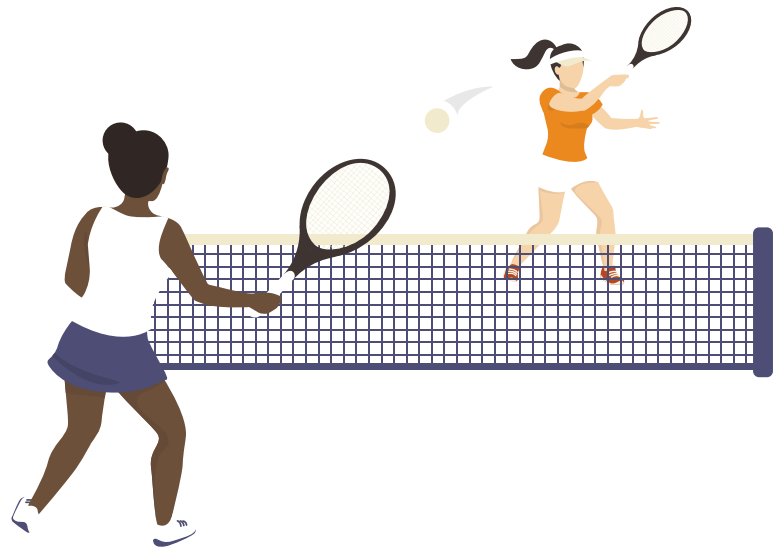


ADULT BEGINNER TENNIS

Learn basic skills and the rules of the game. Watch yourself improve and gain confidence through fun games and drills. Racquets and balls provided. Supplies: non-marking tennis shoes.

Sa 1/13-3/30 3-4pm

ATC \$180(in-city)/\$234



ARTHRITIS FOUNDATION EXERCISE PROGRAM

This program offers gentle, joint-safe exercises developed specifically for people with arthritis to help relieve stiffness, decrease arthritis pain, and improve balance. The low-impact exercises can be done while sitting, standing, or on the floor.

M/W 1/8-3/22* 1:30-2:20pm

RCC \$96(in-city)/\$125 Yee

*No class 1/15



ADULT CLASSES

BELLY DANCE BASICS, LEVEL 1

Learn foundational belly dance movements while exploring proper dance posture, transitions, cueing, and group improvisation. Belly dance is fun, but it also helps develop fluidity, core strength, and balance. This class will be team-taught by Robyn James and Amy Fraizer.

Tu 1/9-2/27 5-5:50pm
Swanson \$96(in-city)/\$125 James/Fraizer



BETTER BONES & BALANCE

Based on OSU Bone Research Lab studies, this exercise program has been shown to slow the rate of bone loss in adults of all ages. Improve your balance and coordination, reduce your risk for falls, and see an increase in muscle tone and overall body fitness.

LBCC#34331
M/W/F 1/8-3/22* 7-7:50am
Swanson \$139 Lyons
 *No class 1/15 & 2/19

LBCC#34332
Tu/Th 1/9-3/21 8-8:50am
Swanson \$119 Reed

LBCC#34333
Tu/Th 1/9-3/21 12-12:50pm
Swanson \$119 Yee

GENTLE YOGA

This class will offer a slower paced yoga practice that will encourage moving the body within a pain free range of motion. Cues for safe alignment and a chair can be used throughout class. Increase strength, flexibility, and reduce stress while learning techniques to calm your mind and soothe your spirit. Learn yoga poses that develop strength, balance, proper breathing, and relaxation. Bring a yoga mat and blanket.

*No class 1/15 & 2/19

LBCC#34337
M/W/F 1/8-3/22* 1-1:50pm
RCC \$139 Rose

LBCC#34338
M/W/F 1/8-3/22* 2-2:50pm
RCC \$139 Rose

Tuesday Session 1
Tu 1/9-2/6 11am-Noon
RCC \$59(in-city)/\$77 Kanan

Tuesday Session 2
Tu 2/13-3/12 11am-Noon
RCC \$59(in-city)/\$77 Kanan

Thursday Session 1
Th 1/11-2/8 11am-Noon
RCC \$59(in-city)/\$77 Kanan

Thursday Session 2
Th 2/15-3/14 11am-Noon
RCC \$59(in-city)/\$77 Kanan



ADULT CLASSES

POSTPARTUM CORE RESTORE

Gentle postpartum flow class with progressive strength building designed for healing from the inside out. This class is ideal for those 6-12 weeks postpartum, though anyone seeking restorative movement & connection is welcome! Participants should be at least 6 weeks postpartum and cleared for exercise by their healthcare professional. **Non-mobile babies are welcome in this course.**

