 MORAGA  
PARKS & RECREATION  
Activity Guide  
Winter/Spring 2020  

Parks Make Life Better!  

Town Crier ............... 2  
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Registration is Open Now!  

moragarec.com  925.888.7045
On September 11, 2019 the Town Council voted to amend several sections of the Town’s Zoning Code to simplify the process for new commercial businesses attempting to locate in Moraga. The amendments simplify the land use approval process for business owners attempting to locate in either of the Town’s two commercial zoning districts, the Community Commercial and Limited Commercial Districts, which comprise all of the commercial areas in and around the Moraga Center and the Rheem Valley Shopping Center, as well as the shopping center where 24 Hour Fitness and the St. Mary’s College extension campus are located. The new business-friendly regulations went into effect on Friday, October 11, 2019.

Are You Prepared for Any Emergency?
We know emergencies can happen, but are you ready should one occur? Do you have a fire extinguisher and know how to use it? Do you have an evacuation plan? Do you know basic first aid? Do you have a backup power supply should power be shut off? Please consider attending the Winter CERT class to get “hands on” experience in basic skills such as fire extinguisher operation, medical aid, radio communication, light search and rescue, and household disaster preparation.

Lamorinda CERT (Community Emergency Response Team) classes are open to residents and employees of the Lamorinda area and the next class series begins on Tuesday, January 7 at the Lafayette Community Center. Registration is easy at https://lamorindacert.org/training/classes/

The time to prepare for a disaster is BEFORE it hits. Learn how to better protect your family and neighborhood by taking the Winter CERT class!
**Moraga Education Foundation**

Donations to the Moraga Education Foundation give local schools the resources they need to provide a high-quality public education and Make Moraga Brighter.

Why should YOU donate to MEF? **If you are a parent**, your child benefits from the programs and staff funded by MEF donations. **If you are a community member**, excellent schools mean a vibrant community and a stable housing market. **If you are a civic organization**, your donation will make a lasting impact by ensuring that our public schools stay strong for ALL children. **If you are a business**, exceptional schools draw customers and clients to Moraga, making it a stronger market for your business.

Let’s ALL come together as a community to Make Moraga Brighter by supporting Every Student, Every Day!

Visit moragaeducation.org to make a tax-deductible donation, learn more about MEF, and see the benefits of business sponsorship.

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**Moraga Chamber of Commerce**

The Moraga Chamber of Commerce continually works to promote, support and develop a strong business community. Our mission includes connecting the community at large to our Businesses, generating an overall, vibrant community. Everyone can participate by nominating a Business, Non Profit of the Year and an outstanding Employee of the Month from any of our local businesses.

Each February the Chamber honors a local **Business of the Year** whose contribution to the Town has proven to be outstanding. Each month however, in conjunction with the Moraga Rotary we award an **Employee of the Month** who is recognized during a Rotary dinner, for their outstanding efforts to serve our community and present them with $100 in local Gift Certificates. Nominations for these awards are open to the public and forms can be found on www.moragachamber.org.

Be sure and ‘like’ our Facebook page to keep up on inside information and business specials, and remember to Shop Moraga—Where Parking is Always FREE!

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**Moraga Citizens Network**

Promoting participation in the Moraga Community. Good communication helps create a sense of community, of belonging, of feeling included. This is part of the mission of Moraga Citizens Network. Here are three tools we offer to assist you in knowing what is happening in Moraga—the where, the when, and the how you can participate.

**The MCN Link**

- A free bi-monthly e-bulletin links you to up-to-date announcements of Moraga events like public meetings, concerts, festivals, and lectures.
- See a sample on our website and then give it a try. Simply use the Sign Up button on the website.

**Website:**


- A source of contact information for most of Moraga’s service organizations as well as Town services like the library, MOFD, Police Dept., schools, etc.
- Holds a comprehensive 2-week plus calendar for Moraga events and public meetings
- Highlights the main events of the month
- Posts MCN’s goals, lists what we do, and describes MCN’s history

**The MCN Facebook page**

- “Like” the Moraga Citizens Network page in order to get reminders of town events, events not covered in The MCN Link, and late-breaking news.

Check us out! Stay connected!
Sign up for [The MCN Link](#)!
TEDDY BEAR TEA
SATURDAY, FEBRUARY 29
11:00am to 1:00pm
Hacienda de las Flores
$30 per person

Includes tea, fruit, sandwiches, and desserts

Children will make their own teddy bear!

