Host Town Poway

Los Angeles is set to welcome more than 7,000 Special Olympics athletes from 170 nations to compete in the 2015 Special Olympics World Games. The Games will be the largest sports and humanitarian event anywhere in the world in 2015, and the biggest single event in Los Angeles since the 1984 Olympic Games. These monumental games will showcase athletic ability and determination, as well as acceptance and inclusion. It’s a world stage for athletes to demonstrate on the playing field their courage, determination, and spirit of sportsmanship.

Want to be part of this epic event? You can, right here in our City! The City of Poway was asked to be 1 of 100 Host Towns in Southern California, stretching from San Luis Obispo to San Diego, to welcome Special Olympic Athletes. Poway was selected based on accommodations, entertainment offerings, and unique community charm.

Poway will roll out the red carpet for approximately 100 Special Olympic athletes and coaches from July 21 through July 24. The Olympians will have the opportunity to participate in social and cultural activities and events that are unique to Poway, such as Old Poway Park. Of course, the athletes will also be given time to rest and practice prior to commencement of the Games.

We will showcase our great City, get to know the athletes, and foster an international connection to our local community. Poway’s own special needs groups are excited to interact and engage with these athletes from around the world.

How can you help? This event will require a community-wide coordination of fundraising, volunteer hours, and support. Contact Robin Bettin, Director of Community Services, via email at Rbettin@poway.org or by phone at (858) 668-4585 to see how you can be involved.

Join us in welcoming Special Olympic athletes and coaches for three, never-to-be-forgotten days in the “City in the Country.” Be part of opening eyes, changing attitudes, and breaking down barriers!

Are you looking to volunteer in your community?

Poway has partnered with JustServe and VolunteerMatch to help match volunteers with volunteer opportunities in the Poway area. By registering as a volunteer on either website you will automatically be notified when opportunities become available near you. These volunteer opportunities not only include City of Poway events and programs, but local nonprofit opportunities as well.

Whether you are looking to volunteer for one day or every week, JustServe and VolunteerMatch offer opportunities to meet your needs and interests. Local civic groups are also encouraged to use these websites to promote additional volunteer opportunities. To become a volunteer today, visit www.justserve.org or www.volunteermatch.org.

City Launches New Website

The City launched its new website on September 16, 2014! We encourage you to visit the site at www.poway.org where you’ll find pages that are more community-focused, highlighted by vibrant pictures, and that offer better navigation to enhance public access to important information.

Improving navigation was a primary goal of this effort, with main menus that now provide quick access to almost every internal area of the site.

For example, you will see four main menu items displayed prominently at the top of the new homepage, including Your Government, Our Community, City Services, and How Do I...? options to guide you deeper into the website. The homepage also includes five buttons to provide direct links to frequently requested information, including Online Services, Agendas & Minutes, Notify Me, Parks & Recreation, and Doing Business.

Further down the homepage, our visitors will see information about Top Stories (i.e., press releases) and an Upcoming Events calendar to highlight meetings and activities. In every way, the homepage was designed to help our visitors easily navigate to their area of interest.

We are also pleased to announce that the new website features a responsive design, which means content and images automatically reformat to different screen sizes for viewing on a variety of devices. Now, whether you are stationary using a desktop computer, or on-the-go and using a smartphone or tablet, the City’s web pages, menus, and links to information are available for easy viewing.

Again, we hope you will go online today to explore the City’s new website. Easy and direct access to our community awaits you!
Flood Safety Awareness

Despite the drought, the rainy season officially begins in October, bringing the possibility of flooding in Poway. The City provides free, unfilled sandbags and loose sand to residents for use during severe winter storms. These supplies can be picked up on Garden Road (across from Garden Road School), Midland Road (across from Old Poway Park Tennis Courts), and Lake Poway Road (at the first parking lot on the right approaching the lake). All fire stations also have unfilled sandbags available.

Maintenance of drainage facilities and natural creeks is very important because any obstructions to flow can contribute to flooding, stream bank erosion, and property damage for yourself and your neighbors. Obstructions can also result in the accumulation of debris and cause sedimentation build-up, increasing the chance of a creek to overflow. It is important to know that individual property owners are responsible for the maintenance of creeks or private drainage facilities located on private property. In addition, permits may be required to perform maintenance within natural creeks. Routine maintenance of natural creeks that may not require permits could include the removal of fallen trees, accumulation of yard waste, stockpiled wood or other material, leaves and other debris, and the trimming or pruning of dense vegetation. Property owners should inspect, clean, and repair rain gutters, roof tops, yard drains, and take care of any problems noticed during last year’s rains. If you are unsure about whether a particular facility or creek is City-maintained, or if you have any questions regarding the maintenance of drainage facilities, contact the City’s Development Services Department at 858-668-4600.

Most alterations to structures or land require permits from the City. If the proposed work is located in a mapped floodplain, a floodplain development permit is required. Flood maps and additional flood protection information are available at both City Hall and the Poway Public Library. Please contact the City’s Development Services Department at 858-668-4600 with any questions regarding the maintenance of drainage facilities or to obtain copies of elevation certificates on buildings built in the floodplain since 1995.

The City of Poway participates in the National Flood Insurance Program. The Program makes flood insurance available to everyone, even for properties which have previously flooded. Flood insurance is mandatory in certain situations; however, even if it is not required for your property, you can still talk to your insurance agent about purchasing a flood insurance policy if you are concerned about the possibility of flood damage.

Stay safe this season and remember to approach standing water on roads with caution. As little as six inches of water can reach the bottom of most cars and cause stalling or loss of control. To report flooding, call the Public Works Department at 858-668-4700 (during business hours) or 858-668-4757 (other hours).

The City of Poway is fortunate to have an experienced, veteran San Diego County Sheriff’s Department officer return to our City. Welcome back Lieutenant Faulkner!

Welcome to Poway Lieutenant J.T. Faulkner!

L ieutenant J.T. Faulkner, a 31-year veteran of the Sheriff’s Department, has been assigned to the Poway Sheriff’s Station. J.T. Faulkner began his career with the Sheriff’s Department as an academy recruit in 1983. Following graduation, J.T. was assigned to the San Diego Central Jail. In 1986, he was assigned to the Encinitas Patrol Station where he was assigned as a patrol deputy, a field training officer, and as a traffic investigator. In 2004, J.T. was promoted to the rank of Sergeant. While serving as Sergeant, J.T. served at the San Diego Central Jail, the Poway Station, and Court Services Field Division.

In January 2012, J.T. was promoted to the rank of Lieutenant and worked in the Communications Center and the Sheriff’s Traffic Coordinating position. In September 2014, J.T. was transferred to the City of Poway as the Station Lieutenant, working under Captain Jeff Maxin.

J.T. was born in Brooklyn, New York, grew up in the mid-west, and served ten years in the Navy. He has been married to his wife Deborah for 19 years and has two grown children and five grandchildren. Their daughter Trilina lives in Poway and their son Jeremy lives in Spokane, Washington. J.T. and his family find time to be involved in many community activities.

The City of Poway is fortunate to have an experienced, veteran San Diego County Sheriff’s Department officer return to our City. Welcome back Lieutenant Faulkner!
**WINTER 2014**

**OLD-FASHIONED FAMILY DAYS**

Come enjoy fun, quality time with your family at the all new, Old-Fashioned Family Days at Old Poway Park! Families and children of all ages are invited to spend an afternoon together playing old-fashioned games, participating in themed activities, and enjoying living history. A BBQ lunch will also be available for a nominal fee. Free photo opportunities with the Baldwin Steam Engine Train will be available from 2:30pm-4:00pm. We look forward to seeing you there!

Information: www.poway.org/oldpowaypark or (858) 668-4576.