W 1/3-2/7
Swanson \$78(in-city)/\$102
Winters 5-6pm

W 2/14-3/20
Swanson \$78(in-city)/\$102
Winters 5-6pm



STRONG, SOFT, & FLEXIBLE FITNESS

Release stress as we get out of our heads and into motion. Combining martial arts, dance, and healing arts, we'll explore and practice movements to soothe, celebrate, and strengthen ourselves. ***No class 2/22 & 2/29.**

Th 1/11-3/21 7-8pm
Swanson \$89(in-city)/\$116 **Kenagy**

TAI CHI (LBCC#34334)

Tai Chi is a form of movement, meditation, and martial art that originated in China. Promotes relaxation, relief from stress, and improved general well-being by practicing mind/body harmony and cultivating internal energy or 'chi'.

M 1/8-3/18* 10:30-11:50am
RCC \$89 **Leban**

***No class 1/15 & 2/19**



ZUMBA

A dynamic, exciting, and effective fitness program perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. It is designed to introduce easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination.

ZUMBA GOLD (LBCC#34347)

Tu/Th 1/9-3/21 9-9:50am
Swanson \$119 **Reed**

ZUMBA (LBCC#34615)

Tu/Th 1/9-3/14 6-6:50pm
Swanson \$119 **Schukow**



ZUMBA/ZUMBA TONING

Zumba/Zumba Toning provides a total body workout using easy-to-follow choreographed dance moves to combine all elements of fitness – cardio, muscle conditioning, balance, and flexibility. Zumba Fitness classes are often called exercise in disguise because they are super effective and amazingly fun.

Session 1

M/W/F 1/3-2/5* 8:30-9:30am
Swanson \$59(in-city)/\$77 **Reed**

***No class 1/15**

Session 2

M/W/F 2/7-3/11 8:30-9:30am
Swanson \$59(in-city)/\$77 **Reed**

Session 3

M/W/F 3/13-4/15 8:30-9:30am
Swanson \$59(in-city)/\$77 **Reed**

TRIPS & TOURS

HOW TO REGISTER FOR TRIPS & TOURS:

For complete registration, cancellation, and refund information visit our website at www.albanyparksandrecreation.org. You can register beginning December 5 at the Riverfront Community Center (489 NW Water Ave/541-917-7760) or online at www.albanyparksandrecreation.org.

Departures: Unless otherwise indicated, all tours will depart from: Carino's Restaurant: Located at 1825 14th Ave SE. Participants are required to park in spaces on the south side of the parking lot (the spaces that back up to the mall entrance road off the Geary Street entrance).

Cancellations: If a participant decides to cancel, a refund will only be given if another participant is found. If a replacement is found, you will be refunded using the method used for payment.

Tours are open to any person over the age of 18 unless noted otherwise. Payment is due at the time of registration. Unless otherwise indicated, all tours will depart Carino's restaurant at the listed time. Please arrive 15 minutes prior to the listed time of departure. All participants must be on the bus at the listed time for departure. We are unable to delay departure for those not present. If you are not there at departure time, we are unable to refund you for your trip.

HISTORICAL BROWNSVILLE

Tour the Linn County Historical Museum located in historic Brownsville. The museum begins in Brownsville's original railroad depot and continues into six Southern Pacific railroad cars. Exhibits cover the life, work, and experiences of those living throughout Linn County. Also, part of the historic Linn County experience is the Moyer House. Built in 1881, this Italianate Villa style home features incredible artwork on the ceiling, carved finials, murals above bay windows, and painted transoms. Learn about the Moyers and the building of this unique home. We will have an early dinner at Kirk's Ferry Trading Post (dependent on reservation availability), another historical site in Brownsville before we head home. **This trip is limited to the first 14 people to register. You will need to be able to climb stairs to attend this trip. Deadline to register:**

December 27. Fee includes tours and transportation only. All meals will be on your own. **Departs Carino's at noon.**

Th, 1/11

Noon-6:45 p.m.