The Irresistible Beauty of All Things
A reading & conversation with poets Cyrus Cassells and Matthew Zapruder

A collaboration of the Town and Saint Mary’s College MFA in Creative Writing

Sunday, April 26
4:00–6:00 pm
Hacienda de las Flores

MORAGA JUNIORS WOMEN’S CLUB PRESENTS
Spring Egg Hunt
March 21, 2020
9:00 am-12:00 pm
Moraga Commons Park
WWW.MORAGAJUNIORS.ORG
SUMMER CAMP DISCOUNT

Summer camp details will be released online on April 1! Secure your space in any summer camp during the month of April and save 10%.

KIDS NIGHT OUT
Friday, April 24 • 6:00-10:00 pm
Ages 5-10 years old
Hacienda de las Flores
$25 per child
Includes Activities & Pizza Dinner
Register: moragarec.com

I ❤️ MORAGA
Call for Photo Submissions

Do you have photos that represent Moraga?

The Town is looking for high quality photos to use on its new website!
Email your photos to recdesk@moraga.ca.us to have them considered.

Town of Moraga Community Garage Sale
Saturday | May 16
Online Registration Begins 3/2
To register your sale or view sale locations, please visit moragagaragesale.com
Town After-School Enrichment Programs (Town ASEP)

The Town of Moraga is proud to offer After School Enrichment Programs to the Moraga community. Town ASEP is available to students from all elementary schools and those in homeschool programs. Classes will take place at the Hacienda de las Flores located at 2100 Donald Drive.

WINTER CLASSES: February 3–March 26
SPRING CLASSES: April 6–May 28

Winter Schedule: February 3–March 26

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Scratch Coding</td>
<td>Bricks 4 Kidz: Things that Go</td>
<td>Lamorinda Soccer</td>
<td>Bricks 4 Kidz: Science of Pokemon</td>
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<td>Chess</td>
<td>Toyology</td>
<td>YoGo4Kids</td>
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<td>Performing Academy</td>
<td>Painting with a Twist</td>
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Spring Schedule: April 6–May 28

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<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Scratch Coding</td>
<td>Bricks 4 Kidz: World Engineering</td>
<td>Lamorinda Soccer</td>
<td>YoGo4Kids</td>
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<tr>
<td>Cake Decorating</td>
<td>Chess</td>
<td>Toyology</td>
<td>Painting with a Twist</td>
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Rheem Bus Passes

Grades K–5

If your child attends Rheem Elementary School, bus service will be available. The Lamorinda School Bus program will be adding an additional bus stop at the Hacienda. Children with an annual bus pass will be able to use this service with no extra charge. Daily bus passes are available at a cost of $6 per ride and can be purchased through the recreation department for those who would like to add this service.

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<thead>
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<th>SCHEDULE</th>
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<td>Winter</td>
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<td>Feb 3–Mar 23 M</td>
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<td>Feb 5–Mar 25 W</td>
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<td>Feb 6–Mar 26 Th</td>
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<td>Spring</td>
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<td>April 6–May 18 M</td>
<td>$42</td>
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<td>April 9–May 28 Th</td>
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FEE: $42–$48

Registration is Open Now!
Toyology: Science through Toys
Sarah’s Science Staff Grades K-4
We are hands-on with science in these engineering and physics based classes as each student constructs and decorates a new toy each week. Students will test their toys in class and at home to illustrate concepts such as wiring and circuits, gravity, energy, friction, motion, sound, inertia, and electricity.

Location: Mosaic Room

SCHEDULE
Feb 5–Mar 25 W 2:15–3:15 pm
Apr 8–May 27 W 2:15–3:15 pm

FEE: $240 MIN/MAX: 12/30

Chess
The Berkeley Chess School Grades 1–5
Chess is fun and can be learned quickly and easily. Studies have found that chess improves test results in reading, science, and math, and encourages growth in critical cognitive skills.

Location: Dance Room
Feb 4–Mar 24 Tu 3:30–4:30 pm

Location: Casita
Apr 7–May 26 Tu 3:30–4:30 pm

FEE: $240 MIN/MAX: 12/30

Extended Care
Town Staff Grades K-5
The Town provides an optional extended care program for families in need of childcare until 6:00 pm each day. Extended care will be provided onsite at the Hacienda following dismissal from TOWN ASEP classes. Join us for homework time and fun! Light snack provided.