**NEW! Teen Excursion:**

**San Diego Ice Arena | Grades 6th - 9th**

Who's down with kickin' it COLD-school style? We thought so! Join us as we head to the San Diego Ice Arena for a one-of-a-kind teen meltdown! Show off your skating skills while rocking out to your favorite tunes. Challenge your friends to some crazy cool games. Or summon your inner abominable snowman while helping your team to victory in a snowball fight to end all snowball fights! Don't be left out in the cold - chill with us for the evening! Register early; space is limited.

Instructor: Community Park Staff
Drop-off & Pickup: Community Park, Auditorium

FEE: $6

**ROCK THE ICE!**

Friday, February 6, 5:00pm

Fishing Seminar & Campout!

Want a slight advantage the night before the 20th Annual Youth-Only Fishing Derby? Learn to fish from the pros and see demonstrations on how to properly rig a line. A FREE pizza dinner will be served for all attendees starting at 5:00 pm, with the seminar immediately following at 5:30 pm. Participants and their families are invited to camp overnight and sleep under the stars for just $15 per car. Don't forget your camping and grilling supplies! Absolutely no fishing is permitted prior to the tournament. Families may start setting up their campsites at 7:00 am Friday morning. No alcohol is permitted. Information: (858) 668-4772.

**20th Annual Youth-Only Fishing Derby!**

Saturday, February 7, 6:00am-Noon

Fishing, prizes, entertainment, story-telling contests, a free barbecue lunch, and more! Join the City of Poway, Captain Ron Baker of www.takekidsfishing.net, El Cajon Ford, Smart & Final, and others for an exciting day of fun and prizes at the Free 20th Annual Youth-Only Fishing Derby! Freshly stocked with 3,000 pounds of rainbow trout, the Lake will be open only to youth ages 15 and younger from 6:00 am-12:00 pm. Winners must be present to claim prizes at the awards ceremony, which is scheduled to begin at 12:30pm. Information: (858) 668-4772.

**Connect with Us and Never Miss a Recreation Opportunity Again!**


@cityofpoway
City of Poway

**SAVE THE DATE!**

**Early Summer Camp Registration starts Tuesday, April 14, 2015**

Watch our website for more details: www.poway.org/classes
Community Services is Here for You!

The Community Services Department always strives to enhance your quality of life and this year will be no exception! You can count on us to bring you and your family high quality, affordable opportunities to enjoy life here in Poway, while making memories that will last a lifetime. We strive to bring you the best instructors and classes that you are interested in at the lowest price possible. So this New Year, invest in renewing your mind, body, and spirit, and we’ll renew our commitment to doing all we can to help you along the way.

Health & Wellness

Check Out these Exciting NEW Classes!

NEW! Tap Dance for Adults | Ages 18+

Come learn the exciting art of tap dance - no experience required! Get your body moving in this music-filled, low impact, toe-tapping class! Learn some new skills, meet new friends, and spend an hour just for you!

Instructor: Debbie Childress
Location: Community Park, Auditorium
No Class: Feb 17
5111.302 Tue 6:15-7:00pm Jan 6-Mar 24 $90/$100

Zumba® Toning & Sentao | Ages 16+

Zumba® Toning combines basic dance footwork and upper body-sculpting exercises with the use of toning sticks to create a calorie-torching, strength-training, dance fitness party. Zumba® Sentao transforms a chair into a seating dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Sentao is the perfect way for enthusiasts to continue their light exercises and gentle yoga poses combined with the profoundly moving Qigong. Taichi and many other movement forms, will strengthen the neural network in such a way that body, mind, and spirit create profound health and wellbeing. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen
Location: Old Poway Park, Great Room
No Class: Feb 16
$417.316 Mon 6:00-7:15pm Jan 19-Mar 16 $95/$105

Power Vinyasa Yoga | Ages 18+

This beginner-level yoga sequence will help you build strength, gain flexibility, and find focus. This uplifting hour of Vinyasa flow will leave you feeling challenged, yet empowered. Come experience your body in a new way as we flow together, linking our breath with our movements. Please bring a yoga mat and water.

Instructor: Hita Fitness Instructor, Karyn Beebe
Location: Old Poway Park, Templars Hall
No Class: Jan 26 & Feb 23
$417.330 Mon 6:00-7:30pm Jan 5-Feb 9 $50/$60
$417.331 Mon 6:00-7:30pm Feb 16-Mar 23 $50/$60
$417.332 Mon 6:00-7:30pm Feb 16-Mar 23 $50/$60

Kettlebell Kickboxing | Ages 16+

Restart your fitness goals with Kettlebell kickboxing internal training, a non-intimidating approach to exercise that will turn your body into a fat burning machine. Kettlebell kickboxing training works to develop dense muscles, which require much more energy. In addition, it will help with stamina, flexibility, and developing your core muscles. Your metabolism will keep burning calories for up to 24 hours after the workout. Working with kettlebells is safe for all fitness levels. Equipment supplied. Wear comfortable workout clothes and bring a towel to class. Are you ready to rumble with get fit greatness?

Instructor: Poway Pilates
Location: Poway Pilates: 14053 Midland Road
No Class: Jan 19 & Feb 16
$417.340 Mon 6:00-6:45pm Jan 5-Feb 23 $74/$84

Low Back Care on the Pilates Reformer | Ages 16+

Learn how to find your deep core muscles as we introduce you to simple movements and techniques using the Pilates Reformer. This will help you support and strengthen your back, not only in the Pilates environment, but in your daily life, as well. This class is for people with chronic low back pain, recent back injury that has kept them from returning to regular exercise, and people who may not have pain but feel fatigue in their backs with strenuous or activities requiring endurance.

Instructor: Poway Pilates
Location: Poway Pilates: 14053 Midland Road
No Class: Jan 19
$417.345 Mon 12:30-1:30pm Jan 5-Feb 9 $74/$84
$417.346 Wed 12:30-1:30pm Jan 7-Feb 4 $74/$84

Get more fitness for less!!

Sign up for a combination class:

PIYo™ Strength + Zumba® Toning & Sentao | Ages 16+

PIYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging, and will make you sweat! It’s all about energy, power, and rhythm with this pilates/yoga fusion class. Think sculpted abdominals, increased overall core strength, and greater stability.

Instructor: Cheri Hotalen
Location: Old Poway Park, Great Room
No Class: Feb 16
$417.347 Mon 6:30-8:00pm Jan 19-Mar 16 $55/$65

Tai Chi 24-Forms Intermediate Practice | Ages 17+

The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24-Forms is the most widely practiced Tai Chi form. While there are many variations, the Yang Style is one of the most authentic. This is an intermediate level class for Tai Chi students who wish to deepen their understanding of the Tai Chi principles and how to use them to further develop their Tai Chi practice. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen
Location: Old Poway Park, Great Room
No Class: Feb 16
$417.310 Mon 7:15-8:00pm Jan 19-Mar 16 $55/$65

Get more fitness for less!!

Sign up for a combination class:

PIYo™ Strength + Zumba® Toning & Sentao | Ages 16+

PIYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging, and will make you sweat! It’s all about energy, power, and rhythm with this pilates/yoga fusion class. Think sculpted abdominals, increased overall core strength, and greater stability.

Instructor: Cheri Hotalen
Location: Old Poway Park, Great Room
No Class: Feb 16
$417.347 Mon 6:30-8:00pm Jan 19-Mar 16 $55/$65

* See individual class descriptions for No Class dates and locations.
Children's Activities

NEW! Spanish for Preschoolers | Ages 3-5
Hola Amigos! Did you know that preschool age is the perfect time for language acquisition? This class is designed to tap into your child's natural sense of curiosity and energy as they learn Spanish basics through song, movement, play, art, and stories! Each week we will explore components of the Spanish language with a variety of themed sensory and interactive learning activities. Through this fun and play-based class, participants will walk away with a solid foundation of a new language that they can build upon for years!