\$37 (In-City)/\$49



SHOP TILL WE DROP: IKEA AND CASCADE STATION (PORTLAND)

Welcome to the magical world of IKEA! Ikea offers well-designed, functional products for the home at inexpensive prices...and even cheaper food! After visiting IKEA's showrooms and restaurant, we'll stop by Cascade Station, a vibrant mixed-use development at the "gateway" to Portland International Airport. The 800,000 square foot retail center features stores such as Bath & Body Works, DSW Shoes, Marshalls, and Home Goods.

Deadline to register: January 11. Fee includes transportation only. All meals will be on your own.

Departs Carino's at 8:15 a.m.

W, 1/17 8:15 a.m.-4:30 p.m. \$35 (In-City)/\$47



TRIPS & TOURS

ILANI CASINO (RIDGEFIELD, WA)

Ilani Casino has it all – hot and scintillating slots, tempting table games, and the laid-back fun of Keno. They're the area's newest premier gaming and entertainment destination and have the most diverse selection of gaming options in the Northwest. Their 368,000 square foot design will project the culture of the Northwest and pay tribute to the heritage of the Cowlitz tribe. Test your luck and find your fortune at Ilani Casino. Dine on your own at one of the many cafes and grills. **You must be 21 or over to participate in this trip. Deadline to register: January 17.** Please bring your I.D. Fee includes transportation only. All meals are on your own. **Departs Carino's at 7:15 a.m.**

Tu, 1/23 7:15 a.m.-6 p.m. \$43 (In-City)/\$54

CASINO

FIRST TASTE OF OREGON (SALEM)

Join us for Oregon's first taste of the New Year! Don't miss First Taste Oregon featuring Oregon art, brew, food, music, spirits, and wine! **Deadline to register: January 17.** Fee includes admission and transportation only. All meals will be on your own.

Departs Carino's at 11:30 a.m.

Sa, 1/27 11:30 a.m.-5 p.m. \$33 (In-City)/\$44



VOLKSFEST (MT. ANGEL)

Dust off your Lederhosen, starch up your Dirndl apron, and join us for a celebration of all things sausage! The festival includes polka bands, local dancers, and much more! Vendors sell German souvenirs, clothing, and other craft items.

Deadline to register: January 25. Fee includes admission and transportation only. All meals will be on your own.

Departs Carino's at 3 p.m.

F, 2/2

3-10 p.m.

\$41 (In-City)/\$54



CHARLESTON CRAB FEED

Feeling a bit crabby? Then it's time to head over to the Coast for the annual Charleston Crab Feed. Dine on fresh Dungeness crab served with salad, beans, bread, and beverage. After lunching our trip includes a visit to the Umpqua Discovery Center where we go on a journey through time, history, and culture. On our return along the scenic Umpqua River, we will make a stop at the Dean Creek Elk viewing area. Fee includes crab luncheon, transportation, and admittance to Umpqua Discovery Center.

Deadline to register: January 9.

Departs Carino's at 7 a.m.

Sa, 2/10

7 a.m.-6:30 p.m.

\$10 (In-City)/\$20



TRIPS & TOURS

ALL ABOUT CHEESE (SALEM)

Join us for a cheesy stop! We will learn the process of turning milk into creamy fresh Queso Fresco, Oaxaca, and Cotija cheeses. After the tour, we will eat at the quesadilla bar, where the quesadillas are made to order with their famous cheeses. Then we are off for some dessert (can you say cheesecake) at Gerry Frank's Konditorei before heading home! **Deadline to register:**

January 31. This trip is limited to the first 14 people to sign up. Fee includes transportation and tour. All meals will be on your own. **Departs Carino's at 11 a.m.**

Tu, 2/13 11 a.m.-3:15 p.m. \$27 (In-City)/\$36

OUR DAILY BREAD RESTAURANT (VENETA)

In the heart of southern Willamette Valley vineyard country and near Veneta, Oregon, Our Daily Bread restaurant serves as our destination for this wonderful breakfast excursion. Housed in a beautifully renovated country church, Our Daily Bread is a full-service northwest dining experience. You'll enjoy delicious regional cuisine in this family owned and operated restaurant. Our Daily Bread prides themselves on the fine quality of the meals which are made from scratch and feature unique entrees. The visit wouldn't be complete without stopping by the Country Bakery to grab some homemade baked goods. (If they are open) We'll travel home through the country roads. Fee includes transportation only. All meals will be on your own. Please bring cash to pay for breakfast. **Deadline to register: February 2. This trip is limited to the first 14 people to register.**

Departs Carino's at 7:15 a.m.

