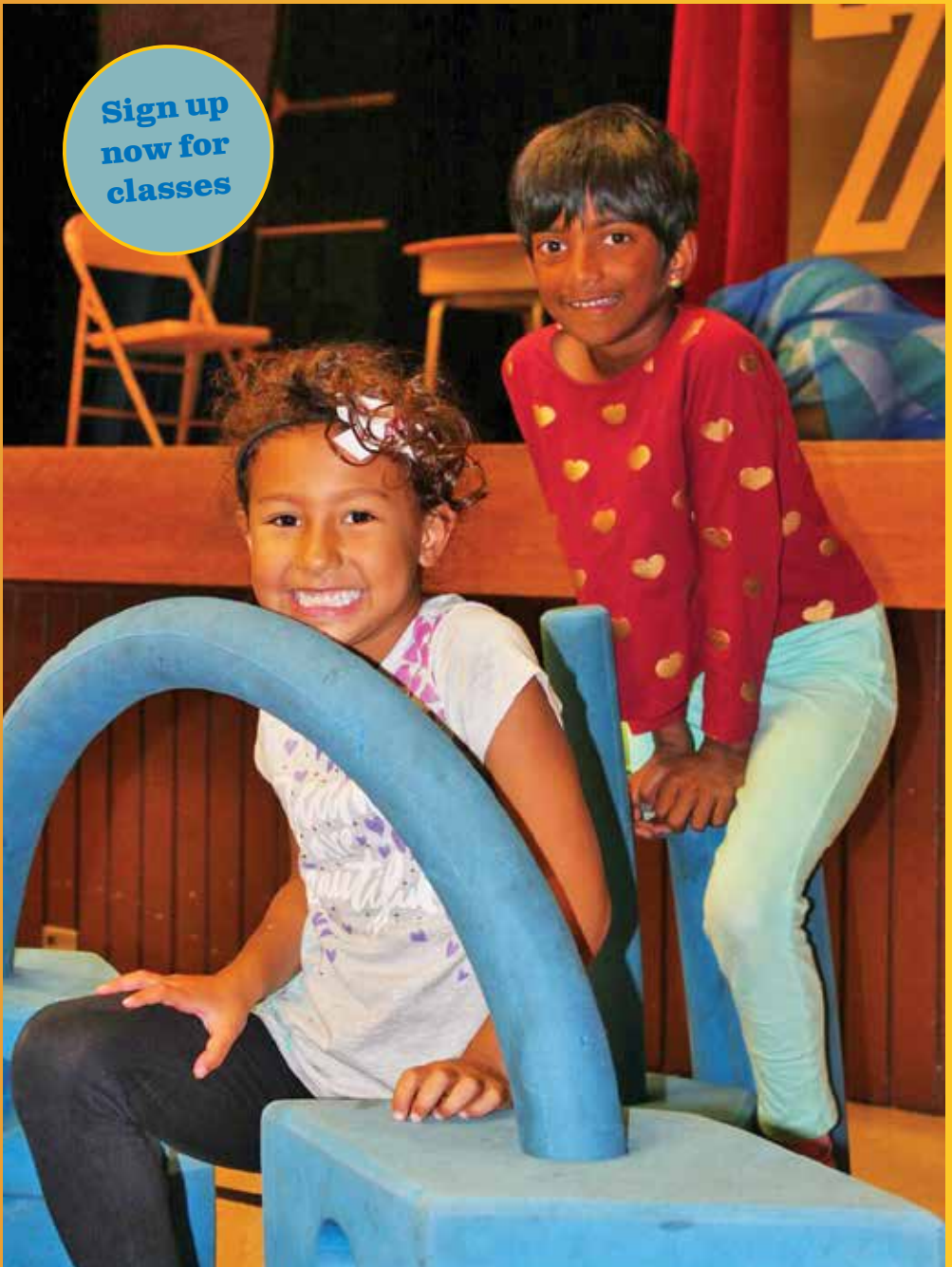




# Millbrae Recreation

Sign up  
now for  
classes



Fall 2017

## HOW TO ENROLL

### WALK-IN REGISTRATION

**Starts August 6, 8:30 am**

Registration is accepted beginning August 6 for all residents of Millbrae and non-residents.\*

Registration is accepted during business hours at the temporary Recreation Department office in City Hall.

All activities require pre-registration before attending classes.