Instructor: Christine Martinez
Location: Community Park, Youth Activity Room

No Class: Mar 13

4011.383 Fri 10:00-11:00am Jan 16-Mar 20 $110/$120*
* $10 materials fee due first day of class

Mom & Tot Gymnastics | Ages Walking 3½ years
This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun, positive atmosphere. Wear comfortable clothes or a leotard with no snaps, zippers, or buttons. Participants should be walking by the time the class begins.

Instructor: Poway Gymnastics
Location: Poway Gymnastics: 12850 Brookprinter Place

No Class: Jan 29 & 31

2312.300 Thu 10:45-11:15am Jan 8-Mar 26 $161/$171*
2312.301 Sat 8:45-9:15am Jan 10-Mar 28 $161/$171*
* $10 materials fee due first day of class

Teen Night Out | Grades 6th-9th
Teens – it’s your night out! Teens in grades 6th – 9th will have an absolute blast choosing which activities they want to participate in during Activity A-Palooza! Race your friends in Mario Kart on the Wii, get funky with arts and crafts, win cool prizes playing recreation games, kick back with friends, devour yummy snacks, and so much more! Registration early: space is limited.

Instructor: Community Park Staff
Location: Community Park, Auditorium

4042.300 Fri 4:30-9:00pm Feb 15 $5
4042.301 Sat 4:30-9:00pm Mar 14 $5

Hey Teens, check out the January Teen Excursion to San Diego Ice Arena on Page 31!

For information & to register for Teen Events: (858) 668-4671

Kid’s Night Out | Grades 1st-5th
Kid’s Night Out is a win-win for everyone! Parents, take the night off because Kid’s Night Out is all about the kids. Offered every month during the school year, kids in grades 1st – 5th will enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It’s not your average night... it’s Kid’s Night Out! Registration is required.

Instructor: Community Park Staff
Location: Community Park, Auditorium

4042.300 Fri 4:30-9:00pm Feb 13 $5
4042.301 Sat 4:30-9:00pm Mar 14 $5

Kid’s Night Out  |  Grades 6th-9th
This fun, learn-to-ski class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Ann Daniels
Location: San Diego Ice Arena: 11048 Ice Skate Place

2091.300 Wed 4:00-4:30pm Jan 7-Jan 28 $45/$55
2091.301 Wed 4:00-4:30pm Feb 4-Feb 25 $45/$55
2091.302 Wed 4:00-4:30pm Mar 4-Mar 25 $45/$55

Ice Skating | Ages 3-5
This fun, learn-to-ski class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Ann Daniels
Location: San Diego Ice Arena: 11048 Ice Skate Place

2091.300 Wed 4:00-4:30pm Jan 7-Jan 28 $45/$55
2091.301 Wed 4:00-4:30pm Feb 4-Feb 25 $45/$55
2091.302 Wed 4:00-4:30pm Mar 4-Mar 25 $45/$55

Soccer Shots Classic | Ages 3-6
Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport.

Instructor: Soccer Shots
Location: Community Park, Open Play Area

2443.300 Sat 8:45-9:15am Jan 31-Mar 21 $120/$130*
* $10 materials fee due first day of class

Soccer Shots Minis | Ages 2-3
Soccer Shots Minis is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Instructor: Soccer Shots
Location: Community Park, Open Play Area

2443.301 Sat 9:20-10:55am Jan 31-Mar 21 $120/$130*
* $10 materials fee due first day of class

For information & to register for Teen Events: (858) 668-4671

Ice Skating | Ages 3-5
This fun, learn-to-ski class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Ann Daniels
Location: San Diego Ice Arena: 11048 Ice Skate Place

2091.300 Wed 4:00-4:30pm Jan 7-Jan 28 $45/$55
2091.301 Wed 4:00-4:30pm Feb 4-Feb 25 $45/$55
2091.302 Wed 4:00-4:30pm Mar 4-Mar 25 $45/$55

Soccer Shots Classic | Ages 3-6
Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport.

Instructor: Soccer Shots
Location: Community Park, Open Play Area

2443.300 Sat 8:45-9:15am Jan 31-Mar 21 $120/$130*
* $10 materials fee due first day of class

Soccer Shots Classic | Ages 3-6
Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport.

Instructor: Soccer Shots
Location: Community Park, Open Play Area

2443.301 Sat 9:20-10:55am Jan 31-Mar 21 $120/$130*
* $10 materials fee due first day of class

Teen Night Out | Grades 6th-9th
Teens – it’s your night out! Teens in grades 6th – 9th will have an absolute blast choosing which activities they want to participate in during Activity A-Palooza! Race your friends in Mario Kart on the Wii, get funky with arts and crafts, win cool prizes playing recreation games, kick back with friends, devour yummy snacks, and so much more! Registration early: space is limited.

Instructor: Community Park Staff
Location: Community Park, Auditorium

Sat 4:00-9:30pm Feb 28 FREE

Glow-in-the-Dark Egg Hunt | Grades 6th-9th
What’s cooler than your average egg hunt? A GLOW-IN-THE-DARK EGG HUNT! Join the quest to hunt one thousand glow-in-the-dark eggs. But, wait! These eggs will be filled with candy, gift cards, and tons of marvelous prizes. Don’t miss out! Register early: space is limited.

Instructor: Community Park Staff
Location: Community Park, Auditorium

Sat 6:00-9:00pm Mar 18 FREE
For Ms. Debbora’s and Ms. Kellie’s classes, please note: Dance classes are designed to increase in difficulty with continued enrollment. Continuing participants can take part in the annual June dance recital. Costumes for the dance recital will be ordered in January and are paid for by the participants. Parent watching days are the last class of each month.

**Special Interest**

**Dance | Youth/Teens**

**Dance Production | Ages 6-18**

_Danced Version of a Famous “Story”_ Participants will perform a danced version of a famous “story,” using a variety of dance styles and music. This theatrical experience puts dance in perspective - giving participants a true stage experience complete with beautiful sets, props, and scene changes on a professional stage. A truly enriching experience that can’t be beat! We perform this show at our annual dance recital in addition to the regular class dances. The “story” will be announced at the first class! Concurrent enrollment in Tap & Ballet is required.

**Instructor:** Debbora Childress  
**Location:** Community Park, Auditorium  
**No Class:** Feb 16  
**5111.301 Thu 2:00-3:00pm Jan 8-Mar 26 $108/$118**  
Ages 3-4 Years

**5111.302 Thu 3:00-4:00pm Jan 8-Mar 26 $108/$118**  
Ages 4-5 Years

**5111.303 Thu 3:00-4:00pm Jan 8-Mar 26 $108/$118**  
Ages 5-6 Years

**5111.304 Thu 3:00-4:00pm Jan 8-Mar 26 $108/$118**  
Ages 6-7 Years

**5111.305 Mon 2:00-3:00pm Jan 5-Mar 23 $108/$118**  
Ages 7-10 Years

**5111.306 Mon 2:00-3:00pm Jan 5-Mar 23 $108/$118**  
Ages 10-12 Years

**5111.307 Mon 2:00-3:00pm Jan 5-Mar 23 $108/$118**  
Ages 12-14 Years

**5111.308 Mon 2:00-3:00pm Jan 5-Mar 23 $108/$118**  
Ages 14-16 Years

**5111.309 Mon 2:00-3:00pm Jan 5-Mar 23 $108/$118**  
Ages 16-18 Years

**5111.310 Mon 2:00-3:00pm Jan 5-Mar 23 $108/$118**  
Ages 18-21 Years

**5111.311 Mon 2:00-3:00pm Jan 5-Mar 23 $108/$118**  
Ages 21-23 Years

**Kids Hip Hop Dance**

**Beat Breaks & Hip Hop | Ages 4-12**

This fun, high-energy hip hop and breakdancing class will definitely have you movin’ to the beats. Learn to lose weight while developing confidence, coordination, musicality, and listening skills. No need to be intimidated…this class is great for those who wish to enhance their creativity. All music and moves are age appropriate.