F, 2/16

7:15 a.m.-1:30 p.m.

\$28 (In-City)/\$39



GLASS BLOWING (EUGENE)

Here's the best way of all to blow hot air! Create your own unique glass float when you travel with us to Eugene. Select your colors, learn how to gather molten glass, marver it into shape, and use trapped air to expand the glass. These make beautiful gifts or wonderful keepsakes. Anyone can do it...all you need is a little hot air! We will stop for lunch before heading home. Fee includes blowing of glass float and transportation. **Deadline to register: February 8. This trip is limited to the first 14 people to register. Departs Carino's at 9:20 a.m.**

Th, 2/22

9:20 a.m.-3:45 p.m.

\$103 (In-City)/\$137



THE JAZZ KINGS (SHEDD INSTITUTE)

Join in for a night dedicated to the inimitable composer-lyricist Cole Porter. Cole Porter was a composer and songwriter who wrote musicals and scores for films from the 1910s to the 1950s. Lynnea Barry and the Jazz Kings present their own take on the master in an evening of those simply unforgettable songs. Let's Misbehave The Cole Porter Songbook is something you won't want to miss! Fee includes transportation and ticket to performance. All meals will be on your own. We will stop for lunch before the performance.

Deadline to register: January 3. Trip limited to the first 14 people to register. We were unable to secure ADA seating. **Departs Carino's at 11 a.m.**

Su, 2/25 11 a.m.-6:15 p.m. \$62 (In-City)/\$82



TRIPS & TOURS

LA PROVENCE BAKERY & BISTRO (LAKE OSWEGO)

This trip was so popular last quarter, we are offering it again to make sure everyone gets a chance to immerse themselves in the smells and tastes of a fabulous bakery and bistro. We'll dine (no host) at La Provence. The owners of Petite Provence Boulangerie and Patisserie originally came from France and now share with us their passion for great, fresh, French food. The menu ranges in price from \$4.95 to \$11.95. Plan on bringing home some baked goodies...always a favorite on our trips! After the meal we'll explore the area before heading home. Fee includes transportation only. All meals will be on your own. **Deadline to register: February 14. This trip is limited to the first 13 people that register.**

Departs Carino's at 7:45 a.m.

W, 2/28 7:45 a.m.-3:45 p.m. \$31 (In-City)/\$41



DID YOU KNOW?

In France, you can buy fresh baguettes from a vending machine.

BREAKFAST BY THE SEA (YACHATS)

If you've never visited the Oregon Coast in the winter, you're missing an exciting time to view it in its entire splendor. We'll indulge in a cozy breakfast at the Adobe in Yachats where the dining room sits just 50 feet from the ocean's edge providing incredible views. Then we'll take a scenic drive to Old Town Florence for shopping, taffy, and ice cream or a hot beverage before heading home. **Deadline to register: February 21. This trip is limited to the first 14 people that register.** Fee includes transportation only.

All meals will be on your own.

Departs Carino's at 7:15 a.m.

Th, 3/7 7:15 a.m.-5:30 p.m. \$36 (In-City)/\$48



SHEN YUN (KELLER/PORTLAND)

"The world's premier classical Chinese dance company, Shen Yun, is bringing to life a lost culture through beautiful art. What is Shen Yun, exactly? It's more than just a performance—it's a revival of the beauty and goodness of China before communism. With stories and legends, vibrant costumes and backdrops, original music and a few fun surprises—it's an experience that will delight your senses, inspire your heart, and just leave you feeling great." Fee includes transportation and ticket to performance. We will stop for lunch on our way. All meals will be on your own. **Deadline to register: February 21. This trip is limited to the first 24 people that register.** **We were unable to secure ADA seating.** You will need to be able to climb stairs to attend this show.

Departs Carino's at 9:15 a.m.

F, 3/15 9:15 a.m.-6:45 p.m. \$163 (In-City)/\$216

TRIPS & TOURS

HAWAIIAN LUAU (PORTLAND)

Answer the call of the islands when you enjoy traditional Polynesian dance, music, and entertainment, as well as an authentic luau! The Pacific University Luau is a wonderful way to slip away from winter's gloom and enjoy island cuisine. **Deadline to register: February 21.** Fee includes transportation, dinner, and the show.