**Millbrae City Hall**  
621 Magnolia Avenue, Millbrae, CA 94030

Phone: 650.259.2360

Website [www.ci.millbrae.ca.us](http://www.ci.millbrae.ca.us)

**Registration hours:**

Monday–Friday: 8:30 am to 4:30 pm

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\* NR Non-Resident Rate  
R Resident Rate

### ONLINE REGISTRATION

**Starts August 6**

[www.ci.millbrae.ca.us/recreation](http://www.ci.millbrae.ca.us/recreation)

### MAIL-IN

**Starts August 6**

- Payment can be made by check
- Please do not send cash
- Please include a self-addressed, stamped envelope with mail-ins and send it to:  
**Millbrae Recreation Department**  
621 Magnolia Avenue, Millbrae, CA 94030

### PHONE REGISTRATION

**Starts August 6, 8:30 am**

- Payment can be made by credit card (VISA, MasterCard or Discover Card)
- Registration Hours: 8:30 am–4:30 pm

## REGISTRATION DEADLINES

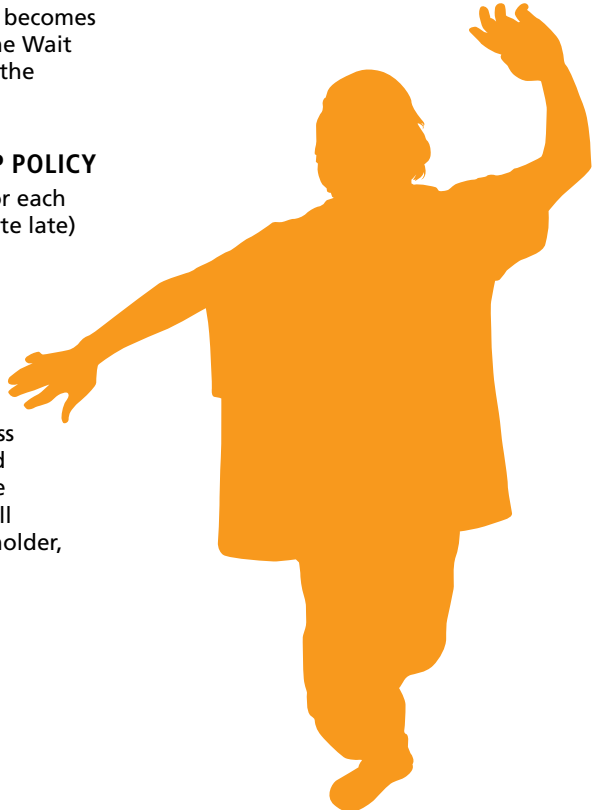
The registration deadline is strictly adhered to pending the available space. If space becomes unavailable before or after the registration deadline, participants are placed on the Waiting List. If space becomes available the next participant on the Wait List shall fill the available space on the roster.

## YOUTH PROGRAM LATE PICK-UP POLICY

A \$20 late pick up fee is charged for each 30 minutes (commencing at 1 minute late) after the program conclusion.

## REFUNDS

Refunds will not be granted after the first class meeting has concluded. A \$22 processing fee is deducted from each program/class code in which a refund is requested before the first class meeting. If the City of Millbrae cancels a class, a full refund is provided to the account holder, and mailed to the account holder's address listed on the account.





## COMMUNITY DIRECTORY

### CITY SERVICE DIRECTORY

Athletic Field Hotline .....	650-259-2405
City Clerk's Office .....	650-259-2333
City Manager Office .....	650-259-2334
Community Development .....	650-259-2350
Financial Department .....	650-259-2350
Fire Department .....	650-259-2350
Human Resources Department .....	650-259-2334
Library .....	650-697-7607
Parks Department .....	650-259-2372
Police Dept. (non-emergency) .....	650-259-2300
Public Works Department .....	650-259-2339
Recreation Department .....	650-259-2360

### COMMUNITY PHONE DIRECTORY

AYSO Soccer .....	650-697-0750
Bay Area Rapid Transit (BART) .....	510-464-6000
Chadbourne Adult Activity Center .....	650-571-1297
Friends of Millbrae Library .....	650-692-4759
Millbrae Art Association .....	650-873-0118
Millbrae Camera Club .....	415-975-3508
Millbrae Chamber of Commerce.....	650-697-7324
Millbrae Community TV .....	650-259-2343
MB Community Foundation .....	650-245-8185
Millbrae Girls Softball .....	650-307-6472
Millbrae Historical Society .....	650-692-5786
Millbrae Lions Club .....	650-455-3472
Millbrae Lions Youth Basketball.....	650-270-6797
Millbrae School District .....	650-697-5693
Millbrae Tennis Club .....	650-589-8176
Rotary Club .....	650-873-5298
SamTrans.....	650-508-6200