**Instructor:** Dance to EVOlve! info@dancetoevolve.com  
**Location:** Old Poway Park, Templars Hall  
**No Class:** Jan 19 & Feb 23  
**5113.300 Mon 3:45-5:45pm Jan 5-Feb 23 $80/$90**  
Ages 4-7 Years

**5113.301 Mon 3:45-5:45pm Feb 16-Mar 23 $80/$90**  
Ages 8-11 Years

**5113.302 Mon 3:45-5:45pm Jan 5-Mar 23 $145/$155**  
Ages 12-14 Years

**5113.303 Mon 4:00-5:00pm Jan 5-Feb 23 $80/$90**  
Ages 14-16 Years

**5113.304 Mon 4:00-5:00pm Feb 16-Mar 23 $80/$90**  
Ages 15-16 Years

**5113.305 Mon 4:00-5:00pm Jan 5-Mar 23 $145/$155**  
Ages 16-18 Years

**Creative Arts**

**NEW! Best of Broadway | Ages 7-14**

Let’s create a show from Musical Theatre’s most popular songs and scenes! Participants will create a show by selecting their favorite songs from Musical Theatre, and then create a script leading into their favorite songs and scenes. Participants will develop skills in acting technique, terminology, and improvisation, followed by a fantastic dance number and a dive into vocal technique. On the last day, participants will perform a showcase for their families to enjoy!

**Instructor:** Catherine Colby  
**Location:** Old Poway Park, Templars Hall  
**5131.300 Mon 2:45-4:45pm Jan 5-Feb 23 $80/$90**  
Ages 12-14 Years

**5131.301 Mon 2:45-4:45pm Feb 16-Mar 23 $80/$90**  
Ages 15-16 Years

**5131.302 Mon 2:45-4:45pm Jan 5-Mar 23 $145/$155**  
Ages 16-18 Years

**Art Start | Ages 7-12**

Artist Susan Bainbridge will use directed drawing techniques to encourage students to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter, which is the first step toward realistic drawing. Creativity will be encouraged. A variety of media will be explored: pastels, watercolor, markers, and clay.

**Instructor:** Susan Bainbridge: www.artstar1.com  
**Location:** Old Poway Park, Great Room  
**5131.300 Mon 2:45-4:45pm Jan 5-Feb 23 $80/$90**  
Ages 12-14 Years

**5131.301 Mon 2:45-4:45pm Feb 16-Mar 23 $80/$90**  
Ages 15-16 Years

**5131.302 Mon 2:45-4:45pm Jan 5-Mar 23 $145/$155**  
Ages 16-18 Years

Register online: www.poway.org/classes
Meet the Instructor!

Master Wolpert (at far left) is a WTF-certified 7th Degree Black Belt, who began teaching taekwondo for the City of Poway in 1987!

Want to “try it before you buy it?”
Master Wolpert will be hosting trial classes on Monday, January 5 at 5:30pm, 6:15pm and 7:30pm. Registration is not required, however, a parent or legal guardian must sign a waiver upon arrival.

Youth/Teen Taekwondo | Ages 6+
This is a complete martial arts program designed to help participants of all ages develop respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning Taekwondo kicks, blocks, and punches, participants will also receive instruction in Hapkido joint locking techniques. Participants may take part in an examination at the end of the session to advance to a higher belt level. A plain white taekwondo uniform is required and may be purchased from the instructor for $25.

Instructor: Master Wolpert
(858) 748-1333
Location: Community Park, Bill Bond Hall
No Class: Jan 19 & Feb 16

7600.309 MWF 5:30-6:15pm Jan 5-Mar 20 $89/$99
7600.310 MWF 6:15-7:00pm Jan 5-Mar 20 $89/$99
7600.311 MWF 7:00-7:45pm Jan 5-Mar 20 $89/$99

Youth Volleyball | Ages 9-12
Looking for a fun sport? Come and play some volleyball on Monday night! Boys and girls are invited to participate in this fun, recreational activity. Volleyball play will be mixed with the learning of fundamental volleyball skills, including serving, passing, setting, and hitting.

Instructor: David Claycomb
Location: Meadowbrook Gymnasium
No Class: Jan 19 & Feb 16

7600.312 Mon 5:30-6:30pm Jan 5-Mar 9 $55/$65
7600.313 Mon 6:30-7:30pm Jan 5-Mar 9 $55/$65

Youth/Teen Taekwondo | Ages 12-14
Ages 12-14 Years
No Class: Jan 5-14

7600.303 Mon 6:30-7:30pm Jan 5-14 $55/$65

Intermediate/Advanced Skateboarding | Ages 6-13
The intermediate/advanced class focuses on the principles of getting air, developing flip tricks, and grinding. Students must have at least one year of skateboarding experience OR have participated in the Intro Skateboarding Class before enrolling in this course. Students will develop flowing runs, learn about competitive skateboarding, meet guest professionals, and even get the opportunity to participate in mock skateboarding competitions. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa
Location: Community Park, Skate Park
No Class: Feb 18

7600.301 Wed 4:00-5:00pm Jan 14-Mar 11 $95/$105

At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground stroke drills, volley drills, serving drills, and overhead smash drills. The class includes singles and doubles play, and strategy. The class is preparing participants for tournaments, league play, and high school teams. Advanced class placement determined by instructor.

Instructor: Art Christophides
Location: Community Park, Tennis Courts
No Class: Jan 19 & Feb 16

7600.306 TTh 5:00-6:00pm Jan 13-Mar 5 $95/$105*

* $5 materials fee due first day of class

Open Play

Open Play Sports | All Ages
The City of Poway operates two gymnasiuims that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge. During the months of January, February, and March the free open gym times are as follows:

Twin Peaks Multipurpose Center
14640 Tierra Bonita Road
(858) 668-4599
Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 668-4598

Friday
Open Badminton
6:00-9:00pm
Open Pickleball
11:30am-2:00pm

Saturday
Open Badminton
6:30-9:00pm
Open Volleyball
6:00-9:00pm

Sunday
Adult Open Basketball
3:00-5:00pm
Open Pickleball
11:30am-2:00pm

Hours are subject to change without notice. For the most up-to-date operating hours, please visit our website at www.poway.org.

CAMP! Skateboarding | Ages 6-13
Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! All participants MUST have a helmet, elbow pads, and knee pads each class. Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa
Location: Community Park, Skate Park
No Class: Feb 16-20

7600.302 M-F 9:00am-12:00pm Feb 16-Feb 20 $150/$160

Register online: www.poway.org/classes
Sports | Adults

Intermediate Coed Volleyball | Ages 16+
All intermediate players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past volleyball experience is strongly recommended.
Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center

Men’s
1247.300 Thu 6:30-9:30pm Jan 8-Mar 5 RES/NON $65/$75

Women’s
1247.301 Thu 6:30-9:30pm Jan 8-Mar 5 RES/NON $65/$75

Advanced Coed Volleyball | Ages 16+
All advanced players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past league experience is required.
Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center

Men’s
1247.302 Tue 6:30-9:30pm Jan 6-Mar 3 RES/NON $65/$75

Women’s
1247.303 Tue 6:30-9:30pm Jan 6-Mar 3 RES/NON $65/$75

Safety Training

CPR/AED for the Adult/Child/Infant | Ages 11+
Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know in order to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive a ready-reference information card and an American Red Cross certification card valid for two years.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room

5418.300 Tue 6:00-9:00pm Jan 6 RES/NON $30/$40*

* $30 (certification) or $2 (informational; no certification) materials fee due on the first day of class

First Aid | Ages 11+
This American Red Cross class will prepare you to handle any emergency first aid situation with loved ones, friends, and co-workers. This course includes responding, recognizing, and caring in life-threatening situations such as burns and bleeding, muscle, bone, and joint injuries; head and spinal injuries; heat and cold-related emergencies; and sudden illness. Participants will receive a ready-reference card and an American Red Cross certification valid for two years.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room

