Concord

City News and Activity Guide

Concord
www.cityofconcord.org

Fall 2014

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Parent and Me Gymnastics
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Diablo Valley

Nestled in the foothills of the majestic, twin-peaked Mount Diablo in Concord, CA, is a lush and vibrant open green space; Diablo Valley. Going out on a limb is where you live. We know your kind and we dare you to climb the mountain and see the view from our side. Delectable farmers markets, edgy craft brewers, mountain biking, horseback riding, picturesque picnicking and more music than any other valley await your devilish side.

Diablo Valley™
DEFYING EXPECTATIONS
concord, california

DiabloValleyCA.com

Concord
www.cityofconcord.org

City of Concord

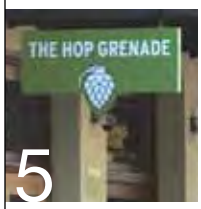
Timothy S. Grayson	Mayor
Ronald E. Leone	Vice Mayor
Edi E.Birsan	Councilmember
Daniel C. Helix	Councilmember
Laura M. Hoffmeister	Councilmember
Thomas J. Wentling	City Treasurer
Valerie J. Barone	City Manager
Leslye Asera	Community Relations Manager and Editor

On the cover: Clockwise from top left

(1) The Centennial Clock in Todos Santos Plaza, the heart of the Downtown Concord Specific Plan area; **(2)** Parent and Me Gymnastics class; **(3)** Some of the 150 volunteers who planted 56 trees at the Boatwright Youth Sports Complex last year; **(4)** Zumba Gold class.

Parks Make Life Better!®

CONCORD
WHERE FAMILIES COME FIRST
www.concordfirst.org



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CONTACT

Web site: ..... **www.cityofconcord.org**
Events: ..... **www.concordfirst.org**
Classes: ..... **www.concordreg.org**
E-mail: ..... **cityinfo@cityofconcord.org**
Phone: ..... **(925) 671-CITY**

Americans with Disabilities Act (ADA) Coordinator.....671-3031
Building.....671-3107
Business Licenses.....671-3307
Cable TV
Astound Broadband.....459-1000
Comcast.....1-800-945-2288
City Council.....671-3158
City Manager.....671-3150
Code Enforcement Hotline.....671-3075
Concord Community Pool.....671-3480
Concord Naval Weapons Station Reuse Project.....671-3001
Concord Pavilion Information.....676-8742
Resident Hotline.....363-5701
Downtown Hotline.....671-3464
Economic Development.....671-3355
Engineering.....671-3361
Flood Zone Inquiries.....671-3425
Garbage Collection.....682-9113
Graffiti Hotline.....671-3080
Housing.....671-3370
Mayor.....671-3158
Permit Center.....671-3454
Picnic Site Reservations.....671-3404
Planning.....671-3152
Police and Fire Emergencies.....911
Police/Information.....671-3220
Pothole Hotline.....671-3228
Public Works.....671-3448
Park Maintenance.....671-3444
Recreation/Registration.....671-3404
Sewer Problems.....671-3099
Shopping Cart Hotline.....1-800-252-4613
Street Light Outages Hotline.....671-3213
Street Sweeping.....671-3448
Street Trees.....671-3445
Traffic Safety and Signals.....671-3132

Recreation Program Locations

APEX Movement NorCal – 930 Detroit Ave.....609-4004
Ayers Elementary – 5120 Myrtle Drive.....682-7686
Baldwin Park Bocce Court – 2730 Parkside Circle.....671-3320
Baldwin Park Dance Studio – 2790 Parkside Circle
Baldwin Park Preschool – 2790 Parkside Circle
Camp Concord, South Lake Tahoe.....671-2267
Centre Concord – 5298 Clayton Road.....671-3382
Clayton Valley Bowl – 5300 Clayton Road.....689-4631
Concord Community Park and Pool – 3501 Cowell Road.....671-3474
Concord Library – 2900 Salvio St.....646-5455
Concord Senior Center – 2727 Parkside Circle.....671-3320
Diablo Creek Golf Course – 4050 Port Chicago Highway.....686-6262
Highlands Elementary – 1326 Pennsylvania Blvd.....685-4202
Lime Ridge Center – 3701 Treat Boulevard
Monte Gardens Elementary – 3841 Larkspur Drive.....685-3834
Mt. Diablo Elementary – 5880 Mt. Zion Drive.....672-4840
Newhall Park – 1351 Newhall Parkway
Village Music School – 1720 Linda Drive, Pleasant Hill.....676-8400
Westwood Elementary – 1748 West St.....685-4202
Willow Pass Community Center and Park – 2748 E.Olivera Road...671-3423
Parks & Recreation Class Registration
Registration Office.....671-3404
en Español.....671-3324

Sports Organizations

Youth Baseball/Softball

Bears Softball Association..... www.bears-softball.com
Clayton Valley Little League.....www.cvll.org
Concord American Little League..... www.callbaseball.com
Concord Lady Hawks.....www.concordladyhawks.com
JOBL Baseball & Softball.....www.eteamz.com/jobl
Payless Batting Cages.....825-7526

Youth Football / Cheerleading

Clayton Valley Athletic Assn..... www.cvaafalcons.com
Concord Youth Football..... www.concordyouthfootball.com

Youth Soccer

Concord AYSO.....685-AYSO
Diablo FC www.diablofc.org..... 798-GOAL
Liga Latina..... www.ligalatinaconcord.com
Mt. Diablo Soccer Association www.mdsoccer.org.....672-3373

Adult Soccer

East Bay Senior Soccer.....www.ebssl.com
Contra Costa Mixed Soccer.....759-5965

Adult Kickball / Softball

Concord Parks & Recreation
www.teamsideline.com/concord.....671-3279
Rain Hotline.....671-3479

Bocce

Concord Bocce Federation.....www.concordbocce.org

Swimming

Terrapins Swim Team.....680-8372

Tennis

Concord Tennis Club.....686-1707
Concord Table Tennis Club
www.concordtabletennisclub.com.....689-7463

Diablo Youth Rugby

http://diabloyouthrugby.clubspaces.com.....381-5143

Concord
www.cityofconcord.org

CITY NEWS

ANNUAL REPORT EDITION

Fall 2014

Concord at a Glance

Concord at a Glance

Area..... 31.13 sq. miles

Elevation ..... 72 feet

Founded..... 1868

Incorporated..... 1905

Profile

Population 124,656

Households 46,069

Household median income... $82,281

Median home value..... $443,900

Median age 37

Business Profile

Total working residents 61,544

Education beyond high school ... 63%

By the Numbers

- Largest city in Contra Costa County
- 8th Largest city in the Bay Area
- 46th Largest city in California
- 27 Parks and playfields
- 379 Acres of developed parkland
- 1,080 Acres of open space
- 7,100 Licensed business
- 4.2 Million square feet of Class A office space
- Ranked as one of America's 50 greenest cities
- Ranked as one of the 100 best places to raise a family.

Letter to Residents

City leaders are proud to present this year's Annual Report to Concord residents and business owners. Fiscal year 2013-14 has been a year of significant accomplishments in the face of tough fiscal challenges.

On the bright side, a new contract has delivered a renovated and vibrant Concord Pavilion. The former Concord Naval Weapons Station Reuse Plan is moving towards reality. Planning initiatives are elevating the downtown to a new level. A community survey found that 80 percent of residents are satisfied with services they receive from the City.

Unfortunately, the economy has stubbornly refused to recover, and the effects of the Great Recession are holding the City back from realizing its full potential. As a result, the City faces the hard task of making $4 million in reductions to services over the next two years or finding another way to balance the budget. For detailed information about this issue, please see the Budget Update on pages 6-7.

The success of the Concord community relies on partnerships between the City, residents and businesses. The community has stepped up over and over again, whether it's planting trees at Boatwright Youth Sports Fields (pictured above), creating a new July 4th celebration, contributing to keep the music going in downtown Concord, or conserving water because of the drought. We appreciate all you do to make our community a great place to live and appreciate the opportunity to work with you.

We present this Annual Report to the residents and business owners of Concord, as part of the City's on-going commitment to transparency and accountability

Respectfully,
Mayor, City Council, City Treasurer
City Manager, City Attorney, City of Concord Employees

2013–14 Project Highlights

Students Receive Leap Frog Donations

Classrooms at six elementary schools in Concord have been the recipients of Leap Frog pads, books and other educational materials, made possible through the Concord Police Department and a generous donation from Leap Frog. The program enhanced the relationship between officers and residents and supports the children in their studies.

Students at Wren Avenue School receive Leap Frog materials from police officers

Addressing the Drought

The City joined residents in conserving water during the drought in order to meet the Contra Costa Water District's 15 percent target for voluntary reduction. The City exceeded the target and reported using 37 percent less water than the historical baseline set by CCWD. Years of implementing water-saving practices helped the City exceed the goal, in addition to recent installations of water-smart technology, more frequent inspections of water lines so leaks are identified and repaired quickly, and converting several medians in the downtown area to use recycled water for irrigation.