### RECREATION DEPARTMENT

Mackenzie Brady, Recreation Superintendent  
 Adriene Busch, Recreation Services Manager  
 Charlene O'Connell, Recreation Coordinator  
 Geoffrey Gabriel, Recreation Coordinator  
 Denise Vennarucci, Senior Officer Assistant  
 William Wells, Recreation Specialist I

### CITY COUNCIL

Reuben Holober, Mayor  
 Gina Papan, Vice Mayor  
 Ann Schneider, Council Member  
 Wayne Lee, Council Member  
 Anne Oliva, Council Member

### PARK & RECREATION COMMISSION

Christopher J. Del Nagro, Chair  
 Julie Turner, Vice Chair  
 George Lynch Jr., Commissioner  
 Daniel F. Quigg, Commissioner  
 John Keefer, Commissioner

### COMMISSIONS/COMMITTEES

Cultural Arts Commission .....	650-259-2360
2nd Monday at Chetcuti Room 7:00 pm	
Community Preservation .....	650-259-2341
1st Tuesday at Chetcuti Room 7:00 pm	
Downtown Process Committee ...	650-259-2341
4th Wednesday at Chamber at Commerce 8:30 am	
Parks and Recreation Commission.....	650-259-2341
3rd Tuesday at Chetcuti Room 7:00 pm	
Planning Commission .....	650-259-2341
1st and 3rd Monday at Council Chambers 7:00 pm	
Senior Advisory Committee.....	650-259-2360
3rd Wednesday at the Magnolia of Millbrae 9:00 am	
Sister Cities Commissions .....	650-259-2360
4th Monday at Library A 6:30 pm	
Youth Advisory Committee.....	650-259-2360
1st Tuesday at Council Chambers 5:30 pm	

# FACILITY RENTAL INFORMATION

Millbrae community facilities are popular venues for meetings, trainings, banquets, and parties. The Recreation Department manages facility rentals and can provide room setup as well as audio setup, when available.

All City facilities have an 11:00 pm curfew due to their proximity to residential neighborhoods.

Residents may reserve up to eight months in advance. Non-Residents may reserve up to six months in advance. Facility rentals require liability insurance and a \$380 security deposit in the form of cash or check.

## CENTRAL PARK PICNIC SITES

Area #1, #2, #3: May be reserved 8 months in advance for residents, 6 months in advance for nonresidents.



## Prohibited in all City parks

- Alcoholic Beverages
- Bounce Houses and similar devices
- Generators
- Motorized Vehicles
- Sound Amplifying Equipment is not allowed except by special permit through the City

## MILLBRAE LIBRARY & CHETCUTI ROOM

450 Poplar Avenue

### Chetcuti Room

Capacity: 270 (Lecture) 126 (Dining)  
Amenities: Kitchen, Projector Screen

### Library Room A

Capacity: 54  
Amenities: Kitchenette, Whiteboard, Projector Screen

### Library Room B

Capacity: 54  
Amenities: Whiteboard, Projector Screen



Please visit [www.ci.millbrae.ca.us/departments-services/recreation-564](http://www.ci.millbrae.ca.us/departments-services/recreation-564)  
or call (650) 259-2360 for more information

# EARLY CHILDHOOD ACTIVITIES



Open enrollment for Tiny Tots and Adventures in Learning has begun and is on a first come first serve basis. Programs are led by Millbrae Recreation Department staff. All participants must provide a copy of birth certificate and proof of childhood vaccinations before the first day of class. The program schedule follows the Millbrae School District calendar. There are four sessions in the Fall semester, which can be paid for as one fee, or through the payment plan.

## Tiny Tots

In this structured environment, children will have an opportunity to learn about sharing and social interaction. Alongside staff, children will be involved in many activities including arts and crafts, developmental games, music and much more.

*Children must be potty trained prior to enrollment and be 3 years old by the first day of class.*

### Tiny Tots Fall Semester

9/5 – 12/21 T, Th 9 am – 12 pm

No Class: 11/23

16239 \$832R/ \$852NR  
4-Session Plan: \$208R/ \$213NR  
Payment is due before the first class of every month in order to remain enrolled in the program. Limited spots available—enroll early!

### Tiny Tots Spring Semester

1/9 – 5/24 T, Th 9 am – 12 pm

No Class: 4/3, 4/5

16298 \$1,120R / \$1,140NR  
5-Payment Plan: \$224R / \$228NR

## Adventures in Learning

The countdown has begun! If your child is four years of age and entering Kindergarten in the Fall of 2018, then this program provides perfect preparation for transitioning into school. In a stimulating and challenging atmosphere, children will participate in a variety of activities; develop skills in music, language, and more.