5418.301 Wed 6:00-9:30pm Jan 7 RES/NON $30/$40*

* $30 (certification) or $2 (informational) materials fee due on the first day of class

3-on-3 Basketball League | Ages 18+
Teams can have up to four persons on their roster and there is free substitution during the games. The teams play half-court, best two out of three games to 21 points. The season ends with a tournament, where the winning team will receive bragging rights for the next season! All players must sign the roster before the team’s first game.
Instructor: Recreation Staff
Location: Meadowbrook Gym
No Class: Mar 11
1247.305 Wed 6:30-9:30pm Jan 7-Mar 25 RES/NON $56/8 per team

Special Needs

Bowling | Ages 13+
This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. All participants must be picked up by 3:30pm.
Instructor: Sarah Gana-O’Agostino
Location: Poway Fun Bowl 12941 Poway Road

9317.300 Fri 6:30-9:30pm Jan 9-Mar 20 RES/NON $40/$50*

* $5 class fee due at bowling alley each week

NEW! Drama and Theater Production | Ages 8+
Individuals of all abilities are invited to participate in the production of a winter musical. Through this inclusive program, participants will learn stage acting, set design, theater techniques, stage makeup, costuming, and much more. Whether they wish to perform on stage or assist in production, all participants will be given the opportunity to showcase their unique talent! After a few weeks of practice and rehearsals, the cast will put on a performance on March 27 for their friends and families.
Instructor: Michelle Winkenwerder
Location: Community Park, Auditorium

9317.302 Wed 4:00-6:00pm Jan 14-Mar 25 RES/NON $120/$130*

* $10 materials fee due on the first day of class

Register online: www.poway.org/classes
**Dog Obedience Training**

**Beginning Obedience | Owners Aged 8+**
- Dogs: 12 weeks to Adult
- In the Beginning Obedience class, your dog will learn to walk politely and appropriately socialize while on a leash. Behavioral problems associated with the leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.
- **Instructor:** Good Dog Training School, Lynne Moore
- **Location:** Tue: Old Poway Park, Green Park
- **Sat:** Garden Road Park

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>9019.300</td>
<td>Tue 6:30-7:30pm</td>
<td>$95/$105*</td>
</tr>
<tr>
<td>9019.301</td>
<td>Sat 9:30-10:30am</td>
<td>$95/$105*</td>
</tr>
<tr>
<td>9019.302</td>
<td>Tue 6:30-7:30pm</td>
<td>$95/$105*</td>
</tr>
<tr>
<td>9019.303</td>
<td>Sat 9:30-10:30am</td>
<td>$95/$105*</td>
</tr>
</tbody>
</table>

* $25 materials fee due on first day of class

**Intermediate Obedience | Owners Aged 8+**
- In the Intermediate Obedience class, your dog will work to obtain a Canine Good Citizen Certification (AKC program) and experience more distraction training such as leaving other dogs and people alone. Dogs in this class must have taken an introductory course or have knowledge of basic commands.
- **Instructor:** Good Dog Training School, Lynne Moore
- **Location:** Garden Road Park

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>9019.304</td>
<td>Sat 10:45-11:45am</td>
<td>$95/$105</td>
</tr>
<tr>
<td>9019.305</td>
<td>Sat 10:45-11:45am</td>
<td>$95/$105</td>
</tr>
</tbody>
</table>

**Please Note:** A responsible adult who has paid the admission fee must accompany children under 7 in the water.

**Costs:**
- **Daily Admission**
  - Adults (Ages 18+): $2.50/$5.00
  - Seniors (Ages 60+): $2.00/$4.00

**Season and Yearly Passes**
- **Season Passes**
  - Adults (Ages 18+): $392/$643
  - Seniors (Ages 60+): $157/$256
- **Yearly Passes**
  - Adults (Ages 18+): $225/$335
  - Seniors (Ages 60+): $183/$261
- **Family**
  - $392/$563

**Water Exercise | All Ages**
- Water exercise is a low-impact exercise for any ability.
- Classes are held in four feet of water. Advanced swimming skills are not required. Daily admission is required.

**Youth:**
- 0700.301 M-Th 9:00am-5:00pm | Feb 16-19 | $135/$145*
- 0700.302 M-Th 9:00am-5:00pm | Mar 10, 12, 17, 19 | $135/$145*

*Includes $35 Red Cross certification fee

**Information:**
- **Location:** 13094 Civic Center Drive
- **Days:** Monday-Friday
- **Times:** 11:00am-1:30pm / 3:00-7:00pm
- **Closed:** Thanksgiving Holiday, Pool Maintenance, Swim Meet

**Weekly Lap Swimming Hours**
- During open recreational swim, lanes will be set aside for those interested in swimming laps. Some open recreational swim times will be shared with swim lessons and swim clubs. Portions of the pool may not be available for use by the public during these times.

**Information:**
- The Poway Community Swim Center is located at 13094 Civic Center Drive, within Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an adjoining dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4850. Swimmers may be required to show proof of residency in order to be eligible for resident rate.

**Poway Swim Center**
- **Location:** 13094 Civic Center Drive
- **Hours:**
  - Winter: (October 27, 2014 - March 29, 2015) Monday-Friday 11:00am-1:30pm / 3:00-7:00pm
  - Thanksgiving Holiday

**Swim Meet**
- On February 20

**Reservations:** www.poway.org/swim

**Register:** www.poway.org/classes

**Train to be a Lifeguard TODAY!**
Poway Community Park

NEW! In the Park Series | FREE for All Ages
Express your creativity while constructing a masterpiece, challenge your friends to a game of Apples to Apples, enjoy the sweet sounds of music, or make home-made slime in whatever color you want! Community Park’s In The Park Series will bring you two hours of themed fun that’s sure to provide exciting, unique experiences for the whole family. While the theme may change from month-to-month, one thing is guaranteed: FUN!

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>10:00am-12:00pm</th>
<th>Date</th>
<th>Art Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 11</td>
<td></td>
<td>Jan 19</td>
<td>Games Theme</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>10:00am-12:00pm</th>
<th>Jan 19</th>
</tr>
</thead>
</table>

Location: 13094 Civic Center Drive

Information: www.poway.org/communitypark

Old Poway Park

Folk Concerts in the Park
San Diego Folk Heritage and the City of Poway are pleased to present folk concerts at Old Poway Park. Don’t miss these amazing, family-friendly concerts where fiddle and acoustic instruments will fill the air. All concerts begin at 7:30 pm in Templars Hall. Admission: $18 for San Diego Folk Heritage members; $22 for non-members. For information or to purchase tickets: please visit the San Diego Folk Heritage website: www.sdfolkheritage.org.

Date Performer Musical Style
November 14 Richard Shindell Acoustic
January 9, 2015 Duncan Phillips Folk
January 16, 2015 Chris Stuart and Janet Beazley Instrumental and Vocal
March 13, 2015 Silverwood Celtic

Location: 14134 Midland Road

Information: (858) 668-4576

Historical Tours
We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are now being accepted for December through June, Tuesdays through Thursdays for just $4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth and eighth grades. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad. Tours are great for schools, Scout troops, ESS, and adult day cares. For more information or to book your tour, call (858) 668-4576 or visit our website: www.poway.org/oldpowaypark.

Farmers Market Offers Winter-Season Goods
For a year-round, fresh adventure, come visit the Farmers Market every Saturday, 8:00 am to 1:00 pm, rain or shine. For seasonal fruits, vegetables, flowers, and food, the Farmers Market is the place to be! All produce is certified and inspected by the agricultural commission and brought to you fresh from the grower. Don’t let the cool weather keep you away! Come and enjoy a great “City in the Country” atmosphere. Information: (858) 668-4576.