Departs Carino's at 3 p.m.

Sa, 4/13 3 -11 p.m. \$0 (In-City)/\$0*

***WATCH WEBSITE FOR COST AND REGISTRATION**



SH-BOOM! LIFE COULD BE A DREAM (BROADWAY ROSE/TIGARD)

Meet Denny and the Dreamers, a fledgling doowop singing group hoping to realize their dreams of making it to the big time! Return to the days of yesteryear with nostalgic hits from the Golden Oldies, "Fools Fall in Love", "Tears on My Pillow," "Runaround Sue," "Earth Angel," and more! Sh-Boom! Life Could Be a Dream will leave you laughing, singing, and cheering- let's hear it for the boys! **Deadline to register: March 5. This trip is limited to the first 24 people that register.**

We were unable to secure ADA seating. Fee includes transportation and ticket to performance. We will stop for lunch on the way to the performance. We were unable to secure ADA seating.

Departs Carino's at 9:30 a.m.

Su, 4/14 9:30 a.m.-6 p.m. \$72 (In-City)/\$96



"ANNIE" (KELLER/PORTLAND)

Join us for this celebration of family, optimism, and the American spirit that remains the ultimate cure for all the hard knocks life throws your way. Holding onto hope when times are tough can take an awful lot of determination, and sometimes, an awful lot of determination comes in a surprisingly small package. Little Orphan Annie has reminded generations of theater goers that sunshine is always right around the corner, and now the best-loved musical of all time is set to return in a new production-just as you remember it and just when we need it most! **This trip is limited to the first 19 people to register. Deadline to register: March 8.** Fee includes transportation and ticket to performance. **We were unable to secure ADA seating.** All meals will be on your own. We will stop for dinner on the way home.

Departs Carino's at 11:15 a.m.

Sa, 5/18

11:15 a.m.-8 p.m.

\$112 (In-City)/\$149



TEST YOUR KNOWLEDGE

Which one of these actors have not had a role in an adaptation of *Annie*?

- A. Tim Curry
- B. Sarah Jessica Parker
- C. Mel Gibson
- D. Carol Burnett

Senior & Adult Aquatic Classes



Activities	Days	Time	Cost	Location
Senior Fitness	M, Tu, Th, F	7-7:50 a.m. 8-8:50 a.m.	\$6.00/\$7.50 per class	ACP
Adult Aqua Jog	M, W	6-7 p.m.	\$6.50/\$8.00 per class	
	Tu, Th	Noon-1 p.m.		
Adult Water Aerobics	Tu, Th	8-9 p.m.		
Lap Swim	M-F	5:30-8:30 a.m. Noon-2 p.m. 6-7 p.m. (M, W, F)	Senior: \$5.00/\$6.50 per session Adult: \$5.50/\$7.00	
	Sa	Noon-1 p.m.		

**Monthly passes include access to fitness classes, lap swims, and recreation swims.
Passes will auto renew until pass holder calls to cancel.**

**Senior (55+) Monthly Pass
\$25 (in-city)/\$33**



**Adult Monthly Pass
\$30 (in-city)/\$40**



Explore, Engage, and Connect! These opportunities will help foster connection, explore a new place, or engage with new friends! Check out all our upcoming opportunities now through June.

Must register in advance online or by calling 541-917-7777

AQUATICS

Join us for a senior Recreation Swim! We will have a volleyball net, games, and more! Enjoy time connecting with friends or enjoy the water by yourself!

**December 18-22, 10-11:30 a.m.
Albany Community Pool
No Cost**

FIELD TRIP

Feeling a bit crabby? Then it's time to head over to the Coast for the annual Charleston Crab Feed. Dine on fresh Dungeness crab and after lunching we will visit the Umpqua Discovery Center where we go on a journey through time, history, and culture. On our return along the scenic Umpqua River, we will make a stop at the Dean Creek Elk viewing area.

**February 10th, 7 a.m.-6:30 p.m.
Pick up at Carino's-7 a.m.
\$10 (in-city)/\$15**



WE PARTNERED WITH COUNCIL OF GOVERNMENTS TO BRING LOW OR NO COST EXPERIENCES TO OLDER ADULTS, 55+. THESE CLASSES AND EXPERIENCES WILL HELP REDUCE THE FEELING OF ISOLATION, DEPRESSION, AND INCREASE THE PHYSICAL AND MENTAL HEALTH OF OUR OLDER ADULT POPULATION.