*Children must be potty trained prior to enrollment and be 4 years old by the first day of class*

### Adventures in Learning Fall Semester

9/6 – 12/22 M, W, F 9 am – 12 pm

No Class: 10/9, 10/23, 11/10, 11/22, 11/24

16237 \$1,228R / \$1,248NR  
4-Session Plan: \$307R / \$312NR  
Payment is due before the first class of every month in order to remain enrolled in the program. Limited spots available—enroll early!

### Adventures in Learning Spring Semester

1/10–5/25

No Class: 1/15, 2/16, 2/19, 4/2, 4/4, 4/6

16296 \$1,596R / \$1,616NR  
5-Payment Plan: \$320R / \$323NR



# EARLY CHILDHOOD AND YOUTH ACTIVITIES

## Kidz Love Soccer

The soccer 'school' is a recreational setting for children to learn and play the world's most popular sport. A session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience the soccer-fun in a safe, noncompetitive environment, facilitated by a licensed professional in the Kidz Love Soccer method. Log onto [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com) for more information. KLS rain out hotline, 1-888-372-5803. Shin guards are required by the second class meeting.

Tot/Pre-Soccer		
3.5-5 years	Saturday	3:10 – 3:45 pm
9/16 – 11/18	16332	\$129R / \$149NR
Central Park	No class: 9/30 and 11/11	

Soccer 1		
5–6 years	Saturday	3:45– 4:30 pm
9/16 – 11/18	16333	\$129R / \$149NR
Central Park	No class: 9/30 and 11/11	

Soccer 2: Skills and Scimmages		
7–10 years	Saturday	4:30 – 5:15 pm
9/16 – 11/18	16334	\$129R / \$149NR
Central Park	No class: 9/30 and 11/11	



## Group Tennis Lessons

*Instructor: Scott Selig*

Our goal is to provide tennis instruction in a positive, fun, and exciting atmosphere. Students will learn fundamental stroke techniques, rally skills, scoring, and rules. Coach Scott is a member of the United States Professional Tennis Registry and coaches at Taylor Middle School.

*Group lessons will have a class size of 4 to 8 students*

**Location:** Courts at Central Park



7–9 years		
16339	Tuesday	3:30 – 4:30 pm
9/12 – 10/10	\$125R / \$145NR	
16337	Thursday	3:30 – 4:30 pm
9/14 – 10/12	\$125R / \$145NR	
16340	Tuesday	3:30 – 4:30 pm
10/17 – 11/14	\$125R / \$145NR	
16341	Thursday	3:30 – 4:30 pm
10/19 – 11/16	\$125R / \$145NR	

8 – 10 years		
16338	Tuesday	4:30 – 5:30 pm
9/12 – 10/10	\$125R / \$145NR	
16342	Saturday	10:00 – 11:00 am
9/16 – 10/14	\$125R / \$145NR	
16343	Tuesday	4:30 – 5:30 pm
10/17 – 11/14	\$125R / \$145NR	
16352	Saturday	10:00 – 11:00 am
10/21 – 11/18	\$125R / \$145NR	

10 – 12 years		
16344	Thursday	4:30 – 5:30 pm
9/14 – 10/12	\$125R / \$145NR	
16345	Saturday	11am – 12:00pm
9/16 – 10/14	\$125R / \$145NR	
16346	Thursday	4:30 – 5:30 pm
10/19 – 11/16	\$125R / \$145NR	
16347	Saturday	11am – 12:00pm
10/21 – 11/18	\$125R / \$145NR	

# YOUTH ACTIVITIES

## Aces Golf Club

### Grades 1st thru 3rd grade

Aces Junior Golf Club After-School Enrichment is a great way to introduce your young player to GOLF at your school! Using a new high-density foam practice golf ball that behaves just like a real golf ball. Students can enjoy learning the game of golf safely right on their school campus. With a 6:1 student to instructor ratio, students will receive more one on one attention. Students will explore a wide range of golf skills: Putting, Pitching, Full Swing with Woods, Irons and Wedges. This class will also cover important golf topics such as, the parts of the golf course, basic golf rules, etiquette, and score keeping. Class will take place in a series of 1-hour after school. All Aces’ Instructors have a passion for junior golf and been trained in techniques used by top PGA and LPGA professionals. Aces founder Matthew Lacues has used his 15 years of junior focused experience to develop a curriculum that is both fun and appropriate for children.