Location: La Sala

SCHEDULE FEE
Winter
Feb 3–Mar 23 M $40
Feb 4–Mar 24 Tu $45
Feb 5–Mar 25 W $60
Feb 6–Mar 26 Th $45

Spring
April 6–May 18 M $40
April 7–May 26 Tu $45
April 8–May 27 W $60
April 9–May 28 Th $45

FEE: $40–$60

Scratch Coding
KidzToPros Staff Grades 2–5
Scratch Programming for kids 7+ focuses on making sure children understand foundational computer programming (coding) concepts such as sequencing, branching, looping, and variables. They will learn it in a fun way by making animations, dialogues, games, simulations, etc. Completion of this program gives kids a very good foundation to start building more complex programs in Scratch, and also to start other Programming languages.

Location: Mosaic Room

SCHEDULE
Feb 3–Mar 23 M 3:30–4:30 pm
Apr 6–May 18 M 3:30–4:30 pm

FEE: $228 MIN/MAX: 6/25

Science of Pokemon
Bricks 4 Kidz Grades 2–5
Ever wonder how Magnemite can attach itself to power supplies and metal? Or how Oddish is able to absorb all the nutrients from the ground? Learn about Pokemon characters and how their powers work. In this STEM-based class, students will conduct different experiments related to the characters. Lots of great take home projects. $25 Materials fee due to instructor at first class.

Location: Mosaic Room

SCHEDULE
Feb 6–Mar 26 Th 3:30–4:30 pm

FEE: $172 MIN/MAX: 10/20

Scratch Coding
KidzToPros Staff Grades 2–5
Scratch Programming for kids 7+ focuses on making sure children understand foundational computer programming (coding) concepts such as sequencing, branching, looping, and variables. They will learn it in a fun way by making animations, dialogues, games, simulations, etc. Completion of this program gives kids a very good foundation to start building more complex programs in Scratch, and also to start other Programming languages.

Location: Mosaic Room

SCHEDULE
Feb 3–Mar 23 M 3:30–4:30 pm
Apr 6–May 18 M 3:30–4:30 pm

FEE: $228 MIN/MAX: 6/25

Transportation Timeline & Things That GO!
Bricks 4 Kidz Grades K-5
If you like planes, trains and automobiles, this is for you! Build motorized LEGO models of a dragster or an airplane and more. Each lesson introduces key terminology, like lift and propulsion for the airplane, as well as describes how each vehicle works, all while reinforcing the S.T.E.M. and CORE concepts.

Location: Mosaic Room

SCHEDULE
Feb 4–Mar 24 Tu 3:30–4:30 pm

FEE: $172 MIN/MAX: 10/20

Science of Pokemon
Bricks 4 Kidz Grades 2–5
Ever wonder how Magnemite can attach itself to power supplies and metal? Or how Oddish is able to absorb all the nutrients from the ground? Learn about Pokemon characters and how their powers work. In this STEM-based class, students will conduct different experiments related to the characters. Lots of great take home projects. $25 Materials fee due to instructor at first class.

Location: Mosaic Room

SCHEDULE
Feb 6–Mar 26 Th 3:30–4:30 pm

FEE: $172 MIN/MAX: 10/20

World Engineering with LEGO
Bricks 4 Kidz Grades K-5
We'll explore our world by learning about and building some of the engineering marvels that we encounter every day. From animals and energy, to construction equipment, race cars and space travel. Each motorized lesson introduces key terminology related to each build, with S.T.E.M. and CORE concepts.

Location: Mosaic Room

SCHEDULE
Apr 7–May 26 Tu 3:30–4:30 pm

FEE: $172 MIN/MAX: 10/20

World Engineering with LEGO
Bricks 4 Kidz Grades K-5
We'll explore our world by learning about and building some of the engineering marvels that we encounter every day. From animals and energy, to construction equipment, race cars and space travel. Each motorized lesson introduces key terminology related to each build, with S.T.E.M. and CORE concepts.

Location: Mosaic Room

SCHEDULE
Apr 7–May 26 Tu 3:30–4:30 pm

FEE: $172 MIN/MAX: 10/20
Painting With a Twist
Painting with a Twist Staff Grades 2–5
We will paint and be inspired by influential artwork from different parts of the world! We look forward to having your child create with us! All supplies are provided by PWAT and are included in the price.