Concord Naval Weapons Station Reuse Plan

The City selected four firms to vie for the position of Master Developer for the shuttered Concord Naval Weapons Station, the 5,050 acre area in North Concord that has been the subject of a massive community planning process beginning in 2006. The four firms are Catellus Development Corporation, Five Point Communities-Lennar, J.F. Shea Company, and SunCal Corporation. In December, all four firms will present their proposals at public meetings before the City Council. In January 2015, staff will recommend two finalists to the City Council. After a series of negotiations, one firm will be selected by the Council sometime next year. While the city is selecting a master developer, the Navy, which still owns the property, is completing its approval processes so it can begin to transfer the land to the City and other entities in late 2015 or early 2016.

Standing up for Concord's trees

The City opposed PG&E's plan to remove 730 trees in Concord as part of the Pipeline Pathways Project, a state-wide effort by the company to clear trees, bushes and vegetation from its right-of-ways that are located above its natural gas pipeline. The removal of the trees would have effectively clear-cut a 20-foot swath through the city on public and private property. Concord led a coalition of area cities and successfully stopped the project until agreements were reached between the cities and the company. As a result, many targeted trees will be saved.

Program to Stop Recycling Theft

The City developed a public outreach campaign and partnered with Concord Disposal Services to fund a Recycling Theft Prevention Specialist position to reduce the number of thefts of recyclables from residential and commercial areas. Taking recyclable material from a trash receptacle is illegal, but the City had not previously had the staff to enforce the regulations. Through the efforts of the community and the new staff person, thefts have been reduced, helping the City achieve its state-mandated recycling goal.

Concord Adopts 'Most Treasured Song'

The City Council adopted native son and late jazz legend Dave Brubeck's "Take Five" as the City's 'most treasured song.' Brubeck was born in Concord in 1920. The city renamed Concord Boulevard Neighborhood Park for him in 2006. Brubeck's participation in the early years of the Concord Jazz Festival, held in the park, contributed to the impetus for building the Concord Pavilion, which opened in 1975.

New Life for the Concord Pavilion

The newly renamed Concord Pavilion (formerly Sleep Train Pavilion) was transformed for the 2014 season after a multi-million dollar renovation was completed to enhance the original design by famed architect Frank O. Gehry. The main entrance, the two plazas, lawn seating, restrooms and backstage areas were all given a new look. Operator Live Nation also booked twice as many shows for the 2014 season as in the previous year. Many concert-goers reported an enhanced Pavilion experience and applauded the renovations.

Project Highlights continued on page 8

Economic Development Spotlight

The past year saw modest economic growth in Concord with new businesses opening and private investment in a number of properties. In particular, new retailers, office tenants and auto dealerships came to town as well as popular foods trucks and tap rooms.

Retail Attraction

Lazy Dog Restaurant opened its doors in a brand new, 9,100 square foot restaurant at the former El Torito location at the Willows Shopping Center. The Concord location is the company's first in Northern California with 12 other restaurants located in Southern California.

The Willows Shopping Center is under construction as part of a major renovation

The Willows Shopping Center itself is seeing a major transformation, representing a significant investment in the facility. The project includes a new retail building, façade upgrades and site improvements that feature an "urban" street bisecting the shopping center to connect parking fields located on the north and south sides of the site. An outdoor community plaza and turfed play area are planned adjacent to REI and a 10,000 square foot space for a major tenant is being added. The first new retailer to be announced as part of the renovations is Ulta Cosmetics, a specialty beauty and cosmetic store.

Sunvalley Shopping Center continues to add regional shopping tenants to its list of destination retail. This year, Uniqlo (pronounced You-nee-klo), a Japan-based casual clothing designer, manufacturer and retailer, opened its doors at Sunvalley.

For those who enjoy microbrews and trendy locations in which to enjoy specialty beers, downtown Concord has become a destination spot. Joining E.J. Phair Alehouse is Concord-based microbrewery The Pig & The Pickle at 1960 Concord Avenue. A third boutique brewery, The Hop Grenade, is opening at 2151 Salvio Street in the space previously occupied by Panama Red Coffee Company. The owners are the main force behind the Brewing Network, which operates on-line radio and podcast networks showcasing microbrews and breweries. The Hop Grenade features a craft beer taproom, a broadcast studio, and a retail sales area.

The Hop Grenade is downtown's newest brewery

Car capital of Contra Costa

Concord is known as the car capital of the county, if not the East Bay, based on the volume of sales that are generated by Concord's 18 dealerships. This past year, Mazda opened in Concord, moving from Walnut Creek to 1891 Market Street (southwest corner of Market and Willow Pass Road). Concord Audi opened a new dealership at 1300 Concord Avenue, expanding the showroom and service center of the former Concord Honda site. The new dealership is essentially the flagship design for Audi and offers an expanded inventory with a focus on customer service.

Office Report

The Great Recession continues to have an impact to office and business growth in the East Bay. While economic news from San Francisco and the South Bay shows an improving economy, the East Area is still overcoming losses in the office sector. Even so, Concord had its share of good news. Asset Mark, AIG and AM Trust Insurance leased approximately 100,000 square feet in Swift Plaza in downtown Concord, bringing 300 jobs to town. In addition, a new investor, Montgomery Advisors, has purchased One and Two Corporate Office Center at 1320 Willow Pass Road. Montgomery Advisors is investing in updating the two-tower office complex to attract new tenants to Concord.

Budget Update

The City Council adopted the Fiscal Year 2014-15 City Budget and 10 Year Financial Forecast on June 24. While the budget is balanced, it reflects $4 million in additional budget cuts that will have to be made when Measure Q expires. Measure Q was adopted by Concord voters in 2010 to protect and maintain vital city services, with funding that can't be taken by Sacramento, and it expires soon. It is a half-cent sales tax measure that has been essential in maintaining key city services such as 911 emergency response, police patrols, and gang and youth violence prevention programs, along with many other quality of life services of high priority to residents.

During the Great Recession, staffing was reduced by 25 percent, General Fund expenditures were reduced by $10 million (from 2007-2011) and employees endured a pay freeze, took pay reductions and stepped up to pay more for their benefits. With City resources 'cut to the bone,' $4 million in additional cuts would impact the public safety and quality of life services residents value most.

Like all cities, the Great Recession and the slow economic recovery have put considerable strain on Concord's ability to maintain and protect vital city services. This challenge has been made greater because the State of California has taken more than $78 million from the City over the past 20 years. Measure Q has been the lifeline that has allowed the City to continue to meet the needs of the community.

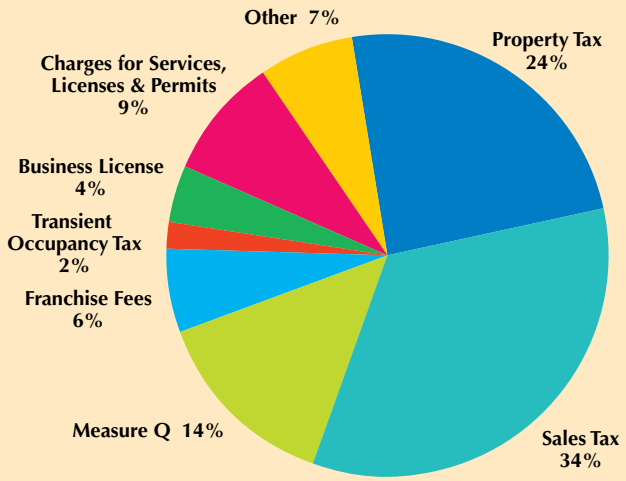
The recession has also kept the City from making any significant investments in maintenance of the City's infrastructure. For example, Concord's 300 miles of roadways have deteriorated substantially since 2010. It will cost an additional $6 million annually to bring roads back to pre-recession standards.

Measure Q Extension

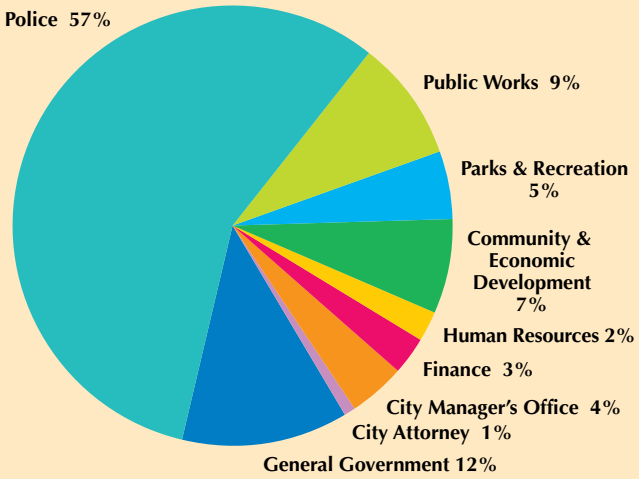
In 2010, when Measure Q was placed on the ballot, many expected the economy to recover at a much faster pace than has been the case. However, with the state's elimination of the Concord Redevelopment Agency and the slow economic recovery, the City continues to be concerned about how to maintain essential city services. As a result, the City Council is considering placing a measure on the November 2014 ballot asking voters to extend Measure Q. (As of press time, this vote had not been taken).

To review the latest information on this topic, visit www.cityofconcord.org./fiscalhealth.

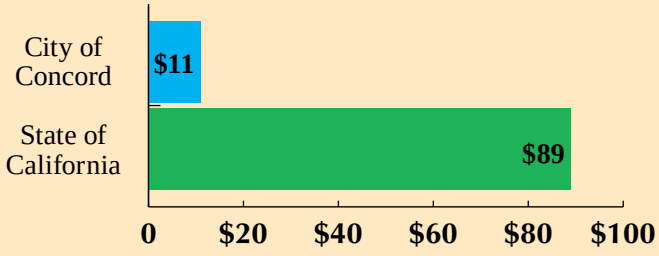
Where does the money come from?



