

# Calendar of Ongoing Events in the Island City

Compiled by Eric J. Kos

## Sundays

■ 10 a.m. Sunday Morning Fitness Ride. Except first Sundays. Ride with other cyclists to someplace new each week. Beginner friendly. Bring a street hybrid or road bike, helmet, water and a spare tube. Meet at Alameda Bicycle, 1522 Park St. (Info: 522-0070, info@alamedabicycle.com)

■ 6 a.m. to 3 p.m. Alameda Point Antiques Faire. First Sunday of the month. General admission \$10 between 7:30 a.m. and 9 a.m., early admission \$15 before 7:30 a.m., late admission \$5 after 9 a.m. No admission after 3 p.m. 15 and younger free with guardian. Alameda Point runway. (Info: 522-7500, michaans.com)

■ Noon. Ride on Two Wheels. Second Sunday of the month. April through October. Free lesson for children learning to ride a bicycle. Child must be accompanied by caregiver. Alameda Bicycle, 1522 Park St. (Info 522-0070, info@alamedabicycle.com)

■ Noon. Flat Tire Clinic. Fourth Sunday of the month. Free workshop on bike maintenance April through October. Alameda Bicycle, 1522 Park St. (Info 522-0070, info@alamedabicycle.com)

## Mondays

■ 7 to 8 p.m. Kundalini Meditation and Shakti Transmission Class. Free admission; donations appreciated. First-time students must register for introductory presentation at 6:20 p.m. Leela Yoga, 1708 Lincoln Ave. (Info, register: amrita@heartofc.org)

■ 5:30 p.m. Film screenings at the Alameda Free Library, followed by discussion. Adults 18 and older. Free admission. Alameda Main Library, 1550 Oak St. (Info: 747-7713, alamedaca.gov/library)

■ 7 p.m. Native Daughters of the Golden West monthly meeting. Second Monday of the month. Discussion on environmental issues, Mission restoration projects and veteran affairs. Prospective members welcome. (Info, address: mpdodge30@gmail.com)

■ 6 p.m. Lawyers in the Library. Third Monday of the month. West End Library, 788 Santa Clara Ave. (Info: Karin Lundstrom klundstr@alamedaca.gov/library, 747-7767)

■ 8 to 10 p.m. Dave Alt Swingtime Band. Last Monday of

the month. Community members welcome to dance or listen. Temple Israel of Alameda, 3183 Mecartney Road (Info: Dave Altschuler, davehenryalt@yahoo.com)

## Tuesdays

■ 6 p.m. Free workshop on tenant and landlord rights and responsibilities with City of Alameda Housing Authority. Second and fourth Tuesdays of the month. 703 Atlantic Ave. (Info, confirm schedule, register: alamedarent program.org)

■ 7:15 p.m. Alameda Photographic Society Competitions. Competition Night every Second Tuesday. Program Night every Fourth Tuesday. No meetings in July and December. Fellowship Hall at 2441 San Jose Ave. (Info: info@alamedaphoto.org)

■ 7 p.m. American Legion, Post 9, Monthly Meeting. Second Tuesday of the month. Open to honorably discharged veterans and current personnel of any branch of the U.S. military who have served at least a day of active duty during times of war or conflict. Veterans Memorial Building, 2203 Central Ave. (Info, Larry Fukuba: 289-4043)

■ 7:30 p.m. Writers West. Experienced and aspiring writers welcome. Second Tuesday of the month. Conference Room C, Alameda Hospital, 2070 Clinton Ave. (Info: 522-9028)

■ 7 p.m. Alameda Backyard Growers Meeting. Third Tuesday of the month. Gardeners of all experience levels welcome. Rhythmic Cultural Works, 2513 Blanding Ave. (Info: info@alamedabackyardgrowers.org, 239-7425)

■ 7:30 p.m. HIV and AIDS Outreach and Education Meeting. Third Tuesday of the month. St. Barnabas Parish Center, 1427 Sixth St. (Info, Cath Sullivan: 865-3051)

