



# GREATER VALLEJO RECREATION DISTRICT

Board of Directors  
Robert Briseno  
Gary Salvadori  
Ron C. Bowen  
Sheryl Pannell Lea  
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In compliance with the Americans with Disabilities Act, if you are a disabled person and you need a disability-related modification or accommodation to participate in this meeting, please contact the District Office at 707-648-4604 or fax 707-648-4616. Requests must be made as soon as possible and at least three (3) full business days before the start of the meeting.

## Programs and Publicity Committee Directors: Pannell Lea and Salvadori

**Due to Solano County and the State of California's shelter in place orders our  
Committee Meetings will be held remotely via Zoom Meetings**

<https://zoom.us/join>

**You may also call in at +1 669 900 9128 US**

**Meeting ID: 4425425788 Password: 1944**

### Agenda

**Monday, June 7, 2021**

**1:30 p.m.**

1. Vallejo Project Proposal
2. Programs Reopening Guidance
3. Scholarship Program
4. Activity Guide Update
5. Community Center Update
6. Aquatic Programs
7. Sports Programs
8. Sports Leases
9. Community Programs/CW
10. Youth Programs/Teens/Camps
11. Vallejo City Unified School District (VCUSD) Grant  
Funded Programs: ExLP and FRESH at ExLP
12. Senior Programs
  - a. Historical knowledge Update: Why don't we serve this population.
13. Registration Software (eTrak) Status

# VALLEJO PROJECT \*

Proposal to GVRD:

Hello GVRD team,  
Please see our below requests:

1. We would like to use your North and South Vallejo Community Centers, at no cost, on MWF 6-8PM and Tuesday and Thursday 12pm-4pm for community workshops that we are offering at no cost to our community.

1a. Instead of being a contracted service provider, we would like to offer a mutually beneficial relationship. By providing us your space, we will offer free classes to the public that serve both of our missions.

2. Free publicity: Seeing as we have common goals, we would like your organization to please help promote and mention our attached Vallejo Project community workshops. This can be done where you see fit, but we envision you sharing in your community outreach emails or newsletter or/ and a link on to our Vallejo Project events page on your website.

We've attached our current class list on a separate document below.

3. As a collective of taxpayers who are Vallejo citizens, Vallejo Project is hoping that GVRD as a large local resource, funded by tax dollars, will invest in training members of our non-profit by including us in your Board Development efforts through programs like <https://boardontrack.com/> and Fundraising training. We see ourselves as a potential collaborator working on a much smaller scale.

Sincerely,

The Vallejo Project Team

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## CLASSES

### **Monday Morning Yoga**

Take the manic out of Monday! Start your week with a gentle practice of gratitude

### **Food Distribution**

On Mondays and Fridays Mornings at Solano Fairgrounds 71 Sage St., Vallejo, CA. we distribute food in collaboration with Faith Food Fridays and Food is Free Solano

### **Kickboxing 8-12 years old MONDAY 6:30-7:30PM**

Does your student need a little movement in their life? Check out kickboxing for kids with Israel. A professional mixed martial artist.

This is a hybrid event that will be in person and have online access as well.

### **Circle Based Support for Teachers TUESDAY 10-11:30**

Circles are useful for community restoration and transformation. The act of physically sitting in a circle provides a sense of community and belonging and supports the format of the discussion. Circle processes facilitate deep listening. Circle process is designed to create a brave and sacred space.

### **Ballet Day One 3-5 year olds TUESDAY 12:30-1PM**

The study of ballet promotes self-awareness and discipline. Our unique curriculum teaches both ballet technique and the stories of great ballets—instilling physical and mental skills as well as classical culture.

**Online location link will be given after registration.**

### **Guitar Class TUESDAY 5-6PM**

Everything You Need to Master Your Instrument. Lessons are Tailored to Your Needs. Sign Up for Free and Start Playing Now!

### **Committee Meeting**

Come on out and share what you know with your neighbors. Vallejo Project is building community through service and community education. Please join our committee meeting if you would like to get involved.

### **Piano WEDNESDAY AT 2PM**

Using John Thompson's Modern Course for the Piano you will fly through piano lessons with confidence. We've made it easy. With us, you can pick up songs and music theory in a heartbeat. Sign up and get started.

### **Mindful Breathing with Adjoa WEDNESDAY 7-8**



Gentle yoga movements in a chair with a certified yoga instructor. Specifically structured for seniors

This is a hybrid event that will be in person 717 Marin St, CA 94590 and have online access as well.

**Kids Soccer THURSDAY 2-4 Ferry Building**

Soccer is a COVID safe way for your elementary student to enjoy the outdoors. In front of the WheelHouse Grill there is a patch of grass big enough for a TK-2 school age T Ball soccer field.

**K-12 Academic Support THURSDAYS 4-6PM**

This is a hybrid event that will be in person 250 Georgia St, Vallejo, CA 94590 and have online access as well.

**Tech Support All Ages FRIDAY 6-7PM**

Robert can help you with tech challenges big and small

**Farmers Market All Ages SATURDAY 10-1PM**

Outreach for volunteers, free resources (when available) and information.  
(On Georgia near Sacramento)

**Wellness Workshop All Ages SATURDAY 2-4PM**

ILM is donating space for Vallejo Project to have a Wellness Workshop for all ages  
250 Georgia St., Vallejo CA

**Financial Literacy**

There are a total of twelve topics that will help you acknowledge your existing financial solutions and discover financial “blind spots”

**Local Transportation for Seniors SUNDAYS and WEDNESDAYS**

Wednesday 5-8pm

Sundays 9-12pm

**COMING SOON...**

**German- All Ages TUESDAY 12:30-1PM**

**Get to Know your Diabetes All Ages FRIDAY 2-3pm**

**Bike Tuning Day All Ages SATURDAY 12-2PM**

**Fine Woodwork Adults SUNDAY 12-2pm**