Where does the money go?



Per $100 of Property Tax



The City receives only $11 out of every $100 paid in property tax.

Q: What is the issue?

A: Sacramento has taken more than $78 million from the City of Concord over the past 20 years. The slow economic recovery has forced the City to cut its workforce by 25%, defer road maintenance, reduce programs and outsource services. As the economy struggles to improve, the City is exploring several ways to continue to provide the vital services the community relies on.

Q: What is Measure Q?

A: Measure Q was adopted by Concord voters in 2010 to protect and maintain vital city services, with funding that can't be taken by Sacramento. Measure Q is a half-cent sales tax measure that has helped the City protect and maintain vital services, such as 9-1-1 emergency response, neighborhood police patrols, gang prevention programs, crime investigation services, road maintenance, pothole repair, traffic signal upkeep, city parks and playground maintenance, youth sports and recreation programs, and senior services and the Senior Center.

Q: Are you thinking about extending Measure Q?

A: Funding from Measure Q has helped the city stay solvent, maintain services and begin rebuilding its urgent reserve funds during one of the worst economic times in recent memory. But only the voters can decide if Measure Q should be extended. Election Day is November 4, 2014.

Q: How will we know that the money is being spent appropriately?

A: The Measure Q Citizens' Oversight Committee was formed when Measure Q was passed to ensure funds were spent as promised. The Committee issues annual reports detailing how Measure Q revenues are spent. This Citizens' Oversight Committee and mandatory audits will continue if voters decide to extend Measure Q.

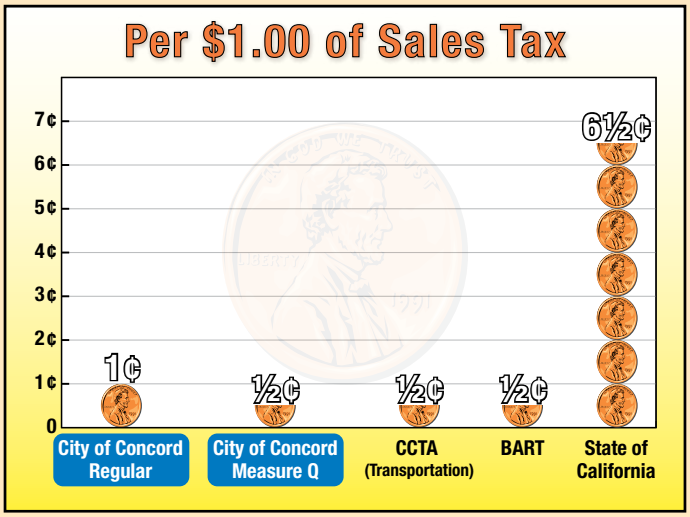
Q: What services specifically, does the City need to maintain?

A: The City is committed to maintaining and protecting the services that our community has said are important, including:

- 9-1-1 emergency response services
- Neighborhood police patrols
- Gang prevention programs
- Crime investigation services
- Road maintenance and pothole repair efforts
- Traffic signal maintenance
- City parks and playgrounds
- Youth sports and recreation programs
- Senior services and the Senior Center

Community Budget Update Presentations

If your neighborhood association or service organization would like to schedule a Community Budget Update presentation, contact the City Manager's office at (925) 671-3150.



Sales Tax Revenue

Shoppers in Concord pay sales tax of 9%, or 9 cents for every dollar spent. The City receives one-and-a-half cents of that amount. The one cent is the City's standard sales tax; the half cent is revenue from Measure Q, the sales tax measure passed by voters in 2010 to preserve core services that were at risk of being cut due to the recession. The other 7½ cents goes to the State, county and other agencies.

2013–14 Project Highlights *(continued)*

Salvio Pacheco Square in downtown Concord is at the center of the Downtown Specific Plan

Downtown Concord Specific Plan

The City Council adopted the Downtown Concord Specific Plan in June. The plan was developed by a 13-member steering committee that included elected and appointed officials, business representatives and interested residents. Several community workshops were held during the process to give residents the opportunity to offer ideas and suggestions. The document will serve as an economic development tool and will help to focus public and private efforts for the continued revitalization of the downtown area while improving connections between the Concord BART Station and Todos Santos Plaza. The plan will also benefit the City in the pursuit of additional grant funds for downtown projects.

Family Justice Center Planning Starts

City leaders reached out to local organizations and regional partners to begin planning for the Central County Family Justice Center, which will be located in Concord. The center will provide a safe location where law enforcement officials, legal service providers, victim advocates and community organizations can work together, under one roof, to support victims of family violence.

Downtown Sewer Project Replaces Lines

Concord has many old sewer lines that need to be replaced. The City completed the construction of almost 21,000 linear feet of sewer main replacements and almost 240,000 square feet of street resurfacing as part of the Monte Gardens/San Vicente Sanitary Sewer Rehabilitation and Downtown Sewer and Streetscape Improvements.

Community Court Proving Effective

Concord's new Community Court program, established last year, is seeing results with over 100 cases processed in its first year. The program was created as an alternative to sending low-level offenders through the court system, which is overburdened and lacking in the resources to rehabilitate offenders. Community Court provides alternatives to jail time such as fines, community service, diversion classes, and mediation. The program is a partnership between the Concord Police Department, the Contra Costa County District Attorney's Office, and Community Court Services..

Planting Trees for a Greener Future

Concord residents came out in force to participate with the City in a regional effort to plant 1,700 trees in one day. Over 150 volunteers planted 56 new trees at the Boatwright Sports Complex in February. When the trees mature, they will provide shade, beautify the area, and remove 2.13 tons of CO2 and 560 lbs. of pollutants from the air every year.

And the Survey Says…

A random sampling of 500 residents gave the City of Concord high marks in the 2014 Community Priorities Survey, continuing a multi-year trend of generally positive feedback. Four out of five residents rated their quality of life in Concord as "excellent" or "good." Eighty-three percent of residents were "very satisfied" or "somewhat satisfied" with the job the city of Concord is doing to provide city services. The survey was conducted by telephone in February and has a margin of error of plus or minus 4.4 percent.

Bike and Pedestrian Projects

The City completed the construction of bicycle and pedestrian improvement projects including the 1.6 mile Monument Corridor Pedestrian and Bikeway Project, Chalomar Road Sidewalk Gap Closure Project, and Monument Boulevard Accessibility Improvements. In addition, the Circulation Element of the Concord 2030 General Plan was amended to incorporate and implement Complete Streets policies to support planning for future pedestrian and bike improvements.

Upcoming planning efforts will make biking easier

ACTIVITY GUIDE

Special Recreation
See page 26.

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

FALL 2014 PRESCHOOL CLASSES

Register Now! ■ Walk-In Registration Only!

10 a.m.–12 p.m. and 1–3 p.m. ■ Willow Pass Center, 2748 E. Olivera Rd. Concord, CA 94519

Preschool Age 2

Your child will experience fun interaction and play with other 2-year-olds. They have the opportunity to develop language and gain valuable social skills, as well as participating in age appropriate songs, crafts, structured and unstructured play.

Preschool Age 3

Through age appropriate fun songs, crafts, games and supervised play with other 3-year-olds, children have the opportunity to develop and build friendships, as well as, independent social and academic skills.

Preschool Age 4

Your child will learn important life and pre-academic skills through fun activities and programs. Each child will have the opportunity to learn their numbers, colors, shapes, calendar and days of the week. By the time children graduate they are well on their way to kindergarten with many fond memories of preschool.

Requirements:

2-year-olds must be age 2 by September 1, 2014.
3-year-olds must be age 3 by September 1, 2014.
4-year-olds must be age 4 by September 1, 2014.
***3 and 4-year-olds must be toilet trained.**

A $35 non-refundable processing fee and a non-refundable first month's tuition payment are due at the time of registration. The remaining 8 tuition installments are due by the 20th of each month from September 2014–April 2015. **There is a $75 cancellation and withdrawal fee for program.**

Monthly Fees:

2-day classes $125 R / $130 NR
3-day classes $189 R / $194 NR

Parent Involvement:

Parents in all classes are asked to bring a healthy snack for the whole class once every other month.

Some classes may be full at this time. To be added to the wait list or for more information, please call the registration office at 671-3404.