■ 6:30 p.m. Vietnam Veterans of America Chapter No. 400, Monthly Meeting. Third Tuesday of the month. Alameda Veterans Memorial Building, 2203 Central Ave. (Info: 501-4193)

■ 7:30 p.m. Alameda Stamp Club. Third Tuesday of the month. Immanuel Lutheran Church, 1910 Santa Clara Ave. (Info: John Kofranek, jakmj@comcast.net)

## Wednesdays

■ Every Wednesday through Aug. 29, 6 to 8 p.m. Caregiving 101. Gain practical skills and gather

useful resources in a supportive environment. \$10 materials fee. Provided by Caregivers Access to Resources, Education & Support. Mastick Senior Center, 1155 Santa Clara Ave., Dining Room 2. (Info, register: 747-7506)

■ 1:30 to 3:30 p.m. Island Pride Peer Support Group. Second and fourth Wednesdays of the month. A safe, confidential space for LGBT seniors to share thoughts, feelings, resources and support. Dining Room No. 2, Mastick Senior Center, 1155 Santa Clara Ave. (Info: 747-7500, geohubbard@comcast.net)

■ 6:30 p.m. Wednesday Evening Fitness Ride. Ride with other cyclists to someplace new each week. Beginner friendly. Bring a street hybrid or road bike, helmet, water and a spare tube. Meet at Alameda Bicycle, 1522 Park St. (Info: 522-0070, info@alamedabicycle.com)

■ 5:30 p.m. Library Teen Advisory Board. First Wednesday of the month. Help plan events, volunteer for library, earn community service hours. Stafford Room, Main Branch of the Alameda Free Library, 1550 Oak St.

■ 7 to 9 p.m. Alameda Island Monthly Poetry Reading plus Open Mic Night. First Wednesday of the month. Light refreshments served. Frank Bette Center for the Arts, 1601 Paru St. (Info: 523-6957, frankbettecenter.org)

■ Noon. Disabled American Veterans meeting. Second Wednesday of the month. Veterans Memorial Building, 2203 Central Ave. (Info, registration: 865-6372)

■ 7 p.m. American Legion, Post 647, Monthly Meeting. Second Wednesday of the month. Open to honorably discharged veterans and current personnel of any branch of the U.S. military who have served at least a day of active duty during times of war or conflict. Veterans Memorial Building, 2203 Central Ave. (Info: Edwin Jacobsen, 589-5803)

■ 9:30 a.m. Mastick Senior Center Advisory Board. Third Wednesday of the month. Open to all Mastick members. Room D, Mastick Senior Center, 1155 Santa Clara Ave.

■ 10:30 a.m. La Leche League Monthly Meeting. Third Wednesday of the month. Discussion on new breast feeding-related topic each month. Free admission. La Leche League of Alameda, 2803 Clay St.

(Info: Virginia Thompson, 521-4867) ■ 4 to 5:15 p.m. Grief Support Group. Fourth Wednesday of the month. Women's Health Center, Alameda Hospital, 2070 Clinton Ave. (Info: Rev. Mark Estes, 925-737-0203)

## Thursdays

■ 11 a.m. Trinity Seniors Program changes weekly. (Not held during summer months.) Lunch served at noon. Free admission, \$5 donation if eating lunch. Trinity Lutheran Church, 1323 Central Ave. (Info: 522-5220)

■ 3 to 5 p.m. U.S. Rep. Barbara Lee Satellite Office Hours. Every other Thursday. No appointment necessary. Room 224, Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7777)

■ Noon to 4:30 p.m. Alameda-Oakland Home Learners East End Meet-up. First Thursday of the month. Gathering for home-schooled children and their caregivers. Lincoln Park, 1450 High St. (Info: aohl.net)

■ 10:30 a.m. New Member Orientation. Second Thursday of the month. Open to prospective members. Includes free lunch. Registration required. Mastick Senior Center, 1155 Santa Clara Ave. (Info, registration: 747-7506)

■ 7 to 9 p.m. Alameda Quilt Guild. Second Thursday of the month. Open to anyone interested in quilting. \$5 donation at the door for visitors. Trinity Lutheran Church, 1323 Central Ave. (Info: Terry Hodges, 521-2995)