Kumeyaay-Ipai Interpretive Center at Pauwai

Docents Wanted!
Interested in Native American culture or helping students learn about this valuable archaeological site? A variety of opportunities are available. For information, please leave your name and telephone number at (858) 668-1292.

Ancient Community of Pauwai Uncovered!
Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. The evidence of their lives and work can be seen today at the Kumeyaay Center. Visit us on Saturday mornings and take a guided tour of this archaeological site where you will experience artifacts, iswaa, and a milling and grinding station.

Location: 13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

FREE Docent-led Tours: (858) 668-1292

Classes Offered: Basket Weaving, Native Food, Medicines & Materials, Flint Knapping, & more

Information: (858) 668-1292
www.poway.org/kicc
www.friendsofthekumeyaay.org

Students learn the history, experience the life of the Kumeyaay, “discover” artifacts and ancient milling sites, and participate in “spirit rock” painting. School tours are available Thursday & Friday mornings throughout the school year. Cost: $4 per student. Information and scheduling: www.poway.org/kicc
**Lake Poway**

**Location:** Espola Road, 1 mile north of Lake Poway Road

**Park Hours:**
- **Year Round:** Daily, 6am to Sunset
- **Lake Fishing & Boating Hours:**
  - November - May: Wed-Sun, 6am to Sunset
  - October: Wed-Sun, 6am to Sunset (Shoreline fishing ONLY Wed-Fri)

**Information:**
- **(858) 668-4770**
- www.poway.org/lakepoway
- Park/Pavilion Reservations: (858) 668-4595
- Lake Poway Concession: (858) 668-4778

**Information:**

**Blue Sky Ecological Reserve**

**Location:** 16281 Sycamore Canyon Road, Poway, California 92064

**Park Hours:**
- **Daily, Sunrise-Sunset**

**Information:**
- **(858) 668-4781**
- Blue Sky is a 700-acre ecological reserve. Full-trained docents offer hands-on experiences to identify and observe plants and animals, resource preservation activities, and programs. Bring your school or Scout group for an outdoor nature program, discover skins, skulls, and animal artifacts with the family, or enjoy a relaxing hike in this unique habitat. Information: www.poway.org/bluesky.

**Docents Wanted!**

Do you love nature and being outdoors? Do you enjoy people? Want to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve? We have something for everyone.

Docents assist year-round in a wide variety of capacities. Whether leading regularly scheduled nature hikes; working with scout or school groups; helping with special events; restoring habitat, or conducting patrols, docents contribute significantly to the preservation and enjoyment of our natural areas.

To become a docent, some prior knowledge of natural history is desirable but a willingness to learn is more important. Orientation will be held on Saturday, February 28, 2015, from 8:00 a.m. to 12:00 p.m. Seven additional training sessions will be spread out over the following three months on Saturday mornings, and will also include two Wednesday evening sessions.

If you are interested in becoming a Docent, please call the Blue Sky office at (858) 668-4781 or bluesky@poway.org.

**Sycamore Canyon Goodan Ranch Preserve**

**Location:** 16281 Sycamore Canyon Road, Poway, California 92064

**Information:**
- **(858) 513-4737**
- For a complete schedule of activities at Goodan Ranch, visit: www.sdparks.org

**Winter Programs**

- **Rain or clouds may cancel some activities. Please check with the Preserve.**

**January**

- **Saturday, January 10, 2015 | 9:30-11:30am**
  - Scavenger Hunt

- **Saturday, January 24, 2015 | 8:30-10:30am**
  - Junior Nature Ranger Program
  - FREE Docent-led Nature Walks

- **January 24, 2015 | 9:00am-12:00pm**
  - Winter Programs Scavenger Hunt

**February**

- **Saturday, February 14, 2015 | 9:00am-12:00pm**
  - Wildlife Bingo

**Events**

- **Hiking is one of the best things you can do for your health. Come out and join us on Monday, January 5 for the first in our Monday morning ‘Twin Lakes’ hiking series! What better way to meet new friends, de-stress, connect with nature, and get in shape? The fun begins at the south end of the parking lot at 9:00 a.m. for more seasoned hikers, and 9:30 a.m. for beginners. Distance and fitness level will gradually increase over six weeks culminating in a hike to Ramona Dam for seasoned hikers, and over six weeks for beginners, culminating in a hike around Lake Poway. For more information, contact the Blue Sky office at (858) 668-4781 or bluesky@poway.org.**

- **Winter Programs**

**Scavenger Hunt**

- January

**Star Party**

- Friday, January 16, 2015 | Sunset

**Wildlife Bingo**

- Saturday, February 14, 2015 | 9:00am-12:00pm
Poway Library

Location:
13137 Poway Road, Poway, CA 92064

Hours:
Monday-Thursday: 9:30am-8:00pm
Friday & Saturday: 9:30am-5:00pm
Sunday: 12:00pm-5:00pm

Information:
(858) 513-2900
www.sdcl.org

All programs subject to change, please check our website, call, or stop in the Library for further information.

Children's Programs

Storytime Mon-Fri at 10:30am
Baby Storytime Tuesdays 9:45am

Book Clubs and Special Events

Elementary Book Club, Level 1
Fridays: 4:00-4:30pm
Nov 14, Dec 12, Jan 23

Elementary Book Club, Level 2
Fridays: 4:00-4:30pm
Nov 21, Dec 19, Jan 23

Hullabaloo Concert
Sunday, Jan 18 at 1:00pm

Teen Programs

(6th-12th grade)
Teen Thursdays 4:00-5:00pm

Adult Programs

Tai Chi
Mondays at 11:00am

Gentle Yoga
Second Thursday of the month at 10:00am

Acoustic Showcase Concert Series
Second Saturday of the month at 2:00pm

Poway Library Book Club
Third Tuesday of the month at 6:30pm

Poway Senior Center

Location:
Poway Community Park, Weingart Center Bldg.
13094 Civic Center Drive, Poway, CA 92064

Hours:
Senior Center Mon-Fri 8:00am-4:00pm
Gift Shop Mon-Fri 10:00am-2:00pm

For Updated Information:
Call (858) 748-6094 or visit our website:
www.powayseniorgenter.org

Information: www.powayseniorgenter.org

The Poway Senior Center celebrates four decades this year and we look forward to another 40+ years of service to the community! We are so proud of our Center and we invite you to come visit us for a tour!

Location:
Poway Senior Center is
40 and Fabulous!

Did you know that our Bingo Games are open to the public and you could win up to $1,199.00??!

Anyone 18 years or older is welcome to play Bingo at our Center every Tuesday at 12:15 p.m. and Saturday at 5:00 p.m. Buy-ins are $10 for 12 games and $11 for 13 games, respectively.

Save your gas and a trip to the casino! Win up to $1,199.00 right here in Poway!

Try your luck to win one of our Ongoing Opportunity Drawings!!!
Every month it’s something new!

• Monthly Newsletter mailed to your home
• Feeling Fit Exercise twice weekly
• Wii Bowling
• Needlecrafts, Quilting, and Jewelry Making
• Health & Wellbeing Lectures and Presentations
• Social Groups & Support Groups
• Local Discounts
• Fun Friday’s!!!... Ping-Pong, Board Games, Cards, Line Dancing, Billiards, and more
• Monthly Ball Room Dance ($5 fee includes Live Band)

An annual membership only $35.00!

Join us today!

Try your luck to win one of Our Ongoing Opportunity Drawings!!!
Every month it’s something new!

• Beautiful Hand-Stitched Quilt
Made by our Poway Senior Center Quilters. Tickets sold in the Gift Shop
• Monthly Gift Basket
Every month in our Lobby, we have a new, themed gift basket you can win! Tickets sold at the Reception Desk.

La Bella Bistro

Join us for lunch every Monday through Friday from 11:30am-12:30pm. A donation of $4.00 is suggested for those 60 and older. Lunch for guests under 60 is $6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day. Reservations are not required.