BALDWIN PARK
2790 PARKSIDE CIRCLE

3 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 3–May 15	M, W, F	9–11:30 a.m.	#94347
Sep 2–May 14	Tu, Th	9–11:30 a.m.	#94348

4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 2–May 14	Tu, Th	9–11:30 a.m.	#94354
Sep 3–May 15	M, W, F	9–11:30 a.m.	#94353

4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 3–May 15	M, W, F	12–2:30 p.m.	#94355

CENTRE CONCORD
5298 CLAYTON ROAD

2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 2–May 14	Tu, Th	9–11:30 a.m.	#94342
Sep 2–May 14	Tu, Th	12–2:30 p.m.	#94343
Sep 3–May 15	M, W, F	9–11:30 a.m.	#94341
Sep 3–May 15	M, W, F	12–2:30 p.m.	#94357

3 Year Olds – Shannon Cervantes

Session	Days	Time	Course
Sep 3–May 15	M, W, F	12–2:30 p.m.	#94345
Sep 2–May 14	Tu, Th	12–2:30 p.m.	#94349

3 Year Olds – Sean Berry

Session	Days	Time	Course
Sep 2–May 14	Tu, Th	9–11:30 a.m.	#94346
Sep 3–May 15	M, W, F	9–11:30 a.m.	#94344

4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 2–May 14	Tu, Th	9–11:30 a.m.	#94352
Sep 2–May 14	Tu, Th	12–2:30 p.m.	#94356
Sep 3–May 15	M, W, F	9–11:30 a.m.	#94350
Sep 3–May 15	M, W, F	12–2:30 p.m.	#94351

DANCE, MUSIC AND PERFORMING ARTS

Pre-Dance

Preschool dancers will be introduced to the world of dance through creative movement, rhythm, and improvisation. Dancers will focus on body positioning, balance, body isolation and fundamental dance vocabulary. Appropriate Attire: ballet shoes, tights or leggings, and leotards. The instructor, Crystal Kent, is a graduate of UC Santa Cruz in Theater Arts and has over 20 years of dance experience.

Age: 3–4 ■ Baldwin Park Dance Studio ■ Crystal Kent

Sep 6–Oct 11	Sa	9–9:30 a.m.	$55 R / $60 NR	#96076
Oct 18–Nov 22	Sa	9–9:30 a.m.	$55 R / $60 NR	#96077

Beginning Ballet 1

Beginning dance students will learn the fundamentals and the vocabulary of ballet, basic technique, coordination, barre exercises, and ballet positions. Dancers will culminate in a performance demonstration for parents on the last class. The instructor, Crystal Kent, is a graduate of UC Santa Cruz in Theater Arts and has over 20 years of dance experience.

Age: 4–6 ■ Baldwin Park Dance Studio ■ Crystal Kent

Sep 6–Oct 11	Sa	9:30–10:15 a.m.	$69 R / $74 NR	#96078
Oct 18–Nov 22	Sa	9:30–10:15 a.m.	$69 Res / $74 NR	#96079

Storybook Sing-along and Dance!

Step into the shoes of your favorite character while singing timeless songs of animated fairytales from Frozen to Lion King! Class focus is on building strong voices and fond memories. Participants are encouraged to come dressed in their favorite Princess, Hero, Creature or Pirate attire! $15 lab fee payable to instructor on first day of class.

Age: 3½–7 ■ Village Center for the Arts ■ Village Music

Sep 27–Nov 1	Sa	11–11:50 a.m.	$113 R / $118 NR	#95870
Nov 8–Dec 13	Sa	11–11:50 a.m.	$113 R / $118 NR	#95871

ENRICHMENT

Busy Bee Cooks

Children have FUN while they learn the life skill of cooking. Your chefs will enjoy eating and sharing their delicious, healthy creations with the whole family. They will learn basic nutrition, shopping and reading food labels. Children are taught food and kitchen appliance safety. A non-refundable $15 materials fee is payable at the first class.

Age: 4–5 ■ Centre Concord ■ Cooking with Kids Foundation

Sep 11–25	Th	3:30–5 p.m.	$142 R / $147 NR	#95845

Little Dragons

Is your child interested in the martial arts? Try this class first. Children participate in fun activities designed to increase attention span, focus and coordination while learning basic skills in preparation for more disciplined training when they are older. $35 uniform fee is required and payable at the first class.

Age: 3–5 ■ Baldwin Park Dance Studio ■ Kevin Oliver

Sep 4–Oct 23	Th	5-5:40 p.m.	$82 R / $87 NR	#96097
Oct 30–Dec 18	Th	5-5:40 p.m.	$72 R / $77 NR	#96098

Parent and Me Gymnastics

This class is designed for parents and toddlers to enhance your child's motor development skills, balance, coordination, and confidence. Emphasis is placed on developing movement, rolling, climbing, hanging, balance, and jumping in a fun and social environment. This class is filled with fun and challenging motor development activities. Parent participation is required.

Age: 1½–3 ■ Baldwin Park Dance Studio ■ CGS Gymnastic Services

Sep 8–Oct 6	M	1–1:45 p.m.	$73 R / $78 NR	#95831
Oct 13–Nov 10	M	1–1:45 p.m.	$73 R / $78 NR	#95832
Nov 17–Dec 15	M	1–1:45 p.m.	$73 R / $78 NR	#95833

Tiny Tumblers Gymnastics

Your child will tumble over this one! The class is designed to enhance coordination, agility, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun, social environment. Equipment incorporated includes bars, low beams, ladders, trampoline, barrel, incline mats, tunnels, rings and music games. This is ***not*** a parent participation class.

Age: 3–5 ■ Baldwin Park Dance Studio ■ CGS Gymnastic Servicesi

Sep 8–Oct 6	M	12:15–1 p.m.	$73 R / $78 NR	#95834
Oct 13–Nov 10	M	12:15–1 p.m.	$73 R / $78 NR	#95835
Nov 17–Dec 15	M	12:15–1 p.m.	$73 R / $78 NR	#95836

Parkour–Little Ninjas

Little Ninjas is a great place for your child to learn safe movement while having fun. Focus is on safety and developing gross motor skills. Kids will learn how to safely get down objects, climb and balance in a combination of open gym and class environments to encourage interaction between parents and kids.

Age: 3–4 ■ APEX Movement NorCal

Sep 7–28	Su	8:30–9:15 a.m.	$65 R / $70 NR	#96132
Oct 5–26	Su	8:30–9:15 a.m.	$65 R / $70 NR	#96134
Nov 2–23	Su	8:30–9:15 a.m.	$65 R / $70 NR	#96140

Age: 5–6 ■ APEX Movement NorCal

Sep 7–28	Su	9:20–10:05 a.m.	$65 R / $70 NR	#96133
Oct 5–26	Su	9:20–10:05 a.m.	$65 R / $70 NR	#96139
Nov 2–23	Su	9:20–10:05 a.m.	$65 R / $70 NR	#96141

R = Concord Resident NR = Concord Non-Resident

PRESCHOOL

SPORTS

ENRICHMENT *continued*

NEW Spanish Immersion Preschool Class

Participants will learn Spanish in a hands-on interactive and stimulating environment. Children will engage in singing, creative art, solving puzzles while making new friends in a safe, fun program. No class November 11. There is a $5 materials fee payable to the instructor on the first day of class.

Age: 3–6 ■ Willow Pass Community Center ■ Miriam Lattanzi

Sep 2–Oct 14	Tu	9 a.m.–12 p.m.	$234 R / $239 NR	#96106
Oct 21–Dec 16	Tu	9 a.m.–12 p.m.	$234 R / $239 NR	#96107

Young Rembrandts Youth Art Classes

Learn to draw with our step-by-step method to development observations skills, increase fine motor skills, handwriting readiness and attention to detail. Students learn to follow directions, use a pencil, increase their attention span and grow self-confidence. $10 materials fee payable to instructor.

Age: 4–6 ■ Centre Concord ■ Young Rembrandts

Curious George				
Sep 20–Oct 18	Sa	9:30–10:30 a.m.	$99 R / $104 NR	#95887
Eric Carle				
Sep 20–Oct 18	Sa	10:45–11:45 a.m.	$99 R / $104 NR	#95889

YOUTH SPORTS

Junior Tennis

The junior tennis program introduces tennis related techniques, movement and the concept of rallying. The program uses tennis related games designed to help students learn how to keep score and employ strategies involved in playing the game. Classes are taught by certified teaching professionals.

Age: 7–12 ■ Willow Pass Park ■ Calvin McCullough

Sep 2–Oct 7	Tu	4–5 p.m.	$78 R / $73 NR	#95837
Sep 2–Oct 7	Tu	5–6 p.m.	$78 R / $83 NR	#95838
Oct 14–Nov 18	Tu	4–5 p.m.	$78 R / $83 NR	#95839
Oct 14–Nov 18	Tu	5–6 p.m.	$78 R / $83 NR	#95840
Sep 4–Oct 9	Th	4–5:30 p.m.	$118 R / $123 NR	#95841
Oct 16–Nov 20	Th	4–5:30 p.m.	$118 R / $123 NR	#95842

NEW New Frontier Tennis Academy

This 10-week tennis academy is for children entering the sport of tennis. Classes are twice a week for an hour. Each participant will receive a free tennis racquet appropriate for their size, a certificate of completion, and a free one year USTA membership. Limited space is available.

Age: 7–12 ■ Willow Pass Park ■ Calvin McCullough

Sep 8–Nov 12	M, W	6–7 p.m.	$228 R / $233 NR	#95844

Kidz Love Soccer

Kids learn the world's most popular sport from professional coaches in a recreational, non-competitive environment. A typical session experience includes age-appropriate activities, skill demonstrations, fun games and instructional scrimmages.