Meadows		
16353	Wednesday	1:30 – 2:30 pm
9/13 – 10/11	\$224	
16354	Wednesday	1:30 – 2:30 pm
10/18 – 11/15	\$224	

Greenhills		
16357	Tuesday	2:40 – 3:40 pm
9/12 – 10/10	\$224	
16358	Tuesday	2:40 – 3:40 pm
10/17 – 11/14	\$224	

Lomita Park		
16355	Wednesday	1:30 – 2:30 pm
9/13 – 10/11	\$224	
16356	Wednesday	1:30 – 2:30 pm
10/18 – 11/15	\$224	

Spring Valley		
16359	Friday	2:40 – 3:40 pm
9/15 – 10/13	\$224	
16360	Friday	2:40 – 3:40 pm
10/20 – 12/1	\$224	
No class: 11/10 and 11/24		





# AFTER SCHOOL PROGRAMS

## Daily Academic Support System (DASS)

*With DASS teachers*

DASS is an after school enrichment program offering the best school academic support programs to students seeking to excel in their academic performance to obtain the best possible GPA for their course of study to children in K-12th grade. DASS programs include: COMMON CORE school homework supports, test preparation, English Learner 新移民學生, and high school Algebra, Geometry, Pre-Calculus 代數, 幾何, Biology, Chemistry, Physics, English Reading and Writing 英文閱讀寫作, Arts & crafts, Mandarin 中文, and other 2nd language.

**Location:** Millbrae Chetcuti Community Room

**Grades:** K–12th

**Day/Time:** M–F, 2–6 pm and W 1:30–6 pm

**No class:** 9/4, 10/9, 11/10, 11/23, 11/24



16302	\$646R/\$666NR	5 days	8/16 – 9/29
16308	\$606R/\$626NR	4 days	8/16 – 9/28
16304	\$556R/\$576NR	3 days	8/16 – 9/29
16306	\$516R/\$536NR	2 days	8/17 – 9/28
16313	\$566R/\$586NR	5 days	8/24 – 9/29
16321	\$526R/\$546NR	4 days	8/24 – 9/28
16303	\$486R/\$506NR	3 days	8/25 – 9/29
16315	\$446R/\$466NR	2 days	8/24 – 9/28
16314	\$426R/\$446NR	5 days	10/3 – 10/31
16316	\$386R/\$406NR	4 days	10/2 – 10/25
16312	\$346R/\$366NR	3 days	10/2 – 10/30
16317	\$306R/\$326NR	2 days	10/3 – 10/31
16319	\$426R/\$446NR	5 days	11/1 – 11/30
16322	\$386R/\$406NR	4 days	11/1 – 11/30
16320	\$346R/\$366NR	3 days	11/1 – 11/29
16307	\$306R/\$326NR	2 days	11/2 – 11/30
16309	\$366R/\$386NR	5 days	12/1 – 12/22
16310	\$336R/\$356NR	4 days	12/4 – 12/21
16305	\$306R/\$326NR	3 days	12/1 – 12/22
16318	\$266R/\$286NR	2 days	12/5 – 12/21

# ELEMENTARY SPORTS

The after-school sport programs run all year at Green Hills, Meadows, Spring Valley, and Lomita Park and include: flag football, volleyball, cross country, basketball, kickball, and badminton. These programs are open to all 4th and 5th grade students of the Millbrae School District. Volleyball and Flag Football practices are held at each school site from the last dismissal bell until 4:00 pm (3:45 pm for Green Hills). Games are held at Taylor Middle School. Cross Country practice is held at Taylor Middle School. Parents must provide transportation to games. Our programs emphasize teamwork, skill development, participation, and fun! Fall sports end no later than the third week of November 2017. A parent meeting will be held at the start of each season. We will host a skills competition at the end of each season.

Please register your child before the start of each program at the Millbrae Recreation Department or online.

All registration strictly adheres to pending available space per team. If space becomes unavailable before or after the start of the program, participants are placed on the Waiting List. If space becomes available, the next participant on the Waiting List shall fill the available space on the team roster.

Interested in coaching? See [bit.ly/MillbraeCoach](http://bit.ly/MillbraeCoach) for more information.