Need a Ride to Lunch? Call Paul Boston, Nutrition Manager at (858) 748-6094 ext. 304 for details.

Search: Poway Senior Center

What’s Cookin’?
POWAY CENTER for the PERFORMING ARTS

DAVID BENOIT
Contemporary Jazz Pianist spreading Holiday Cheer
SATURDAY DECEMBER 6, 2014
8 PM

This tribute concert pays homage to the great musicians of Woodstock! Featuring local musicians Tim Flannery, Eve Selis, Berkley Hart, The Back to the Garden Band and dozens of special guests… travel back in time to the great sounds of 1969!

POWAY CENTER for the PERFORMING ARTS

David Benoit: Contemporary Jazz Pianist spreading Holiday Cheer
8 PM, Saturday, December 6, 2014

This event will showcase never-exhibited before Chinese watercolors by the internationally-renowned artists Mr. and Mrs. Chow Chan Chiu. Also on display will be the latest watercolor and mixed-media creations of La Jolla-based artist Grace Chow, in which she seeks to capture the sights, sounds, and moods of the places she recently visited.

FELIX CAVALIERE’S RASCALS
SATURDAY JANUARY 24, 2015 - 8 PM

Just back from a national tour and a Broadway run of “The Rascals: Once Upon a Dream,” Cavalieri will perform all the Rascals hits and songs from his solo albums.

POWAY CENTER for the PERFORMING ARTS

Felix Cavaliere’s Rascals
Saturday, January 24, 2015 - 8 PM

Exciting Winter Art Exhibits!
Visit the Poway Center for the Performing Arts, September through June, to view our featured Art Exhibits. A new exhibit opens monthly, showcasing a wide variety of styles, techniques, and media from local and regional artists, as well as student art.

November
The San Diego Museum of Art Artists Guild is a support council of The San Diego Museum of Art, the region’s most visited museum located in Balboa Park. The guild focuses on an awareness and appreciation of local artists.

December
Artists Gary Walker prefers the supreme challenge of abstract painting that expresses and explores the deeper aspects of both individual and archetypal subconscious elements. His singular style and expression are wholly unique, original, organic, and eclectic.

January
First-time exhibitor at the Poway Center for the Performing Arts, Artist Kevin Inman, invites you to explore San Diego’s hidden alleyways, old houses, and glorious landscapes.

February
This exhibition will showcase never-exhibited before Chinese watercolors by the internationally-renowned artists Mr. and Mrs. Chow Chan Chiu. Also on display will be the latest watercolor and mixed-media creations of La Jolla-based artist Grace Chow, in which she seeks to capture the sights, sounds, and moods of the places she recently visited.

Rascals

POWAY CENTER for the PERFORMING ARTS

Felix Cavaliere’s Rascals
Saturday, January 24, 2015 - 8 PM

www.PowayArts.org 858.748.0505

become a volunteer usher today!
Information: (858) 668-4795

www.PowayCenter.org 858.748.0505

POWAY CENTER for the Performing Arts Foundation Presents

2014-2015 Professional Performance Series

Exciting Winter Art Exhibits!
Visit the Poway Center for the Performing Arts, September through June, to view our featured Art Exhibits. A new exhibit opens monthly, showcasing a wide variety of styles, techniques, and media from local and regional artists, as well as student art.

November
The San Diego Museum of Art Artists Guild is a support council of The San Diego Museum of Art, the region’s most visited museum located in Balboa Park. The guild focuses on an awareness and appreciation of local artists.

December
Artists Gary Walker prefers the supreme challenge of abstract painting that expresses and explores the deeper aspects of both individual and archetypal subconscious elements. His singular style and expression are wholly unique, original, organic, and eclectic.

January
First-time exhibitor at the Poway Center for the Performing Arts, Artist Kevin Inman, invites you to explore San Diego’s hidden alleyways, old houses, and glorious landscapes.

February
This exhibition will showcase never-exhibited before Chinese watercolors by the internationally-renowned artists Mr. and Mrs. Chow Chan Chiu. Also on display will be the latest watercolor and mixed-media creations of La Jolla-based artist Grace Chow, in which she seeks to capture the sights, sounds, and moods of the places she recently visited.

Rascals

POWAY CENTER for the PERFORMING ARTS

Felix Cavaliere’s Rascals
Saturday, January 24, 2015 - 8 PM

www.PowayArts.org 858.748.0505

become a volunteer usher today!
Information: (858) 668-4795

www.PowayCenter.org 858.748.0505

POWAY CENTER for the Performing Arts Foundation Presents

2014-2015 Professional Performance Series
REFUND INFORMATION: A full refund will be issued for all classes canceled or overbooked by the City of Poway and/or independent contract instructor. Prior to the first day of class: Customer may request a refund prior to the start date. A cancellation fee of $15 per class will be deducted. Or, in lieu of a refund, customer may request a full credit to be placed on account. The credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer's ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Austin Coates at (858) 668-4683, or the City of Poway. All programs are audited for compliance by the City of Poway. Class content, scheduling is taught by independent instructors contracted by the City of Poway. Class content, scheduling, and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the Community Services. A doctor's note or written request describing the extenuating circumstances must be submitted to the Community Services Department. If you have any questions, please call (858) 668-4570.

SWIM LESSON REGISTRATION
Please note the age and skill level requirements for each class. If you are unsure which level to enroll in, skill assessments are available at the Swim Center by appointment. Students enrolled above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent contractors contracted by the City of Poway. Class content, scheduling, issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4195.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are accredited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

ENROLLMENT PRIORITY is determined on a first-come, first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway once the registration period opens. Financial Assistance - PL.A.Y. (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might be eligible to receive up to $40 worth of City-sponsored recreation classes each season at no cost to you? To find out more, please visit our website at www.poway.org/play.

REFUNDS: Requests for refunds will be prorated. Requests for refunds only be granted if the slot can be filled by another customer after it begins, the registrant is not entitled to a refund. After the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent contractors contracted by the City of Poway. Class content, scheduling, issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4195.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are accredited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

REFUNDS: Requests for refunds will be prorated. Requests for refunds only be granted if the slot can be filled by another customer after it begins, the registrant is not entitled to a refund. After the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent contractors contracted by the City of Poway. Class content, scheduling, issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4195.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are accredited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

REFUNDS: Requests for refunds will be prorated. Requests for refunds only be granted if the slot can be filled by another customer after it begins, the registrant is not entitled to a refund. After the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent contractors contracted by the City of Poway. Class content, scheduling, issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4195.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are accredited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

REFUNDS: Requests for refunds will be prorated. Requests for refunds only be granted if the slot can be filled by another customer after it begins, the registrant is not entitled to a refund. After the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent contractors contracted by the City of Poway. Class content, scheduling, issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4195.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are accredited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

REFUNDS: Requests for refunds will be prorated. Requests for refunds only be granted if the slot can be filled by another customer after it begins, the registrant is not entitled to a refund. After the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent contractors contracted by the City of Poway. Class content, scheduling, issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4195.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are accredited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

REFUNDS: Requests for refunds will be prorated. Requests for refunds only be granted if the slot can be filled by another customer after it begins, the registrant is not entitled to a refund. After the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent contractors contracted by the City of Poway. Class content, scheduling, issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4195.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are accredited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.
The City has begun to plan the future of Poway Road. In September, the City hired MIG Inc., a planning and transportation consulting firm, to assist the City in planning for the future of the City’s main commercial corridor. The project will provide recommendations on land use, transportation, design/esthetics, and economic development.

The study will result in recommendations and an implementation strategy for the appropriate transportation improvements and mix of uses along Poway Road, including changes to regulatory and policy strategy for the appropriate transportation improvements and mix of uses along Poway Road. Please see www.dropcoverholdon.org for more information.

Earthquake! Make Your Safety Plan Before the Next One Happens

If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Stay in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms.