Tot Soccer

Age: 3½–5 ■ Newhall Park ■ Kidz Love Soccer

Sep 20–Nov 15	Sa	10:10–10:40 a.m.	$111 R / $116 NR	#95820

Tot/Pre-Soccer

Age: 3½–5 ■ Newhall Park ■ Kidz Love Soccer

Sep 22–Nov 17	M	10:10–10:45 a.m.	$111 R / $116 NR	#95821
Sep 22–Nov 17	M	3:05–3:40 p.m.	$111 R / $116 NR	#95822

Age: 3½–5 ■ Concord Community Park ■ Kidz Love Soccer

Sep 18–Nov 13	Th	3:45–4:20 p.m.	$111 R / $116 NR	#95823

Pre-Soccer

Age: 4–5 ■ Newhall Park ■ Kidz Love Soccer

Sep 20–Nov 15	Sa	10:40–11:15 a.m.	$111 R / $116 NR	#95824

Soccer 1

Age: 5–6 ■ Newhall Park ■ Kidz Love Soccer

Sep 20–Nov 15	Sa	11:15 a.m.–12 p.m.	$111 R / $116 NR	#95825
Sep 22–Nov 17	M	3:40–4:25 p.m.	$111 R / $116 NR	#95827

Age: 5–6 ■ Concord Community Park ■ Kidz Love Soccer

Sep 18–Nov 13	Th	4:20–5:05 p.m.	$111 R / $116 NR	#95826

Kidz Love Soccer Skillz and Scrimmages

Kids ages 7 to 10 will enjoy advanced skill building in a team play format. Attention is paid to both individual skill development and positional play. Each class will include small-sided scrimmages to improve team tactics, positions and finer technical skills. All skill levels are welcome and all participants will receive a Kidz Love Soccer jersey!

Age: 7–10 ■ Newhall Park ■ Kidz Love Soccer

Sep 22–Nov 17	M	4:25–5:05 p.m.	$111 R / $116 NR	#95819

Mommy/Daddy and Me Soccer

Introduce yourself and your toddler to the 'World's Most Popular Game'! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field so don't just watch from the sidelines. All kids will receive a Kidz Love Soccer jersey!

Age: 2–3½ ■ Newhall Park ■ Kidz Love Soccer

Sep 22–Nov 17	M	9:30–10 a.m.	$111 R / $116 NR	#95816
Sep 20–Nov 15	Sa	9:30–10 a.m.	$111 R / $116 NR	#95818

Age: 2–3½ ■ Concord Community Park ■ Kidz Love Soccer

Sep 18–Oct 16	Th	5:15–5:45 p.m.	$71 R / $76 NR	#95817

DIABLO CREEK GOLF COURSE

4050 Port Chicago Highway
Concord, CA 94520
(925) 686-6267
www.diablocreekgc.com

SWING INTO FALL with a golf tune-up or learn to play golf with lessons from one of our qualified instructors!

Custom Club-Fitting Center

Come try out the newest golf product and be personally fit by one of our certified instructors. We carry all major brands. Call today to set an appointment.

Group Classes

Bring a friend, co-workers, or just join a class. Lessons are 1 hour each and are conducted in 5-week sessions.

Cost per person:

- Four (4) or more adults – $85.00 per person
- Three (3) adults – $100.00 per person
- Two (2) adults – $125.00 per person

Private Lessons

- 30-minute sessions are $40 per lesson or $200 for six (6) lessons
- Seniors 55 & up are $35 per lesson or $175 for six (6) lessons
- Four (4) private lessons and 1 on course playing lesson for $225 (cart and green fees included)

Lighted driving range open until 10 p.m., 7 days/week and full-service Pro Shop.

The First Tee of Contra Costa

The First Tee is a non-profit youth program established to teach Life Skills and instill Core Values through the game of golf in a year-round Golf Program for boys and girls.

The First Tee Program consists of golf skills, games and challenges, life skills education, golf etiquette and golf rules. All participants (ages 7 and up) enter the program at our PLAYer level and advance through the levels, PAR, BIRDIE and EAGLE by mastering the skills and concepts presented at each level. Target classes are available to participants ages 5–6.

Fall Session: Week of September 7 through week of November 9
Fall Session Fees: $99 one day per week (includes enrollment in the NCGA Youth on Course program)
Target Program – Boys & Girls 5–6 years old. Fee: $85 one day per week (not eligible for the NCGA membership).
**Fee assistance available.*

Please visit the homepage of www.thefirstteecontracosta.org to see our schedule of classes for the Fall Session.

VOLUNTEERS NEEDED. PLEASE CONTACT US!
See how you can become part of this rewarding program. Donations to our fee assistance program are always appreciated.

10th Anniversary The First Tee® Contra Costa

Ask about our Fee Assistance Program
For more information, call (925) 466-6701
MSanders@TheFirstTeeContraCosta.org
www.thefirstteecontracosta.org
Chapter Office
2290 Diamond Blvd., Ste. 203
Concord, CA 94520

DIABLO FC REC LEAGUE

FALL SESSION: AUG. 18-OCT. 11
DIABLO FC MIN-CAMP - AUG. 18-22

Diablo FC Recreational League Program focuses on individual technical development, building confidence in young soccer players, improving cognitive development and increasing imagination by allowing players to learn the game gradually in a fun, engaged environment. This is recreational soccer with parent coaches and a focus on fun and development. But unlike many recreational soccer programs, our parent coaches will be trained by Diablo FC's highly-credentialed professional soccer staff on how to teach basic soccer fundamentals to their players.

PROGRAM HIGHLIGHTS

- Mini-camp to expose parents and players to Diablo FC soccer training tactics and philosophy
- 6-week program for Boys and Girls ages 4-10
- Weekly one-hour practice at Diablo FC fields
- Parent coach training with coaching manual
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development
- Weekend games

FOCUS

• Fun! • Develop the individual player
• Skills & moves • Maximize touches for better ball control
• Improve balance & coordination • Increase confidence
• Running mechanics • Allow the game to be the best teacher

COST

$120 per player
(includes player game jersey)

REGISTER NOW

DIABLO FC CONCORD CALIFORNIA Est. 2008

diablofc.org

YOUTH

Afterschool Enrichment

The City of Concord Parks & Recreation Department in cooperation with the Mt. Diablo Unified School District is offering After School Enrichment classes at select elementary schools in Concord. A wide variety of fun and exciting recreation classes are offered for children in grades 1st-5th. Benefits include increased self-esteem, new skills and abilities, improved social skills, higher school performance, and encouraging lifelong learning. Thank you for choosing Concord Parks & Recreation Department and the After School Enrichment Program. For safety reasons and to sign waiver, ***PARENTS MUST COME INTO CLASSROOM*** and pick up students ***AFTER EVERY CLASS***. No class days: November 11 and November 24 through November 28.

See course grid on page 15 for dates, times, locations and costs.

After School Hoops

Aspiring young players will receive fundamental skills instruction with organized team competition, with the goal of providing an enjoyable and educational athletic vent. Players improve their individual skills such as passing, dribbling, shooting, rebounding, and defending while learning the framework of a team. Boys and girls of any skill level are encouraged to participate.

Mad Science Phenomenal Physics

Gravity… Inertia… Centripetal Force… who could ever imagine that an introduction to physics could be so much fun? We'll experience these awesome forces, learn about the atoms and molecules and build some cool devices! Use a vortex generator to create air pockets with a punch, and levitate ping-pong balls in defiance of gravity. Learn how combinations of shapes like triangles, cylinders, and arches make sturdy homes, bridges, and skyscrapers. Then explore the science of flight. Take home something at the end of each class such as a skyhawk plane, silly putty, and a drag racer.

Gymnastics

Develop strength, flexibility, agility, and confidence while having fun in a non-competitive environment, beginning and intermediate gymnastics and tumbling skills taught. Learn the basics of all gymnastic events including vaulting skills, bar and balance beam. Strength and flexibility exercises with fun and challenging games are included. Mats and gymnastic equipment provided.

Chess Wizards

Chess Wizards is so successful because of our unique approach. Classes and lessons are based on our original, fun, and high-energy Chess Wizards curriculum. Regardless of a child's ability, Chess Wizards makes chess fun for all! Instructors (who are called "Wizards") provide all the materials necessary for your child to participate in the class and no additional purchase is required to attend.

Ninjaneering Master with LEGOS

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced camp Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.

After School Flag Football

Each class provides experienced instructors who bring valuable knowledge and youthful enthusiasm to the game. Join One on One for a one-hour clinic, once a week, for you and your friends. These clinics will help you become a better player through drills, contests, and game competition.

Peer Piano

A great way to introduce piano to your child, in a fun, supportive environment. Learn piano basics while being introduced to a new song every class. Students participate and learn together while composing, rehearsing, and performing their music. In the end, students will complete a music book and celebrate what they have learned. $10 materials fee for a music book.

Vibrant Elementary Drawing

Structured, skill based learning used to teach science, math and reading is used to teach children how to draw. Young Rembrandts' tiered lesson plans match engaging subject matter; skill based learning and positive classroom techniques to achieve unparalleled success in the classroom. Learn new lessons each class and each session.