## Fall Sports

Co-ed Flag Football		Co-ed Volleyball	
Grades: 4th and 5th		Grades: 4th and 5th	
Starts 9/11	Program Days: M, Th	Starts 9/11	Program Days: M, Th
Game Days: F	No practice: 10/9, 10/23	Game Days: F	No practice: 10/9, 10/23
Fee: \$130 (shirt \$9 extra)		Fee: \$130 (shirt \$9 extra)	
School	Code	School	Code
Lomita Park	16261 Practice time: 2:30–4 pm	Lomita Park	16266 Practice time: 2:30–4 pm
Meadows	16262 Practice time: 2:30–4 pm	Meadows	16267 Practice time: 2:30–4 pm
Spring Valley	16263 Practice time: 2:30–4 pm	Spring Valley	16264 Practice time: 2:30–4 pm
Green Hills	16259 Practice time: 2:15–3:45 pm	Green Hills	16265 Practice time: 2:15–3:45 pm
Cross Country			
Grades: 4th and 5th			
Starts 9/13	Program Days: W		
4:00pm – 5:30pm			
Practice takes place at Taylor Middle School			
Fee: \$65			
Schools	Code		
All	16268		

## Winter Sports

**Basketball:** Games may be scheduled on Thursdays, Fridays, or Saturdays

### Girls Basketball

School	Grade	Days	Start	Code
Fee: \$150 (shirt \$9 extra)				
Lomita Park	4th	M, Th	11/20	16273
Lomita Park	5th	Tu, F	11/21	16274
Meadows	4th	M, Th	11/20	16277
Meadows	5th	Tu, F	11/21	16278
Spring Valley	4th	M, Th	11/20	16281
Spring Valley	5th	Tu, F	11/21	16282
Green Hills	4th	M, Th	11/20	16269
Green Hills	5th	Tu, F	11/21	16270

### Boys Basketball

School	Grade	Days	Start	Code
Fee: \$150 (shirt \$9 extra)				
Lomita Park	4th	M, Th	11/20	16275
Lomita Park	5th	Tu, F	11/21	16276
Meadows	4th	M, Th	11/20	16279
Meadows	5th	Tu, F	11/21	16280
Spring Valley	4th	M, Th	11/20	16283
Spring Valley	5th	Tu, F	11/21	16284
Green Hills	4th	M, Th	11/20	16271
Green Hills	5th	Tu, F	11/21	16272



## COACHING OPPORTUNITIES AVAILABLE



Coaching opportunities are available for aspiring and experienced coaches who are passionate about teaching skills, leadership, teamwork, and sportsmanship for our elementary and middle school sport programs.

Great way to earn extra pay or volunteer hours

Sign up online at [bit.ly/MillbraeCoach](https://bit.ly/MillbraeCoach), or apply at [calopps.org](https://calopps.org)

# MIDDLE SCHOOL SPORTS

The Millbrae Recreation Department sports program is open to all 6th, 7th, and 8th grade students who attend school in the City of Millbrae. Teams compete in the North County Recreation League. Please register your child before the start of each program at the Millbrae Recreation Department or online. Your child will not be permitted to participate in any program until they are registered with the Recreation Department. Parents must provide transportation to games. A parent meeting will be held at the start of each season. We will host a skills competition at the end of each season for 6th and 7th graders. Interested in coaching? See [bit.ly/MillbraeCoach](http://bit.ly/MillbraeCoach) for more information.

## Fall Sports

### Co-ed Flag Football

Grades: 6th – 8th grade

6th grade 16286  
Evaluations: 8/30-2:10-4:00pm  
9/7-3:10-5:00pm

7th grade 16287  
Evaluations: 8/29-3:10-5:00pm  
9/6-2:10-4:00pm

8th grade 16288  
Evaluations: 8/28-3:10-5:00pm  
9/5-3:10-5:00pm

Days: Varies Mon – Thurs

Time: Practice, 3:10 – 5:00pm; Game time varies

Fee: \$150 (uniform \$30 extra)

### Co-ed Cross Country

Grades: 6th – 8th grade

Starts 9/7 Days: T, W, Th

Time: 3:10 – 4:30pm

Fee: \$150 (shirt \$9 extra)

16285

Meets are on Thursdays. Once meets begin there will be no practice on meet days.



### Girls Volleyball

Grades: 6th – 8th grade

6th grade 16289  
Evaluations: 9/1-3:10-5:00pm  
9/7-3:10-5:00pm

7th grade 16290  
Evaluations: 8/31-3:10-5:00pm  
9/6-2:10-4:00pm

8th grade 16291  
Evaluations: 8/3-2:10-4:00pm  
9/5-3:10-5:00pm

Days: Varies Mon – Thurs

Time: Times vary

Fee: \$150 (uniform \$30 extra)

## Winter Sports

\*Evaluation days and times to be determined.