Location: Casita

SCHEDULE
Feb 6–March 26 Th 3:30–4:45 pm
Apr 9–May 28 Th 3:30–4:45 pm

FEE: $304 MIN/MAX: 8/22

Cake Decorating
Annette Gojkovich Grades K–8
Tapping into their creative side, kids will use different colored frosting and tips to create edible master pieces, including a cake, all while learning about different piping techniques from a Certified Wilton Instructor! Advanced class will learn to forge, level, and shape cakes. Materials fee due to instructor on first day $44 for K–5, $50 for 6–8.

Location: Dance Room

SCHEDULE FEE
Grades K–5
Apr 6–May 18 M 3:30–4:30 pm $275
Advanced, Grades 6–8
Apr 7–May 12 Tu 3:30–5:00 pm $353

FEE: $275–$353 MIN/MAX: 6/14
No class 2/17

Rheem Performing Academy: The Wizard of Oz
Performing Academy Staff Grades K–5
Designed to give students the full experience of rehearsing and performing in a musical. Each week, students participate in a rehearsal process that includes technique-based training and application. Students are taught key concepts in the theatre, including music theory, dance technique, and the actor’s tool kit. At the culmination of the process, students perform at the Del Valle Theatre, a professional operating theatre in Walnut Creek with costumes, sets, and lights! Open to Rheem students only.

Dress Rehearsal, 5/13: Held off-site (transportation not provided)

Class Wrap-up, 5/20: Held at the Hacienda, regular hours. Teaching Artists will lead a discussion of the performance process and then recreate the show with students playing different roles.

Show Viewing, 5/27: Held at the Hacienda. Students will view video of the performance.

Location: Donald Rheem Elementary

SCHEDULE FEE
Grades K–2
Feb 5–May 27 W 2:15–3:15 pm $323

Grades 3–5
Feb 5–May 27 W 2:15–5:15 pm $587

3–5: 20/30

YoGo4Kids
Heather Thornton Grades K–3
YoGo4Kids is an active, age-appropriate yoga class where children increase body awareness, build confidence and cultivate a heart full of gratitude & joy. Thematic classes include breath-work, individual & partner poses, non-competitive games and a time for relaxation. Yoga mats are provided.

Location: La Sala

SCHEDULE FEE
Feb 6–Mar 26 Th 3:30–4:30 pm $124
Apr 6–May 21 Th 3:30–4:30 pm $109

FEE: $109–$124 MIN/MAX: 8/16

Soccer
Lamorinda Soccer Club Grades K–5
Lamorinda Soccer Club brings professional coaching in a fun learning environment to our after school program. The LMSC coaches are prepared to teach levels from basic to competitive.

Location: Hacienda Lawn (Dance Room for rainy days)

SCHEDULE FEE
Feb 5–Mar 25 W 2:15–3:15 pm $204
Apr 8–May 27 W 2:15–3:15 pm $204

FEE: $204 MIN/MAX: 10/30
We’re Hiring!

Do YOU want a FUN summer job for a change?
Are YOU creative, organized, energetic, resourceful, and a team player? We’re looking for YOU to join our camp team and run activities for nine weeks of summer camp fun for kids ages 5–10 at Moraga Day Camp!

THE POSITION:
• June 1–August 7, 2020
• Monday–Friday with Field Trips each week
• $13–$18.88 per hour depending on position & qualifications.
• Ages 16+ (Recreation Leader I)
• Ages 18+ (Recreation Leader II)

Applications accepted until all positions are filled. Apply today!

Apply at: calopps.org/town-of-moraga

Counselors in Training Program
Not old enough to work at Moraga Day Camp yet? Check out our Counselor in Training program for ages 13–16. Details on Page 12.
Art Party
Town Staff  Age 2–5
Allow your child to explore their creativity through themed art projects using various art media such as paint, playdough, and drawing in this self-directed art class. Please wear clothes that can get messy. Children must be accompanied by an adult.

Location: Casita
SCHEDULE
Colors of the Rainbow
Jan 16  Th  10:30–11:30 am
Bees, Butterflies, and Other Bugs
Feb 20  Th  10:30–11:30 am
Things that Go
Mar 19  Th  10:30–11:30 am
Hello Spring!
Apr 16  Th  10:30–11:30 am
Under the Sea
May 21  Th  10:30–11:30 am
FEE: $5/CHILD/CLASS  MIN/MAX: 5/20

Music Together
East Bay Music Together  Age 0–5
Fun. Fabulous. Uplifting. Magical. These are just a few of the ways that parents describe Music Together. Each week in Music Together classrooms around the world, babies, toddlers, preschoolers, big kids—and the grownups who love them!—gather to make music as a community. Our early childhood music classes give families with children from birth through age 5 the chance to get in touch with their inner musician and connect with other families. We’re on a mission to make the world a better place by making it more musical. And you can be part of it by joining one of our music classes in your neighborhood!