■ 7 to 9 p.m. Single Sailors Dinner Meeting. Second Thursday of the month. Open to singles interested in sailing. Ballena Bay Yacht Club, 1150 Ballena Blvd. (Info: singlesailors.org)

■ 7 to 9 p.m. Alameda Poetry Writers' Workshop. Second Thursday of the month. Hosted by Mary Loughran and Marilyn Flower. Frank Bette Center for the Arts, 1601 Paru St. (Info 523-6957)

■ Noon to 4:30 p.m. Alameda-Oakland Home Learners West End Meet-up. Third Thursday of the month. Gathering for home-schooled children and their caregivers. (Info, address: aohl.net)

■ 6 to 7:30 p.m. State Rep. Rob Bonta Office Hours. Fourth Thursday of the month. By appointment only. Stafford Room, Main Branch of the Alameda Free

Library, 1550 Oak St. (Info, appointments: 286-1670)

## Fridays

■ 6 to 9 p.m. Second Friday Opening Reception for new artwork each month. Free to the public. K Gallery, Rhythmic Cultural Works, 2513 Blanding Ave. (Info: 865-5060, rhythmic.org)

■ 6 to 10 p.m. Second Friday Art Walk. Coordinated event to featuring discounts at participating businesses and free art openings at galleries across city. (Info, full listing: fridayartwalk.com)

## Saturdays

■ Noon. Human Billboard Vigil. Weekly demonstration to express solidarity with all members of com-

munity. Bring signs, or hold up pre-made signs. Park Street and Santa Clara Avenue. (Info: Ruth Smiler, 846-2001)

■ 12:30 p.m. Writers' Group. Open to all interested adult writers. Second Saturday of the month. Family Study Room, Main Branch of the Alameda Free Library, 1550 Oak St. (Info: 747-7713)

■ 7 to 9 p.m. "Poetry and Prose." Monthly literary discussion group at the Frank Bette Center for the Arts (FBCA), followed by open mic. Second Saturday of the month. Features poetry, short stories, singer-songwriters, comedians, etc. FBCA, 1601 Paru St. (Info: 523-6957, frankbettecenter.org)

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# Island Poets Reading Scheduled for July 11

## Sun Staff Reports

The Alameda Island Poets July reading will feature Connie Post, Livermore Poet Laureate emeritus, and Carole Dwinell, Wednesday, July 11, at 7 p.m. The event is hosted by Nanette Deetz with an open mic following. Admission is free. Donations appreciated. Light refreshments will be served.

## Carole Dwinell

Dwinell won first prize in the 2017 Poets Dinner Contest. Dwinell loves to quote Emil Zola: "If you ask me what I can be in this world, I, an artist, will answer you. I am here to live out loud."



Dwinell

"I think this quote has to do with being unafraid," said Dwinell. "Taking risks is part of life, I have had the opportunity to race bicycles, work with horses and kids, field a vaulting gymnastics club, a number of extraneous and very exciting activities. Risk fosters a different perspective, a wider view. So with art of any kind. For me each day is a new blank page, a risk, waiting to be filled."

Dwinell's media of choice include: words, paint, clay, bronze, ink, wood, books, metal and making paper.

Find out more about Dwinell at caroledwinell.com.

The Alameda Island Poets meet monthly at the Frank Bette Center for the Arts, 1601 Paru St. Find out more at frankbettecenter.org or write cathydana@gmail.com.

## Connie Post

Post served as Poet Laureate of Livermore from 2005 to 2009.

Her work has appeared dozens of journals, including: *Calyx*, *Comstock Review*, *River Styx*, *Slipstream*, *Spillway*, *Spoon River Poetry Review*, *Valparaiso Poetry Review* and *Verses Daily*. She has written seven books of poetry.



Courtesy photos Post

Her first full-length book *Floodwater* (Glass Lyre Press 2014) won the Lyrebird Award. Her other awards include the 2017 Prick of the Spindle Poetry competition, the Caesura Award and the 2016 Crab Creek Poetry Award.

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