R = Concord Resident NR = Concord Non-Resident

AFTER SCHOOL ENRICHMENT

Ayers Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
After School Hoops	#95898	6–11	One on One Sports	Oct 1–Nov 19	W	12:45–1:45 p.m.	8	$89 R / $94 NR
Mad Science – Phenomenal Physics	#95899	6–11	Mad Science	Sep 30–Nov 4	Tu	2:20–3:20 p.m.	6	$128 R / $132 NR
Gymnastics	#95921	6–11	CGS Gymnastics	Oct 1–Nov 5	W	12:45–1:30 p.m.	6	$89 R / $94 NR
Chess Wizards	#95922	6–12	Chess Wizard	Sep 29–Dec 8	M	2:20–3:20 p.m.	10	$190 R / $195 NR
Ninjaneering Master with LEGOS	#95925	9–11	Play-Well TEKnologies	Oct 9–Nov 13	Th	2:20–3:20 p.m.	6	$185 R / $190 NR

Highlands Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
After School Flag Football	#95901	6–11	One on One Sports	Sep 29–Nov 17	M	2:35–3:35 p.m.	8	$89 R / $94 NR
Mad Science – Phenomenal Physics	#95900	6–11	Mad Science	Sep 30–Nov 4	Tu	2:35–3:35 p.m.	6	$128 R / $132 NR
Chess Wizards	#95902	6–11	Chess Wizard	Oct 2–Dec 11	Th	2:35–3:35 p.m.	10	$190 R / $195 NR
Peer Piano	#95903	6–11	Nadine Petersen	Oct 2–Nov 20	Th	2:35–3:35 p.m.	8	$79 R / $84 NR
Vibrant Elementary Drawing	#96161	7–11	Young Rembrandts	Sep 29–Nov 17	Th	2:35–3:35 p.m.	8	$134 R / $139 NR

Monte Gardens Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
After School Flag Football	#95906	6–11	One on One Sports	Sep 25–Nov 13	Th	2:50–3:50 p.m.	8	$89 R / $94 NR
Chess Wizards	#95972	6–11	Chess Wizard	Sep 29–Dec 8	M	2:50–3:50 p.m.	10	$190 R / $195 NR
Mad Science – Phenomenal Physics	#95904	6–11	Mad Science	Oct 1–Nov 5	W	12:50–1:50 p.m.	6	$128 R / $132 NR
Vibrant Elementary Drawing	#95905	7–11	Young Rembrandts	Sep 23–Nov 18	Tu	2:50–3:50 p.m.	8	$134 R / $139 NR

Mt. Diablo Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
Peer Piano	#95913	7–11	Nadine Petersen	Sep 23–Nov 18	Tu	2:20–3:20 p.m.	8	$79 R / $79 NR
Mad Science – Phenomenal Physics	#95911	6–11	Mad Science	Sep 29–Nov 3	M	2:20–3:20 p.m.	6	$128 R / $128 NR
After School Hoops	#95912	6–11	One on One Sports	Sep 26–Nov 14	F	2:20–3:20 p.m.	8	$89 R / $89 NR
Chess Wizards	#95910	6–11	Chess Wizards	Oct 1–Dec 10	W	12:05–1:05 p.m.	10	$190 R / $190 NR
Ninjaneering Master with LEGOS	#95973	9–11	Play-Well TEKnologies	Oct 2–Nov 6	Th	2:20–3:20 p.m.	6	$185 R / $185 NR

Westwood Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Classes	Fee
After School Hoops	#95917	6–11	One on One Sports	Sep 23–Nov 18	Tu	2:10–3:10 p.m.	8	$89 R / $94 NR
Vibrant Elementary Drawing	#95918	7–11	Young Rembrandts	Sep 24–Nov 12	W	1:40–2:40 p.m.	8	$134 R / $139 NR
Mad Science – Phenomenal Physics	#95920	6–11	Mad Science	Oct 2–Nov 6	Th	2:10–3:10 p.m.	6	$128 R / $132 NR
Ninjaneering Master with LEGOS	#95919	9–11	Play-Well TEKnologies	Oct 6–Nov 10	M	2:10–3:10 p.m.	6	$185 R / $190 NR

See course descriptions on page 14.

**No class Monday, November 11 and November 24–28.

ARTS AND CRAFTS

Drawing and Watercolor Painting

Learn and explore different techniques in this multi-level class for beginning to advanced art students. Draw and paint a still life or a landscape and hide a figure, a favorite animal or a secret message somewhere in your painting. Guess where! Let's have fun with art. Come and join our class! A $10 materials fee payable to the instructor.

Age: 8-13 ■ Centre Concord ■ Mary Frances Crabtree

Oct 1–Nov 19	W	4–5:30 p.m.	$75 R / $80 NR	#95764

Young Rembrandts-Animals of Africa Pastels Workshop

Our students will learn about some of Africa's most majestic animals as they illustrate them using pastel chalks. A patterned antelope, a stylized zebra and a regal lion are a few of the beasts to be explored! No experience necessary. Please wear an old shirt or smock to class. A $15 materials fee is payable to the instructor on the first day of class.

Age: 7–13 ■ Willow Pass Community Center ■ Young Rembrandts

Nov 24–26	M–W	10 a.m.–12 p.m.	$69 R / $74 NR	#95880

DANCE, MUSIC AND PERFORMING ARTS

NEW African Traditional Music and Dance

Traditional African music and dance is an exciting way to learn new rhythms while performing on authentic African percussion instruments. The focus of the class will be on the meaning of dance movements, music, names of instruments and their meanings. No experience necessary to participate. Drums are provided. No class November 11.

Age: 6–12 ■ Baldwin Park Dance Studio ■ Ben Ofori

Sep 6–Oct 11	Sa	11:10 a.m.–12 p.m.	$68 R / $73 NR	#96108
Oct 18–Nov 22	Sa	11:10 a.m.–12 p.m.	$68 R / $73 NR	#96109

Beginning Ballet 2

Increase your strength, flexibility, and body coordination while building on the techniques from Ballet 1. Ballet 2 will concentrate on the dancer's ability to connect steps and create fluidity in their movement. Appropriate attire: ballet shoes, tights, and black leotards. The instructor, Crystal Kent, is a graduate of UC Santa Cruz in Theater Arts and has over 20 years of dance experience.

Age: 6–11 ■ Baldwin Park Dance Studio ■ Crystal Kent

Sep 6–Oct 11	Sa	10:15–11 a.m.	$69 R / $74 NR	#96080
Oct 18–Nov 22	Sa	10:15–11 a.m.	$69 R / $74 NR	#96081

ENRICHMENT

Game Design Beginning to Advanced

Improve your video game design skills and impress family and friends with your unique game! Beginners are introduced to fundamentals of game design elements while advanced gamers learn new game design techniques. All students will have a completed game by the end of class. No class October 1.

Age: 8–14 ■ Centre Concord ■ Freshi Films, LLC

Sep 10–Nov 5	W	4–5:30 p.m.	$128 R / $133 NR	#95799

Tech Builders Mobile App Development

App Design class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Students will complete one app project, which combines fun game based apps and practical utility apps into their final project.

Age: 10–15 ■ Centre Concord ■ Freshi Films, LLC

Sep 9–Oct 28	Tu	4–5:30 p.m.	$128 R / $133 NR	#95798

Beginning Piano

Using Alfred's Chord Approach as a textbook, each student will learn the basic keyboard skills needed to play thousands of simple popular songs. They will learn how to read both bass and treble clef, playing both chords and melodies. Bring your own keyboard.

Age: 11+ ■ Centre Concord ■ Ted Crowley

Sep 4–Oct 16	Th	5–5:45 p.m.	$103 R / $108 NR	#95765
Oct 23–Dec 11	Th	5–5:45 p.m.	$103 R / $108 NR	#95766

Guitar

Did you know that most popular songs consist of only three or four basic chords? You can learn how to play in just a few weeks. With no more than six students per class, you get the personal attention needed. Instructor has a Masters degree in Music Education and 20 years of teaching experience. Bring guitar (any kind).

Age: 11+ ■ Centre Concord ■ Ted Crowley

Sep 4–Oct 16	Th	6–6:45 p.m.	$103 R / $108 NR	#95767
Oct 23–Dec 11	Th	6–6:45 p.m.	$103 R / $108 NR	#95768

We Teach Your Kids to Cook Healthy

Children learn how to make delicious, healthy food the entire family will enjoy. Young chefs learn importance of proper clean up and the basics of nutrition, shopping, reading labels, and food and knife safety. A non-refundable $15 materials fee is payable at the first class.

Age: 6–10 ■ Centre Concord ■ Cooking with Kids Foundation

Sep 11–25	Th	5:30–7 p.m.	$142 R / $147 NR	#95847

Yoga for Kids

Come join the fun! Classes are designed to engage junior yogis through age-appropriate postures and fun activities. Providing benefits of increased focus and flexibility, students gain greater self-esteem and compassion for others. Fitness and fun for the mind and body. $15 lab fee payable to instructor on first day of class.

Age: 5–9 ■ Village Center for the Arts ■ Village Music

Sep 27–Nov 1	Sa	10–10:40 a.m.	$113 R / $118 NR	#95868
Nov 8–Dec 13	Sa	10–10:40 a.m.	$113 R / $118 NR	#95869

Young Rembrandts Anime & Manga Workshop

Come explore the world of Anime with Young Rembrandts! We will create illustrations that are influenced by popular Japanese anime and manga themes. We will use a variety of facial expressions, action and movement to illustrate our scenes. A $10 materials fee is payable to the instructor the first day.

Age:7–13 ■ Centre Concord ■ Young Rembrandts

Sep 29–Nov 17	M	3:30–4:30 p.m.	$128 R / $133 NR	#95884

Santa is coming to Concord December 13. See page 32.

HEALTH AND FITNESS

K.O. Taekwondo–Youth

KO Taekwondo is a traditional style Taekwondo that helps you focus on core values. KO Taekwondo is good for all ages and abilities. In addition to learning useful self-defense techniques, you will get a great cardiovascular workout, increase flexibility and stamina, and improve overall muscle tone. Master O has optional uniforms available at cost payable to instructor. $35 uniform fee is required and payable at the first class.