Home Instead.®

To us, it's personal

ALZHEIMERS & DEMENTIA SUPPORT GROUP

Next Monthly
Meeting

**JANUARY
5TH @4PM**



GIVE US A CALL TODAY!

RSVP (541)791-7092

**DEMENTIA CAREGIVING IS HARD!!
LET'S SUPPORT EACH OTHER**

Meetings are the first Friday of every month!

**Location: HOME INSTEAD ALBANY 3513 Pacific Blvd
SW Albany, OR 97321**

We have a new registration software!

Create your new account in 4 easy steps!

1 SIGN UP!

Go to albanyarksandrecreation.org. On the login page, click "Don't have a login? Signup" and enter all required fields. A temporary password will be emailed to you. You must be an adult to create an account. After your account is set up, you can add children to your account.

2 GET YOUR TEMPORARY PASSWORD

Go to your email to retrieve your temporary password. (Check your junk folder, if needed!)

3 SET A NEW PASSWORD

Return to this page and login using your temporary password. You will now set up a new password.

PASSWORDS MUST HAVE:

- At least 11 characters
- Upper & lower case letters
- A number
- A symbol



4 LOGIN TO YOUR ACCOUNT

Using your new password, login to your new account. You can:

- Add family members
- Save your payment information
- Navigate and learn about your new account
- Register for classes

Call 541-917-7760 if you need help setting up your account



PEPPERMINT CHOCOLATE PINWHEEL COOKIES



STEP 1: SUGAR COOKIE DOUGH:

3 CUPS ALL-PURPOSE FLOUR
3/4 TSP BAKING POWDER
1/4 TSP SALT
1 CUP UNSALTED BUTTER,
SOFTENED
1 CUP SUGAR
1 EGG, BEATEN
1 TBSP MILK
POWDERED SUGAR, FOR ROLLING
OUT DOUGH

1. COMBINE FLOUR, BAKING POWDER, AND SALT. SET ASIDE.
2. BEAT BUTTER AND SUGAR.
3. ADD EGG AND MILK. BEAT UNTIL COMBINED.
4. SET MIXER SPEED TO LOW AND GRADUALLY ADD IN THE FLOUR MIXTURE. STOP MIXING WHEN THE MIXTURE PULLS AWAY FROM THE SIDE OF THE BOWL.
5. DIVIDE DOUGH IN HALF AND CHILL IN FRIDGE FOR 2 HOURS.