### Girls Basketball

7th grade 16294

8th grade 16295

Fee: \$150 (uniform \$30 extra)

### Boys Basketball

7th grade 16292

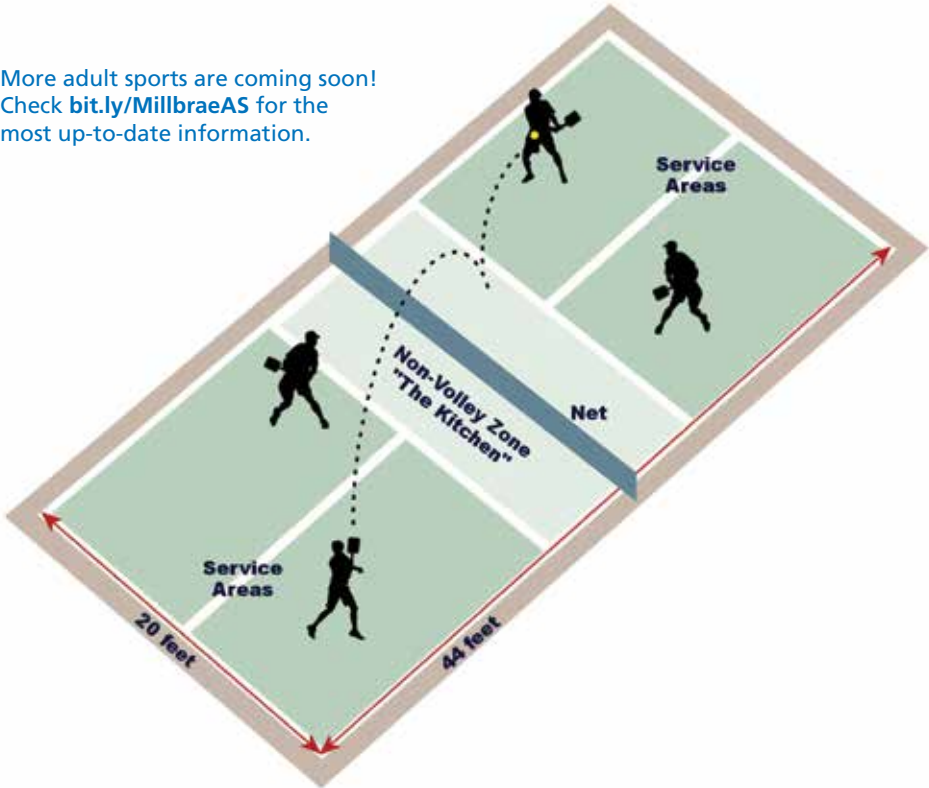
8th grade 16293

Fee: \$150 (uniform \$30 extra)





More adult sports are coming soon!  
Check [bit.ly/MillbraeAS](http://bit.ly/MillbraeAS) for the most up-to-date information.



## Pickleball

Pickleball is quickly becoming one of the most popular sports. It is a cross between tennis, badminton, whiffleball and racquetball. Check out our new program for families and adults on Friday nights at Taylor Middle School! We have 12 Pickleball Paddles available for use each night and 4 courts available; first come first served. Please bring cash and pay at the door. See details below.

**Drop-in Family Pickleball** is fun for all ages to learn the great sport of Pickleball while having fun with one another.

**Adult Drop-in Pickleball** begins at 6:30 pm at the Taylor gym. Enjoy the great workout in pairs or singles!

### Drop-in Family Pickleball

All ages

Fridays, 9/15 – 10/27

5:30 – 6:30pm

Drop-in fee: \$3 per person (5 yrs and younger are free!)

Taylor Middle School gym

### Adult Drop-in Pickleball

Adults of all ages

Fridays, 9/15 – 10/27

6:30 – 7:30pm

Drop-in fee: \$5 per person

Taylor Middle School gym

## ADULT /SENIOR PROGRAMS

### Zungu Chen Family Taijiquan

*Instructor: Debbie Au*

Students will learn and practice the Zungu Chen Family Taijiquan first form posture by posture and the silk-reeling exercises that are the foundation of Chen Taiji. This is the foundation set to develop strength, balance, coordination and the understanding of the basic Taiji principles. The martial aspects and health benefits are preserved and retained in the Zungu Chen Family Taijiquan. Students can practice this form as a martial art with low powerful stances or for health in a higher position with graceful, slow, light movements. Please wear comfortable clothing.