Location: Mosaic Room
SCHEDULE
Jan 14 –Mar 17  Tu  9:30–10:15 am
Jan 14 –Mar 17  Tu  10:30–11:15 am
Apr 7–Jun 9  Tu  9:30–10:15 am
Apr 7–Jun 9  Tu  10:30–11:15 am
FEE: $239  MIN/MAX: 6/12

Splashball
Lamorinda Water Polo Staff  Age 5–9
Designed for boys and girls, ages 5 to 9 years old, with little or no water polo experience. The players will learn the basics of the game while having loads of fun. Splashball is a no-contact program held in a shallow pool and floatation devices are allowed. Students should have basic swim skills: 25 yards free: 25 yards backstroke: 30 seconds tread water.

Location: Soda Aquatic Center
SCHEDULE
Apr 26–Jun 21  Su  5:30–6:30 pm
FEE: $124  MIN/MAX: 25/80
No class 5/10, 5/24

Kidz Love Soccer
Kidz Love Soccer Staff  Age 2–6
All participants receive a KLS jersey!

Mommy/Daddy & Me Soccer—introduce your toddler to the world’s most popular game! As you participate in our fun age-appropriate activities, your child will be developing their large motor and socialization skills.

Tot/Pre Soccer—Little tykes will enjoy running and kicking! Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Shin guards are required after the first meeting.

Soccer 1—Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

Location: Moraga Commons Park
WINTER SCHEDULE
AGES
Mommy/Daddy:
Jan 27–Mar 9  M  3:30–4:00 pm  2–3.5Y
Tot/Pre Soccer:
Jan 27–Mar 9  M  4:10–4:45 pm  3.5–5Y
Soccer 1:
Jan 27–Mar 9  M  4:45–5:30 pm  5–7Y
FEE: $114  MIN/MAX: 5/20
No class 2/17

SPRING SCHEDULE
AGES
Mommy/Daddy:
Apr 6–May 11  M  5:40–6:10 pm  2–3.5Y
Tot/Pre Soccer:
Apr 6–May 11  M  4:10–4:45 pm  3.5–5Y
Soccer 1:
Apr 6–May 11  M  4:45–5:30 pm  5–7Y
FEE: $114  MIN/MAX: 5/20
Online Driver’s Ed Course
Bay Area Driving School  Age 15+
DMV allows teens to receive their Learner’s Permit at age 15½ and a License at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time. Once registered, Bay Area Driving School will reach out to you via email with log-in information.

Location: Online
FEE: $26  MIN/MAX: NONE

Wine Excursion at a Moraga Vineyard
Susan Captain, Vineyard Manager  Age 21+
Wine and grapes are about place, they speak of the soil from which they grew. Join Susan and Sal Captain at their family vineyard in Moraga, the visit will include an intimate look at how grapes are grown and wine is made at a small, family-owned vineyard. Participants will learn how a healthy vineyard is developed, about wine processed using green and sustainable practices, and expand on the newly recognized Lamorinda American viticulture area (AVA). Barrel tasting and cheese pairing will complete the class. Don’t miss this unique outdoor excursion for minds and bodies.

www.captainvineyards.com

Location: Captain Vineyards
SCHEDULE
January 12  Su  1:00–3:00 pm
February 9  Su  1:00–3:00 pm
March 8  Su  1:00–3:00 pm
April 12  Su  1:00–3:00 pm
May 10  Su  1:00–3:00 pm
FEE: $44  MIN/MAX: 1/15

Yoga for All Levels: Iyengar
Jeanne Dowell  Adult
Jeanne Dowell, former Instructor under the US Olympic Committee brings a unique approach to her classes. Jeanne teaches the practice of yoga and mindfulness and show specific ways of integrating these into our daily living. Jeanne has studied throughout the world in developing her approach, using yoga, meditation and mindfulness as her path to healthy aging. Candlelight meditation and relaxing once a month in each session. Strength, stamina, flexibility, and posture are all part of healthy aging. Class is designed for all levels.