STEP 2: PEPPERMINT CHOCOLATE PINWHEELS

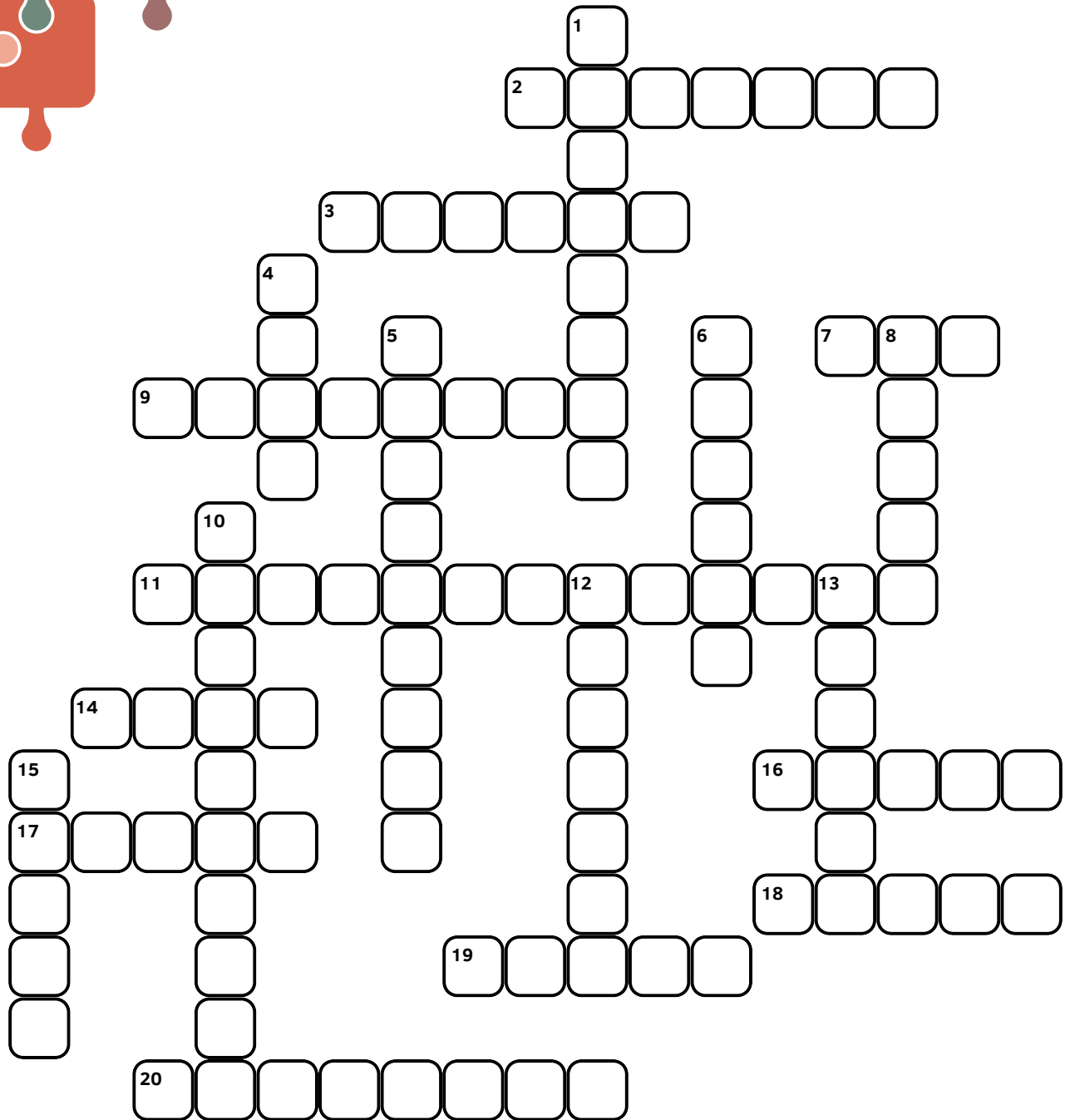
1 BATCH SUGAR COOKIES
3 OUNCES MELTED
UNSWEETENED CHOCOLATE
1 TSP VANILLA EXTRACT
1 EGG YOLK
1 TSP PEPPERMINT
EXTRACT
1/2 CUP CRUSHED
PEPPERMINT CANDIES



1. ADD MELTED CHOCOLATE AND VANILLA TO ONE HALF OF THE DOUGH USING YOUR HANDS TO KNEAD IT IN.
2. ADD EGG YOLK, PEPPERMINT EXTRACT, AND CRUSHED PEPPERMINT CANDIES TO THE OTHER HALF.
3. COVER BOTH HALVES AND LET CHILL IN FRIDGE FOR 5 MINUTES.
4. ON A PIECE OF WAX PAPER ROLL OUT BOTH DOUGHS SEPERATELY TO A 1/4-INCH THICKNESS.
5. PLACE PEPPERMINT DOUGH ON TOP OF CHOCOLATE DOUGH. PRESS TOGETHER AROUND THE EDGES.
6. ROLL THE DOUGH INTO A LOG USING THE WAX PAPER AND REFRIGERATE FOR 2 HOURS.
7. REMOVE DOUGH FROM THE FRIDGE AND CUT INTO 1/2-INCH SLICES.
8. PLACE COOKIES 1-INCH APART ON A GREASED COOKIE SHEET.
9. BAKE FOR 10-12 MINUTES AT 375 DEGREES.
10. REMOVE FROM OVEN AND LET SIT ON PAN FOR 2 MINUTES BEFORE REMOVING TO COOL.