16301

9/11-10/30 Monday 6:00 – 7:00 pm

Fee: \$136R / \$156NR

Millbrae Library, Room B

16300

11/6-12/11 Monday 6:00 – 7:00 pm

Fee: \$106R / \$126NR

Millbrae Library, Room B

### Yoga for Every Body

*Instructor: Dana Berman*

Yoga For Every Body is a great place to experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Instruction will introduce fundamental poses, sequences, terminology, and concepts from the Hatha Yoga tradition. This classes will be of value to those who have never practiced yoga or someone that has an intermittent practice and may need a refresher. Modifications and slight variations will be introduced to accommodate all levels of yoga students and assist anyone that may have physical limitations.

16327

9/5 – 10/10 Tuesday 10 – 11:15 am

Fee: \$97R / \$117NR

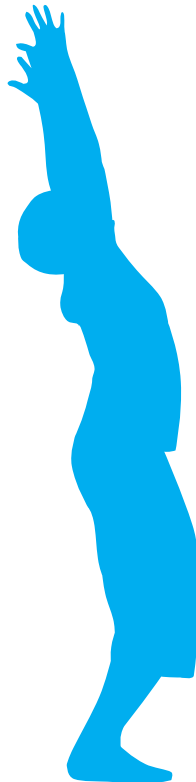
Millbrae Library, Chetcuti Room

16328

10/17 – 11/21 Tuesday 10 – 11:15 am

Fee: \$97R / \$117NR

Millbrae Library, Chetcuti Room



Get your  
copy of the  
*Seniorline*  
Newsletter  
from the  
rec office!

## SENIOR SOCIAL ACTIVITIES

Join us for Pedro, Mexican Train, Chess, Oil Painting, and more!

Drop-in \$2      Mondays, 10 am– 2 pm      Millbrae Library, Room A

## QUILTING

Meet new people and work on your quilting skills.

Drop-in \$2      Tuesdays, 11 am– 3 pm      Millbrae Library, Room B

## CURRENT EVENTS

This San Mateo Adult School class is back! New topics weekly, on politics, health, and sports!

Semester: \$50      Tuesdays, 1:30 – 2:30 pm,  
begins August 22      Millbrae Library, Room B

## QI GONG

This San Mateo Adult School class is back in Millbrae! Join us in Qi Gong Aerobic Fusion for adults 50 and up.

Semester: \$50      Tuesdays, 9 – 10 am,  
begins August 22      Millbrae Library, Chetcuti Room

## DANCE AEROBICS

This San Mateo Adult School class is back in Millbrae! Join instructor Jeri McGovern in this exercise class for adults 50 and up.

Semester: \$50      Wednesdays, 9 – 10 am,  
begins August 23      Millbrae Library, Chetcuti Room

## DANCE AEROBICS

This San Mateo Adult School class is back in Millbrae! Join instructor Jeri McGovern in this exercise class for adults 50 and up.

Semester: \$50      Thursdays, 9 – 10 am,  
begins August 24      Millbrae Library, Chetcuti Room

## ZUNGU CHEN FAMILY TAI CHI

This class, taught by Debbie Au, is a mixture of beginners who have learned and can perform the first 6–7 postures of the Zungu Chen Family Taijio form by themselves.

Drop-in \$8      Wednesdays, 12:15 pm– 1:15 pm  
begins Aug. 23      Millbrae Library, Chetcuti Room

## SENIOR BOUTIQUE CLUB

Craft items are made to be sold. Proceeds benefit Senior Program. Materials are provided.

Wednesdays, 9 – 11:30 am      Millbrae Library, Room A

## HELPING HANDS

Participants use donated yarn to crochet lap robes for nursing homes. Join the group for good deeds and good company!

Thursdays, 9 – 11:30 am      Millbrae Library, Room A

## FITNESS CLASS FOR SENIORS

Stay healthy and active with a focus on maintaining your movement range. We will tone and shape up to music combining gentle, low-impact aerobics with stretching and balance work. This class is geared for you to participate and progress at your own pace.

Drop-in \$2      Thursdays, 11 am– 12 pm      Millbrae Library, Chetcuti Room

**Millbrae Recreation**  
621 Magnolia Avenue  
Millbrae, CA 94030  
(650) 259-2360

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**12th Annual**  
MILLBRAE  
**JAPANESE**  
**CULTURE**  
**FESTIVAL**

**Sunday, October 1, 2017 10:30 AM ~ 4:30 PM**  
**Civic Center Plaza** 1 Library Avenue, Millbrae, CA 94030  
presented by  
**the Millbrae Japanese Culture Festival Committee**  
For general information, please call 415-602-1660  
[www.japaneseculturefest-millbrae.org](http://www.japaneseculturefest-millbrae.org)

**FREE Admission**

**Sponsorship is available.**



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