Location: La Sala
SCHEDULE
Jan 13–Mar 9  M  9:00–10:15 am $123
Mar 16–May 18  M  9:00–10:15 am $174

Intro to Yoga & Meditation:
Feb 6–27  W  6:30–7:30 pm $66

FEE: $66–$174  MIN/MAX: 5/17
No class 1/20, 2/17

Moving Meditation with T’ai Chi Chih/Qigong
Wendy Helms  Adult
Beginners learn 19 slow, simple movements which promote calmness, balance and wellbeing. Recommended for stress management. Continuing class is for students who are familiar with the T’ai Chi Chih movements.

Location: Terrace Room
SCHEDULE
Beginning:
Jan 15–Mar 4  W  9:30–10:30 am
Mar 25–May 13  W  9:30–10:30 am

Continuing:
Jan 16–Mar 5  Th  9:30–10:30 am
Mar 26–May 14  Th  9:30–10:30 am

FEE: $92  MIN/MAX: 3/9

Registration is Open Now!
Counselors in Training
Coming Summer of 2020! Age 13–16

Have fun volunteering this summer as a Counselor in Training (CIT) at Moraga Day Camp! Gain valuable job skills as you work alongside our Recreation Leaders in a fun and safe environment. After an interview process, accepted participants will be trained in leading camp activities, improve customer service skills, leadership, responsibility, and reliability. Recreation Department staff will provide daily guidance and supervision for CITs. Upon completion of the CIT program, participants are guaranteed an interview for the summer Recreation Leader position when they are old enough.

Requirements:
• Age 13–16 (by June 1)
• Two consecutive weeks of volunteering during the summer (Mon–Fri, 8:30 am–3:30 pm)
• Mandatory orientation night May 20, 2020
• Parents information meeting directly following orientation night
• Training with camp staff on Monday 6/1 and Wednesday 6/3

Register for an interview time at moragarec.com!
Fee: If chosen to be a participant, a fee of $75 will be due by the Orientation Night
Registration opens March 2, 2020.

Paint with Watercolor
Marianne Brown Adult

Marianne Brown, author of “Watercolor by Design” has been teaching watercolor classes in the Lamorinda area for more than 35 years. Classes are designed for students with some watercolor experience; beginners are welcome. Students learn in class and paint at home. Learn basic watercolor techniques. Supply list available at the Recreation Office.

Location: La Sala
SCHEDULE

Jan 6–Mar 9 M 1:00–4:00 pm
Mar 30–May 18 M 1:00–4:00 pm

FEE: $132 MIN/MAX: 10/25
No class 1/20, 2/17

Registration is Open Now!
Senior Trips

**Activity Levels**—You must be able to walk four steep steps to board the van. Let us know of any physical limitations prior to signing up so staff can try to accommodate your needs ahead of time. Trips depart from the Hacienda de las Flores. Choose your level carefully:

- **Level 1**: Easy, sitting/little walking. Must be able to stand 10 minutes without assistance or bring your walker or wheelchair.
- **Level 2**: Small amount of walking
- **Level 3**: Moderate to heavy walking
- **Level 4**: Heavy amount of walking/standing
- **Level 5**: Strenuous walking/hiking

If you aren’t sure where you fit, call us at (925) 888-7036. Trips are generally from 9:00 am–4:00 pm. Please note: Times listed for trips are approximate. Exact meeting times will be provided one week prior to trip. **Refunds for trips can only be issued if waitlist can be utilized.**

For more detailed descriptions of each Trip, please see the registration page online.

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**March**

*San Francisco Movie Tour*

**Tuesday, March 10**

8:00 am–4:00 pm

Explore San Francisco’s cinematic history with an actor for a guide on this tour of the city’s role in over 50 movies. This tour is designed for movie buffs who will get an inside look at where dozens of classic and recent movies were filmed. Lunch at Mel’s Drive-in Diner is included.

**ACTIVITY LEVEL: 2**  **FEE: $80**

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**April**

*Cornerstone Garden Tour/ Lunch at Palooza Eatery*

**Wednesday, April 29**

8:45 am–5:00 pm

The group will enjoy a docent-led tour of the beautiful Cornerstone Gardens in Sonoma which will include the background and history of Cornerstone and while viewing the nine Architectural installations as well as the five Sunset gardens and plants. Tour will be followed by a hosted lunch at the onsite new restaurant, Palooza Eatery.