CONNECTIONS CROSSWORD

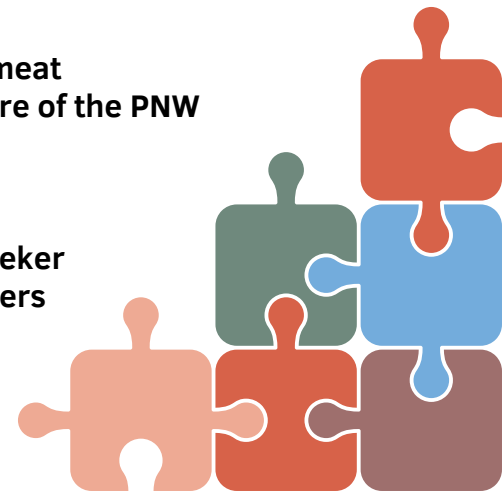


ACROSS

- 2. Beach bird
- 3. Bumps in the night
- 7. Mork's home planet
- 9. "Rebecca" star Joan
- 11. Source of rowdy criticism
- 14. Word in a Doris Day song
- 16. Brownish photo tint
- 17. No lighting
- 18. Play a banjo
- 19. Chocolate substitute
- 20. Edge of night

DOWN

- 1. French Santa
- 4. Without much meat
- 5. Mythical creature of the PNW
- 6. Personal space
- 8. Lucy's husband
- 10. Hitchcock film
- 12. Retribution seeker
- 13. Prepare leftovers
- 15. A Great Lake





riverfront

COMMUNITY CENTER

ENRICHING LIVES - CREATING COMMUNITY

The Riverfront Community Center is a safe and welcoming environment that promotes community participation through intergenerational activities and culturally diverse programs that enrich the lives and values of citizens and visitors to Albany.

At 10,000 square feet, the Riverfront Community Center features many amenities, including:

- 4,000 square-feet of rental event space
- Coffee Shop and gathering areas
- Beautiful outdoor space along the riverfront
- Private classrooms, meeting rooms, & more

VISITORS WELCOME:

Monday-Friday:

8:30 a.m – 4:30 p.m.

489 Water Ave NW

Albany, OR 97321

(541) 917-7760

For Rental Information visit:

cityofalbany.net/parks/community-center

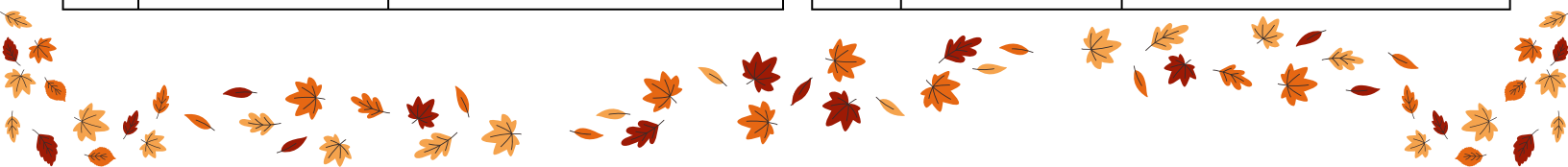
FALL WORD SCRAMBLE ANSWERS



How many did you guess correctly?

1.	NUTMUA	AUTUMN
2.	SHCEUTSTN	CHESTNUTS
3.	VSHRATE	HARVEST
4.	KATYACHS	HAYSTACK
5.	ASEVLE	LEAVES
6.	MUPKIPN	PUMPKIN
7.	HQASUS	SQUASH
8.	RTUEYK	TURKEY
9.	RSACWCORE	SCARECROW
10.	AONIRATC	RAINCOAT

11.	ROGDU	GOURD
12.	NPNEIOCE	PINECONE
13.	KOSRNaCTL	CORNSTALK
14.	RATEWSE	SWEATER
15.	ANRBRYCAER	CRANBERRY
16.	IDRCE	CIDER
17.	CEIPS	SPICE
18.	NOMISMERP	PERSIMMON
19.	NFNLEAL	FLANNEL
20.	FGTFISUN	STUFFING





SIMPLY PUZZLING

Unscramble the words in this winter inspired scramble!

Turn in your completed form by January 31 to the Riverfront Community Center to be entered into this season's drawing for fun prizes!



1.	WFANOSLL	
2.	OSFTR	
3.	FKAOWSNLE	
4.	ZAZDLIBR	
5.	TAANS	
6.	TRAWEES	
7.	DIYLOAH	
8.	OSBTO	
9.	OHDRLPU	
10.	CFRIALPEE	

11.	TMRSRIAON	
12.	LETMESITO	
13.	EHLISG	
14.	ELNLAFN	
15.	EREZEF	
16.	BENATIHRE	
17.	KETSA	
18.	VSIHER	
19.	DDERALWONN	
20.	NABEKL T	

RIVERFRONT COMMUNITY CENTER CLOSED:
December 26-29
January 1
January 15