Age: 6–14 ■ Baldwin Park Dance Studio ■ Kevin Oliver

Sep 3–26	W, F	6–7 p.m.	$50 R / $55 NR	#96087
Oct 1–31	W, F	6–7 p.m.	$50 R / $55 NR	#96088
Nov 1–30	W, F	6–7 p.m.	$50 R / $55 NR	#96089
Dec 1–31	W, F	6–7 p.m.	$50 R / $55 NR	#96090

Discount – 50% off for family members that sign up together.

Karate-Shorinji Ryu–Youth

Shorinji Ryu, a traditional karate system created by O'Sensei Richard Kim, Hanshi, means 'Shaolin Temple' style and is taught in the traditional method of instilling self-control, mental focus, high spirit and composure in the face of danger. Aaron Holm, a Nidan (2nd degree) black belt in Shorinji Ryu karate, has developed a dynamic highly motivating teaching style.

Age: 10–14 ■ Centre Concord ■ Aaron Holm

Sep 4–27	Th,	6–7 p.m.		
	Sa	9:30–10:30 a.m.	$49 R / $54 NR	#96115
Oct 4–30	Th,	6–7 p.m.		
	Sa	9:30–10:30 a.m.	$49 R / $54 NR	#96116
Nov 6–22	Th,	6–7 p.m.		
	Sa	9:30–10:30 a.m.	$32 R / $37 NR	#96117
Dec 4–20	Th,	6–7 p.m.		
	Sa	9:30–10:30 a.m.	$37 R / $42 NR	#96118

Multi-session Discount – 20% Off

Sep 4–Dec 20	Th,	6–7 p.m.		
	Sa	9:30–10:30 a.m.	$128 R / $133 NR	#96119

R = Concord Resident NR = Concord Non-Resident

ENRICHMENT

SAT Test Preparation

Learn skills and strategies for doing well on the SAT. The math section focuses on algebra, geometry, statistics, data analysis, probability, functions and trigonometry. The English section focuses on critical reading and sentence completions strategies, as well as development of a five-point persuasive essay. A $25 materials fee is payable at the first class. No class October 18.

Age: 15–18 ■ Centre Concord ■ Phil Newton

Sep 13–Oct 25	Sa	10 a.m.–1 p.m.	$298 R / $303 NR #96101

SPECIAL INTEREST

Online Driver's Ed for Teens

Independence is just a click away. Complete your Driver's Education requirement from home on your computer, tablet or phone. This is an interactive, online course with videos and animated driving scenarios. Learn the rules of the road, driver responsibility, DMV procedures and much more. Receive DMV-approved Certificate of Completion. A licensed instructor is available to answer any questions. Sign up any time.

Age: 15+ ■ On-Line ■ LLC Safety Driver's Ed

Sep 2–30	$59	#96111
Oct 1–30	$59	#96112
Nov 1–28	$59	#96113
Dec 1–28	$59	#96114

ADULT SPORTS

Summer, Fall and Spring Leagues

Parks Make Life Better!®

Softball

- Games offered Monday–Friday evenings and Sunday afternoon and evenings
- Men's, Women's and Coed teams
- Divisions offered for all levels of play

Coed Kickball

- One of the fastest growing Adult Sports in the country
- Perfect for the family, coworkers and friends
- Games offered Sunday, Tuesday and Wednesday evenings

For registration and league information
(925) 671-3279 ■ www.teamsideline.com/concord

ARTS AND CRAFTS

Drawing, Water Color and Color Pencil

As a beginner or advanced student, you can learn color pencil and water color techniques. A demonstration, individual help and critiques are included in each class meeting. You may work in the style of your choice: flowers or animals. A supply list will be available from the instructor on the first day of class. You may purchase supplies on your own or from the instructor. No class October 1, December 24 and 31.

Age: 21+ ■ Senior Center ■ Ann Nakatani

Sep 3–Oct 29	W	9:30–10:30 a.m.	$51 R / $56 NR	#95930
Nov 5–Dec 17	W	9:30–10:30 a.m.	$45 R / $50 NR	#95931

Mixed Media Art European Style Sketching

Create classical-style black and white and color drawings from life, step-by-step. Students will learn "Old Masters" drawing techniques such as proportion measuring, color mixing and shading, combining diverse media such as graphite, charcoal and watercolor pencils and pastels. Class is suited for beginners as well as advanced students, and the instructor will individualize assignments according to students' abilities.

Age: 21+ ■ Senior Center ■ Tatyana Yurkhova

Sep 4–Oct 30	Th	10 a.m.–12 p.m.	$63 R / $68 NR	#96041
Nov 6–Dec 18	Th	10 a.m.–12 p.m.	$45 R / $50 NR	#96042

DANCE, MUSIC AND PERFORMING ARTS

Rumba–Dance Like the Stars

Learn this popular Latin dance and impress your friends. Former Arthur Murray Dance Instructor, Catherine Morgan, will teach you that dancing is as easy as walking. Simple instructions build confidence quickly. Smooth flowing patterns with easy turns prepare you for any party or wedding. Good for beginners and for those who want to improve their leading and following. Singles or couples welcome.

Age: 16+ ■ Senior Center ■ Catherine S. Morgan

Sep 3–Oct 15	W	8–8:55 p.m.	$53 R / $58 NR	#96028

Foxtrot–Dance Like the Stars

Impress your friends. Foxtrot is the most commonly used dance in Ballroom. It can be danced to any music so if you can walk you can dance. Smooth flowing patterns will prepare you for any party, dance or wedding. Leather sole shoes are recommended. Singles or couples welcome. No class October 1.

Age: 16+ ■ Senior Center ■ Catherine S. Morgan

Sep 3–Oct 15	W	7–7:55 p.m.	$53 R / $58 NR	#95756

American Tango

The American ballroom tango is a spin off of the original Argentinean Tango. Arguably the most simplified version, and also the most showy, of all the Tangos. Tango is a theatrical dance that is full of improvisation. This dance uses exercise methods that combine the core stability of Pilates with the concentration, coordination and fluid movements of the Tango. Engage your core in this beautiful dance. Singles and couples welcome.

Age: 21+ ■ Senior Center ■ Bill Blankenship

Oct 7–28	Tu	7:30–8:30 p.m.	$31 R / $36 NR	#96032

East Coast Swing Dance Like the Stars

This dance is FUN! You will start with single then transition to triple timing which will help you feel comfortable on any dance floor. Simple instructions will help you learn quickly. Excellent class for beginners or anyone. Singles or couples welcome.

Age: 16+ ■ Senior Center ■ Catherine S. Morgan

Oct 22–Nov 26	W	7–7:55 p.m.	$53 R / $58 NR	#96029

Beginning & Intermediate Salsa

Learn basic and intermediate Salsa dance moves from Phil Seyer, a patient and experienced dance instructor. Come and join the fun in this non-intimidating class while making new friends. Learn one of the hottest dances that everyone is talking about. Salsa will increase your confidence and coordination. No partner necessary.

Age: 18+ ■ Willow Pass Community Center ■ Phil Seyer

Sep 16–Oct 14	Tu	8–9 p.m.	$53 R / $58 NR	#95864
Oct 21–Nov 25	Tu	8–9 p.m.	$53 R / $58 NR	#95865

Intro to Argentine Tango

Learn the basics of Argentine Tango from Phil Seyer, a patient and experienced dance instructor. You will be able to enjoy dancing tango at the many milongas (Tango dance parties) in the Bay Area. No partner required. Learn correct posture and footwork for fun tango dance patterns. Discover the joy of Argentine Tango.

Age: 18+ ■ Willow Pass Community Center ■ Phil Seyer

Sep 17–Oct 15	W	8–9 p.m.	$53 R / $58 NR	#95866
Oct 22–Nov 19	W	8–9 p.m.	$53 R / $58 NR	#95867

Party Dancing Exposed!

Improve your social skills by learning free style as well as several fun partner dance styles that can be applied to any music. This class will help you feel comfortable and really enjoy yourself on the dance floor at weddings, nightclubs, ballrooms, and more.

Age: 18+ ■ Willow Pass Community Center ■ Phil Seyer

Sep 17–Oct 15	W	7–8 p.m.	$53 R / $58 NR	#96099
Oct 22–Nov 26	W	7–8 p.m.	$53 R / $58 NR	#96100

Waltz–Dance Like the Stars

Impress your friends and learn to Dance Like the Stars. Simple instructions build confidence quickly. Smooth flowing routines with easy turns will prepare you for any party or wedding. This is an excellent class for beginners and for those who want to improve their leading and following. Leather sole shoes are recommended. Singles or couples welcome.

Age: 16+ ■ Senior Center ■ Catherine S. Morgan

Oct 22–Nov 26	W	8–8:55 p.m.	$53 R / $58 NR	#96030

Cha Cha

Reportedly cha cha got its name from the sound of women's shoes shuffling across the floor. This dance consists of three quick steps 'cha-cha-cha' in-between forward and backwards weight changes with an accent on counts 2 and 6. Lively and fun, Cha Cha is a non-progressive dance with emphasis on Cuban Motion during the weight-changes and less during the 'cha-cha' action. Relax and let your personality show! Singles and couples welcome. No class November 11.