**ACTIVITY LEVEL: 3**  **FEE: $68**

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**May**

*Golden Gates Fields—Horse Racing*

**Friday, May 8**

8:45 am–5:00 pm

Join us for an exciting outing to Golden Gate Fields where we will enjoy a day of thrilling Thoroughbred racing and a lavish luncheon buffet in the Turf Club. The expansive viewing area offers a close-up view of your favorite horses rounding the turn, heading toward the finish line. Fee includes: transportation, admission, reserved seating, racing program and buffet lunch.

**ACTIVITY LEVEL: 2**  **FEE: $78**

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**January**

*Cantor Arts Center—Stanford University*

**Thursday, January 23**

9:30 am–3:30 pm

Don’t miss out on this opportunity to see the highlights of the Cantor’s permanent collection as a docent leads you through a selection of works spanning varied cultures and time periods. The museum, founded when the university opened in 1891, was created to make collections available to students and the public. Lunch will be on your own at the Cantor Café at the museum.

**ACTIVITY LEVEL: 2**  **FEE: $25**

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**February**

*Pacific Orchid Expo, San Francisco*

**Thursday, February 20**

9:00 am–5:00 pm

The Pacific Orchid Exposition is the largest orchid show in the United States featuring over 150,000 beautiful orchids from all over the world. Visit will include a docent-led tour and free time to explore, shop and relax. Food and beverages will be available for you to purchase.

**ACTIVITY LEVEL: 3**  **FEE: $35**
Wisdom Workshops
All wisdom workshops are free to register and will take place at the Orinda Community Center. For more detailed descriptions of each workshop, please see the registration page online.

Tai Chi for Arthritis and Fall Prevention
Presenter: Ralph Somack
Thursday, January 9, 10:30 am–12:00 pm
Recent studies have demonstrated tai chi to be effective in improving balance, reducing stress, mobilizing joints and muscles and offering arthritis pain relief. In this presentation the history of tai chi as a martial art and a system of exercise will be discussed and the Sun style tai chi for Arthritis and Fall prevention program will be demonstrated.

Lamorinda Spirit Van Program
Presenter: Mary Bruns, Program Manager
Wednesday, January 22
10:30 am–12:00 pm
The Lamorinda Spirit Van is one of the transportation options available to Lamorinda older adults, age 60+ and people with disabilities. You are invited to attend this informational workshop to learn everything the Lamorinda Spirit Van Program offers for older adults. This program provides rides to residents to errands, shopping, medical and personal appointments.

Dementia 101
Presenter: Silverado Memory Care Communities
Wednesday, February 12
10:30 am–12:00 pm
What is dementia? What are the various types of dementia? What are the early signs? How do I reduce my chances of early onset? Don’t miss out on this informative presentation and discussion on dementia that will answer these questions and any others you might have.

Your Kids Don’t Want Your Stuff: Downsizing Made Easy
Presenter: Jean Goldman, Goldman Transitions
Wednesday, March 11, 10:30 am–12:00 pm
If you are like most people, years of home ownership have left you with a house full of things you no longer want or need. You may be saving things for your children but now realize that they do not want them. It may be time to downsize. This seminar will give you the tools and resources you need to start to go through these things and begin to clear them out.

Know the Ten Signs
Presenter: Jan Walker, Alzheimer’s Association
Wednesday, March 25, 10:30 am–12:00 pm
This workshop will explore the most common warning signs of Alzheimer’s to help you be informed about what is normal aging and what is not. By the end of the program, the goal is to be able to: describe typical age-related memory, thinking or behavior changes; recognize common warning signs of Alzheimer’s; discuss the tips for approaching someone about memory concerns, and name the resources available through the Alzheimer’s Association.

Meditation and Personal Development
Presenter: Mary Bruns
Wednesday, April 8, 10:30 am–12:00 pm
Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, healing, and a deeper spiritual connection. In this introductory class, you will learn techniques to quiet your thoughts and tune into a higher state of consciousness.

Healthy Living for Your Brain and Body
Presenter: Dori Sproul, Alzheimer’s Association
Wednesday, April 22, 10:30 am–12:00 pm
For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.
REGISTRATION FORM

Adult or Parent/Guardian Name ____________________________________________________

Phone 1 ____________________  Phone 2 ______________________  Email:______________________________________________________

Address __________________________________________________  City/Zip ____________________________________________________

☐ Please check if you have changed your address from last registration.

