



City Manager's Weekly Update

July 7, 2016

UPCOMING MEETINGS

2016

- 7/11** Town Hall Meeting for Districts 3, 4, and 6
7:00 PM, MCC Titan Auditorium room
- 7/18** City Council Meeting
7:00 PM, Council Chambers
- 7/25** City Council Work Session 7:00 PM, Council Chambers
- August Recess**
- 9/6** City Council Meeting
7:00 PM, Council Chambers
- 9/12** Candidate Orientation
- 9/26** City Council Work Session, 7:00 PM, Council Chambers
- 10/3** City Council Meeting
7:00 PM, Council Chambers
- 10/10** City Council Work Session, 7:00 PM, Council Chambers
- 10/17** City Council Meeting
7:00 PM, Council Chambers
- 11/7** City Council Meeting
7:00 PM, Council Chambers
- 11/8** Election Day
- 11/14** City Council Work Session, 7:00 PM City Council Chambers

To: City Council
From: Chris Zapata, City Manager

Mark Your Calendar

Mental Resilience Workshop

Thurs. July 7th 6:00 PM – 8:00 PM, Main Library, 300 Estudillo Ave.

The Main Library is hosting a mental resilience workshop featuring Linda Graham, MFT. Participants will discuss techniques to reduce stress, increase clarity in decision-making and neural flexibility, and revive a sense of competency and connection to others. Ms. Graham is an experienced psychotherapist and meditation teacher who integrates modern neuroscience, mindfulness practices and relational psychology. She is the award-winning author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*. The event is free of charge and open to the public. For more information, please contact the Library Information Desk at 577-3971.

Family Movie Nights (Attached)

The Recreation & Human Services Departments invites the community to attend Family Movie Nights. Participants should plan on bringing their movie watching accessories such as lawn chairs, blankets and snacks. Admission is free and open to the public. The schedule is as follows:

- Wed. July 20th 8:30 PM, Washington Manor Park, 14900 Zelma St.
- Wed. Aug. 10th 8:30 PM, Bonaire Park, 14841 Juniper St.

Teen Summer Programming

The Recreation and Human Services Department is kicking off the start of the Teen Recreation and Interactive Program (T.R.I.P.) for students between 6th and 10th grades. T.R.I.P. offers students the opportunity to explore the community and participate in fun and adventurous experiences over the course of six one-week sessions:

- Week 2 July 11th – July 15th
- Week 3 July 18th – July 22nd
- Week 4 July 25th – July 29th
- Week 5 August 1st – August 5th
- Week 6 August 8th – August 12th

For more information, contact Lydia Rodriguez, Recreation Supervisor, at 577-3477.

Cajun Music by The Creole Belles Band

Thurs. July 14th, 7:00 PM – 8:00 PM, Main Library, 300 Estudillo Ave.

The Creole Belles Band will be performing Cajun music at the San Leandro Main Library. The California-based band is well known in the Cajun music scene for bringing the authenticity of southwest Louisiana dancehalls to their shows. The event is free and open to the public. For more information, please call the Information Desk: 577-3971

Children's Summer Films

The San Leandro Public Library will be showing summer movies for children at the San Leandro History Museum located at 320 W. Estudillo Ave. Additional information regarding each of the screenings is copied below:

Date	Time	Film	Details
Thursday July 7 th	1:30 PM	Indian in the Cupboard	(1999,1:26, rated PG)
Thursday July 21 st	1:30 PM	Akeelah and the Bee	(2006,1:52, rated PG)
Thursday July 28 th	1:30 PM	Homeward Bound	(1993,1:24, rated G)

San Leandro Next

San Leandro Next is an initiative of the City of San Leandro Community Development Department providing news and updates on economic development and innovation. The following stories were posted since last week:

[San Leandro Businesses Awaken the Magic of Reading](#)

News from Other Agencies

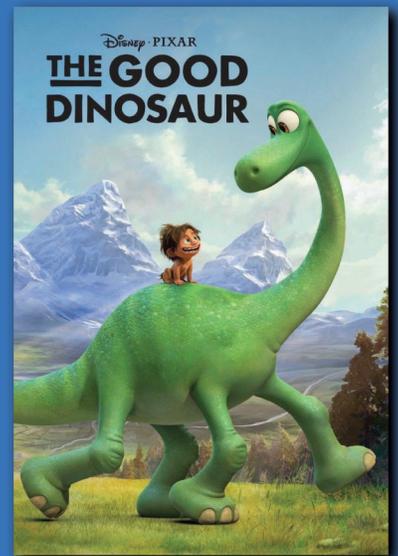
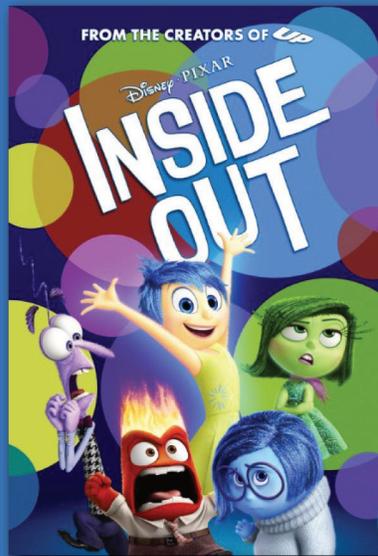
Free Six-Week Health Education Workshop for Adults by HealthTrust (Attached)

HealthTrust is holding a free six week health education workshop for adults titled "Better Choices, Better Health". Please see the attached flyer for detailed information.

Summer Movie Night!

Bring your own lawn chairs, blankets and snacks, and enjoy this summertime movie event at our parks!

This event was made possible by a generous donation from the San Leandro Optimist Club.



FREE

SHOWTIMES START
Approximately 8:00pm - 8:30pm

Shaun the Sheep

Wednesday, July 6

Halcyon Park

Inside Out

Wednesday, July 20

Washington Manor Park

The Good Dinosaur

Wednesday, August 10

Siempre Verde Park

Movies are subject to change

**Parks
Make
Life
Better!**





Better Choices,

Better Health

Workshops*

Thursdays

1:00 PM–3:30 PM

Thu 7/14/16

Thu 7/21/16

Thu 7/28/16

Thu 8/4/16

Thu 8/11/16

Thu 8/18/16

*Attend these workshops to earn bonus raffle cards for the Exercise Your Mind. Read! Summer Reading Challenge!

Better Choices, Better Health

- Free healthy workshops on how to manage chronic diseases such as diabetes, high cholesterol, arthritis, heart disease, anxiety, and depression
- Free textbook, “Living a Healthy Life with Chronic Conditions”
- Free Meditation CD

Build the following healthy life skills:

- How to read food labels
- How to get a good night’s sleep
- Working with health professionals
- Weight management
- Positive thinking
- Dealing with pain and fatigue
- Communication skills
- Goal setting

Call 510-577-3971 for more information on how to register! Space is limited.