In a vehicle:
Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.

In bed:
If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

In a high-rise:
Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In an elevator:
When shaking starts, Drop, Cover and Hold On. A shopping cart or clothing racks can provide some protection. If you must move to get away from heavy items on high shelves, drop to the ground first and crawl only the shortest distance necessary. Whenever you enter any retail store, take a moment to look around: What is above and around you that could move or fall during an earthquake?

In a car:
Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

Earthquake Preparedness:
Stay at your seat or drop to the floor between rows and protect your head and neck with your arms. Don’t try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftermath.

More Information:

P.A.C.E. Picks Up for Energy & Water Efficiency

More Loan Programs Now Available for Property Improvements

PACE programs were recently expanded in Poway to provide a mechanism to finance energy efficiency, water efficiency, and other renewable energy projects on existing residential and commercial structures, utilizing the property to be improved as collateral through a special tax assessment on the property. The contractual assessments are recorded as a lien against the property and collected through the property owner’s tax bill at the same time and in the same manner as traditional property assessments. The property tax assessment provides financing for these types of improvements without requiring a down payment or payment of the full or partial upfront capital cost of the improvement.

Participation in the program is 100% voluntary and is available for eligible improvements on both residential (generally accommodated by HERO and CaliforniaFIRST at this time) and commercial properties (generally accommodated by Figtree and CaliforniaFIRST).

Most clean energy retrofits are eligible for PACE financing. Common energy efficiency measures include windows, doors, electric vehicle charging stations, lighting, refrigeration, bathrooms, solar photovoltaic, fuel cells, solar thermal, insulation, HVAC and cool roofs. Property owners are also permitted to install custom measures that demonstrate energy or water saving benefits.

It is important that consumers are aware that these are not City programs. Rather, the City, in response to interested property owners and in light of several other cities allowing these programs, now allows these financing companies use of its taxing authority, as permitted by law, for property owners to access these financing options.

As with any undertaking of this type, the City encourages consumers to perform their own due diligence, carefully comparing available options and completing their own analysis to understand what they are undertaking and determine how best to proceed for their individual circumstances. Property owners are also encouraged to evaluate financing terms from multiple finance providers. Key elements such as interest rates, fees, and payback terms may vary from one provider to another.

For additional information, please visit www.californiaFIRST.org; www.figtreefinancing.com; and www.heroprogram.com.
Prior to the City of Poway incorporating in 1980, development was on the rise and the rural pathways and neighborhood connections, which Poway is known for today, began to rapidly decline. Both residents and local developers of this era desired to preserve Poway’s “City in the Country” charm. In the mid-1970s, the San Diego County Board of Supervisors appointed a Trails Advisory Committee – volunteers and staff members dedicated hundreds of hours developing trail standards and mapping corridors for riding and hiking trails in the County’s unincorporated areas. The countywide trails plan presented to the County Board was opposed by large development and farming/ranching interests, resulting in the Board passing a much weaker version of the original plan.

Eventually, the County Board shifted to pro-growth, prioritizing pro-development interests over open space access. Trail easements that had been dedicated were returned to their respective property owners. Even local developers that desired to incorporate trails as part of their subdivisions were denied as the County had no desire to maintain public trails or easements within their jurisdiction.

Then in 1980, Poway residents voted to incorporate as a City. Soon after incorporation, the City Council appointed a Trails Committee to develop a “Trails Master Plan” for the City of Poway. Starting with the County’s preliminary work from the previous decade, this Committee developed the Trails Master Plan that was adopted by the City and is still being implemented today. Since incorporation, Poway has built trails on public lands, continues to require trails from new developments, and continues to accept voluntary trail dedications from private owners.

Currently, the City has completed approximately 80% of its master-planned trail system and is well on its way to completing one of the most unique and sought-after trail systems in San Diego County.

As you have heard by now, nearly all of California is facing the effects of severe drought conditions. In fact, 95% of the state has been declared in a state of severe drought, while nearly 60% of the state is experiencing exceptional drought conditions, the most severe drought rating. Several communities across the state are now facing drinking water shortages and reservoir levels across the state are historically low. As of September, Lake Oroville was at 31% of capacity while Lake Shasta was at a mere 28% of capacity.

In August, the Poway City Council declared a Level 2 Water Shortage. This put mandatory outdoor watering restrictions in place. Since that time, our community-wide efforts have begun to show. Water use was down 6% countywide from last year, while Poway residents used 8% less, even though temperatures were warmer on average. Poway residents have stepped up and are making a positive impact.

Residents are encouraged to keep up the good work as we prepare for the possibility of another dry year. It is critical that we all continue to look for new and lasting ways to conserve water. Fortunately, there are several rebate programs available to help you save water and money. Rebates are available for water efficient appliances, sprinklers, turf replacement and more. These programs are limited to a first-come, first-served basis and some restrictions apply. For program information and eligibility, please visit www.poway.org/waterefficient.

Poway is a community that comes together in the face of challenges. We are confident that everyone will continue to find new ways to conserve water. Every drop saved today is water that can be used tomorrow.

Don’t Let Drinking and Driving Ruin Your Holiday

How often have you seen someone driving down the road that you were pretty sure was drunk, or at least driving dangerously and wished that a police officer was there to pull the driver over? Now, as you travel California’s streets and highways, you can help get drunk drivers off the road by calling 9-1-1. Using the emergency number will help local law enforcement identify drunk drivers before it is too late.

Before you leave home for a holiday party, think about how everyone can get home safely. Designate a sober driver, take a cab, or stay the night. Law enforcement officers will not tolerate impaired driving. So remember, Drive Sober or Get Pulled Over.

The San Diego Sheriff’s Department recommends the following simple tips for a safe holiday season:

- **Plan Ahead**, if you will be drinking, do not plan on driving. Designate a sober driver or find another safe way home.
- If you are impaired, do not drive. Use a taxi, call a sober friend or family member, or use public transportation.
- **Beware of drugged driving**, do not let them get behind the wheel. If you see an impaired driver on the road, call 9-1-1. Your actions may save someone’s life, and your inaction could cost a life.

### Old-Fashioned Family Days
- **Sunday, November 16 | Old Poway Park**

### Trout Season
- **Starts December 4 | Lake Poway**

### Christmas in the Park
- **Saturday, December 13 | Old Poway Park**

### Winter Festival
- **Friday-Saturday, January 9-10, 2015 | Community Park**

### Youth Fishing Derby Campout
- **Friday, February 6, 2015 | Lake Poway**

### Youth Fishing Derby
- **Saturday, February 7, 2015 | Lake Poway**

Help Conserve Water Today!

Saving Water and Dollars is a Good Idea in Every Season!!!

Water levels across the state are historically low. As of September, Lake Oroville was only at 31% of capacity while Lake Shasta was at a mere 28% of capacity. In August, the Poway City Council declared a Level 2 Water Shortage. This put mandatory outdoor watering restrictions in place. Since that time, our community-wide efforts have begun to show. Water use was down 6% countywide from last year, while Poway residents used 8% less, even though temperatures were warmer on average. Poway residents have stepped up and are making a positive impact.

Residents are encouraged to keep up the good work as we prepare for the possibility of another dry year. It is critical that we all continue to look for new and lasting ways to conserve water. Fortunately, there are several rebate programs available to help you save water and money. Rebates are available for water efficient appliances, sprinklers, turf replacement and more. These programs are limited to a first-come, first-served basis and some restrictions apply. For program information and eligibility, please visit www.poway.org/waterefficient.

Poway is a community that comes together in the face of challenges. We are confident that everyone will continue to find new ways to conserve water. Every drop saved today is water that can be used tomorrow.

## City Council

- **Mayor Don Higginson**
- **Deputy Mayor Dave Grosh**
- **Councilmember John Mullin**
- **Councilmember Steve Vaus**
- **Councilmember Jim Cunningham**