☐ To assure our programs benefit all who attend, please indicate if you have any disabilities requiring special accommodations:
__________________________________________________________________________________________________________________________________________

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<th>Participant Name</th>
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To register by mail, please mail registration form and attached payment to:

TOWN OF MORAGA
2100 Donald Drive
Moraga, CA 94556

Checks payable to Town of Moraga

PAYMENT INFORMATION

Check # _____  Cash _____  Credit Card # _______________________  Exp. Date _____  3 Digit Sec. Code _____

Office use only ____________________________________________________________

REFUND POLICY: A full refund will be made only if a class/activity is cancelled by the department. Refunds require 30 days to process and will be issued in the form of a check. No refunds will be issued after the first meeting. Refunds prior to first class will be charged a $11.00 processing fee. A completed registration and waiver must be in the Recreation Department's possession at the time of the first class. Thank you. All classes and activities subject to cancellation due to low enrollment.

AGREEMENT, WAIVER, AND RELEASE—This must be signed before beginning any activity. In consideration for being permitted by the above agency to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above agency (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks, I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above person or entities free and harmless from any loss, liability, damage cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: I hereby consent to the above registrants’ participation in the above activity(ies). I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss liability, damage, cost, or expense, which they may incur as a result of the death or any injury or property damage, that said minor may sustain while participating in said activity. I also understand that the Town of Moraga Recreation Department occasionally takes photos of department programs and events and that these photos may include me or my child. I hereby authorize use of these photos for promotional or marketing purposes at the discretion of the Moraga Recreation Department.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN THE ABOVE DISTRICT AND MYSELF AND I SIGN IT OF MY FREE WILL.

Each adult that is participating in a listed activity must sign this form. Thank you.

Participant/Parent/Guardian Signature  Date  Participant/Parent/Guardian Signature  Date

REGISTRATION FORM

Registration is Open Now!

REGISTRATION

CAMP/CLASS LOCATIONS

The Hacienda de las Flores, Mosaic Room,
Casita, La Sala, Pavilion, Kitchen, Dance and
Conference Room: 2100 Donald Drive
Camino Pablo Elementary: 1111 Camino Pablo
Campolindo High School: 300 Moraga Road
JM Intermediate: 1010 Camino Pablo
Los Perales Elementary: 22 Wakefield Drive
Moraga Commons Park: 1425 St. Mary’s Road
Moraga Library: 1500 St. Mary’s Road
Rancho Laguna Park: 2101 Camino Pablo
Rheem Elementary: 90 Laird Drive
Saint Mary’s College: 1928 St. Mary’s Road
Soda Aquatic Center: 300 Moraga Road

Please arrive 5 minutes early to locate classroom.
Moraga Day Camp 2020

**Camp Connect**

**CAMP CONNECT IS BACK FOR 2020!**

Join us as we continue to build community engagement in youth and teens with volunteer projects and fun activities.

**Ages 11–14**

**Dates:**
- July 6–10 • July 27–31
- 9:15 am–4:00 pm
- (5:00 pm on Thursdays)

**Sneak Peek!**

*Moraga Day Camp for ages 7–10, Moraga Day Camp Jr. for ages 5.5–7 (must have completed TK/K)*

Adventure Awaits! Join us for weekly adventures at Moraga Day Camp.

Field trips each Wednesday.

- June 8–12 ........ Under the Big Top (Encore Gymnastics)
- June 15–19 ........ Sail the 7 Seas (Crab Cove)
- June 22–26 ........ Dinosaur Digs (Lost Worlds Adventures)
- June 29–July 3 .... Welcome to the Jungle (Oakland Zoo)
- July 6–10 ........ Enter the Outback (Rockin’ Jump)
- July 13–17 ........ Storm the Castle (Pixie Land)
- July 20–24 ........ Hit the Beach (San Ramon Aquatics Center)
- July 27–31 ........ Blastoff to Outer Space (Chabot Space & Science)
- August 3–7 ........ Western Roundup (Sonoma TrainTown)

**Registration opens April 1!**

Weekly themes/field trips subject to change until registration opens on April 1.

- Full Day 9:00 am–3:00 pm (4:00 pm on Wednesdays) .......... $195
- AM Extended Care 7:30–9:00 am .......................... $35
- PM Extended Care 3:00–6:00 pm .......................... $70

Location: Hacienda de las Flores, Casita Building, 2100 Donald Dr.