Age: 21+ ■ Senior Center ■ Bill Blankenship

Nov 4–25	Tu	7:30–8:30 p.m.	$25 R / $30 NR	#96034

West Coast Swing

This West Coast Swing class will introduce you to partner dancing. Men will learn to lead and ladies to follow. You will learn footwork as well as hand-to-hand and side-by-side moves. You'll have a great time swinging your evening away. Singles or couples are welcome. No class November 11.

Age: 21+ ■ Senior Center ■ Bill Blankenship

Dec 2–16	Tu	7:30–8:30 p.m.	$25 R / $30 NR	#96033

Hula For Exercise

You will learn the simple hand and foot movement of the Hula set to upbeat Hawaiian music. Instructor Rose Ramos will focus on one song each session, and you will learn Hula movements while exercising and having fun! Wear comfortable clothes. No class October 3, November 11, December 23 and 30.

Age: 21+ ■ Senior Center ■ Rose Ramos

Oct 7–Oct 28	Tu	6–7 p.m.	$23 R / $28 NR	#95671
Nov 4–Dec 16	Tu	6–7 p.m.	$33 R / $38 NR	#95672
Oct 10–Oct 31	F	10:30–11:30 a.m.	$23 R / $28 NR	#95673
Nov 7–Dec 19	F	10:30–11:30 a.m.	$33 R / $38 NR	#95674

Tap-ercise Lite

This class is for the beginner who wants to learn tap and have a low impact workout. You will learn fun dances that focus on basic tap steps. These steps are repeated weekly. Enjoy an aerobic workout while also tap dancing. No class October 3, November 28. Make up if needed October 30.

Age: 21+ ■ Baldwin Park ■ Terry Davis

Sep 5–Oct 24	F	9:15–10 a.m.	$45 R / $50 NR	#95885
Nov 7–Dec 19	F	9:15–10 a.m.	$33 R / $38 NR	#95886

Intermediate Tap 2

This class is for the adult student with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class September 1, 29, December 22 and 29. Make up if necessary October 27.

Age: 18+ ■ Baldwin Park ■ Terry Davis

Sep 8–Oct 20	M	5–5:45 p.m.	$39 R / $44 NR	#95882
Nov 3–Dec 15	M	5–5:45 p.m.	$45 R / $50 NR	#95883

Ukulele Jam Club Advanced

Come jam with advanced ukulele enthusiasts. Players and listeners alike are welcome. You'll find this instrument a delight to play or listen to. No class September 1 & 29, December 22 and 29.

Age: 21+ ■ Senior Center ■ June Katayama

Sep 8–Dec 15	M	6:30–8 p.m.	$21 R / $26 NR	#95881

HEALTH AND FITNESS

Jazzercise Lite

Get real results with a powerfully fun and effective workout that will lift your spirits and strengthen your heart, muscles, and core. Each class includes warm-up, low impact aerobics, strength training and stretching. Led by a Certified Jazzercise Instructor of 35 years. Call 228-1137 for more information. No class September 1, 29, October 1, and December 22, 24, 29, 31.

Age: 15+ ■ Senior Center ■ Irene Larson

Sep 8–Oct 27	M	5:45–6:45 p.m.	$45 R / $50 NR	#95776
Sep 3–Oct 29	W	5:45–6:45 p.m.	$51 R / $56 NR	#95777
Nov 3–Dec 15	M	5:45–6:45 p.m.	$45 R / $50 NR	#95778
Nov 5–Dec 17	W	5:45–6:45 p.m.	$45 R / $50 NR	#95779

NEW Sun Style Tai Chi For Health–Beginning

A slow, gentle exercise that addresses key fitness components; muscle strength, flexibility, balance & contributes to aerobic conditioning (strengthens heart & lungs). Proven helpful for conditions like Arthritis, Hypertension, Sleeping Problems. With regular practice, relieves stress, decreases pain, improves immunity, flexibility, stamina, strength, balance. Certified instructor, Dr. Paul Lam's Tai Chi Health for health Program. No class September 30, October 21, November 11 and 25.

Age: 21+ ■ Senior Center ■ Terry Crews

Sep 9–Dec 16	Tu	7–8 p.m.	$60 R / $65 NR	#95932

Parks Make Life Better!®

NEW Sun Style Tai Chi for Health–Intermediate

Continuation from Tai Chi for Arthritis. Participants study Tai Chi for Arthritis Part 2; (42 movements with Part 1 and 2 combined). Participants increase skills through Tai Chi principles and in-depth layers of Sun Tai Chi which boosts stamina and promotes relaxation, deep breathing, continual flow and moving with intent. Pre-requisite Sun Style Tai Chi for Health Beg. No class September 30, October 21, November 11 and 25.

Age: 21+ ■ Senior Center ■ Terry Crews

Sep 9–Dec 16	Tu	5:45–6:45 p.m.	$60 R / $65 NR	#96142

Zumba Master Class Fundraiser

90 Minute Zumba Master class. Great Music! Party Like Environment! All levels are welcome. Door prizes. Proceeds benefit Japanese Kitakami Sister City Visit and Concord Senior Citizens Scholarship programs. You may also pay cash at the door.

All Ages ■ Senior Center

Sep 20	Sa	1:30–3:30 p.m.	$10	#96066

SPECIAL INTEREST

Red Flags and Resistance Caring for Aging Parents

This class is designed to help you identify the 'Red Flags' that indicate an aging parent needs help. You will learn about various strategies that can help you assist an aging parent that is resistive to help. You will also learn about the local community resources available to help you and your aging parent. Presented by Advisors on Aging.

Age: 21+ ■ Senior Center

Nov 19	W	6:30–7:30 p.m.	$5 R / $10 NR	#96039

Free Legal Forms

Without a Will, the State of California chooses your beneficiaries, executor, and guardians for your children. In this workshop, each student will receive FREE 'fill in the blanks' Will, Durable Power of Attorney and Advanced Health Care Directive Forms. The instructor is an experienced estate planning attorney who will assist students in completing their forms.

Age: 21+ ■ Senior Center ■ Raymond McFalone

Oct 7–14	Tu	9:30–11:30 a.m.	$13 R / $18 NR	#96035

Trusts and Estate Planning Made Simple

Revocable Living Trusts avoid probate. But did you know that there are different kinds of Revocable Living Trusts? On death, a Trust can be expensive and complicated or simple and economical to administer, depending on which kind you choose. Have your questions answered by an experienced attorney who will explain exactly how Trusts and Wills work in a way that is easy to understand.

Age: 21+ ■ Senior Center ■ Raymond McFalone

Oct 21–28	Tu	9:30–11:30 a.m.	$13 R / $18 NR	#96036

CERT-Community Emergency Response Team

Are you ready for a disaster? Learn how to protect your family. Free Training starts September 18, 2014 For more Information go to www.ConcordCERT.org call 925-603-5933 or email Concord.CA.CERT@gmail.com

ADULT SPORTS

NEW Tennis for Adults–Beginner

Tennis is a highly social, lifetime sport that can be enjoyed by every age and any ability. It opens doors to a wide world of opportunity, fitness and fun. Players not only revel in the competition but also the camaraderie that comes with participation in the sport. Come learn with Coach Mac. Must bring your own racquet.

Age: 16+ ■ Willow Pass Park ■ Calvin McCullough

Sep 8–Oct 27	M	7–8 p.m.	$123 R / $128 NR	#95843

ENRICHMENT

NEW The Art of Making Soap

Never buy soap from a store again! In this class you will create your very own signature one pound batch of soap to take home and be ready to use within days. Colors, soap design, scenting and marketing are all part of the class. $5 materials fee payable to instructor at the first class.

Age: 16+ ■ Willow Pass Community Center ■ Eleanor Zuzan

Sep 21	Su	1–4 p.m.	$45 R / $50 NR	#96110

More Adult Sports
See page 18.

HEALTH AND FITNESS

K.O. Taekwondo–Adults

KO Taekwondo is a traditional style Taekwondo that helps you focus on core values, build self-confidence and improve overall fitness. In addition to learning useful self-defense techniques, you will get a great cardiovascular workout, increase flexibility and stamina, and improve overall muscle tone. Master O has optional uniforms available at cost payable to instructor. 50% discount for family members that sign up together. $35 uniform fee is required and payable at the first class.

Age: 6–14 ■ Baldwin Park ■ Kevin Oliver

Sep 3–26	W, F	7–8 p.m.	$50 R / $55 NR	#96092
Oct 1–29	W, F	7–8 p.m.	$50 R / $55 NR	#96093
Nov 5–21	W, F	7–8 p.m.	$50 R / $55 NR	#96094
Dec 3–19	W, F	7–8 p.m.	$50 R / $55 NR	#96095

Discount – 50% off for family members that sign up together.

Karate-Shorinji Ryu–Adults

Shorinji Ryu, a traditional karate system created by O'Sensei Richard Kim, Hanshi, means 'Shaolin Temple' style and is taught in the traditional method of instilling self-control, mental focus, high spirit and composure in the face of danger. Aaron Holm, a Nidan (2nd degree) black belt in Shorinji Ryu karate, has developed a dynamic highly motivating teaching style.

Age: 15+ ■ Centre Concord ■ Aaron Holm

Sep 4–27	Th, Sa	6–7:30 p.m.	$59 R / $64 NR	#96120
Oct 4–30	Sa, Th	9:30–10:30 a.m.	$59 R / $64 NR	#96121
Nov 6–22	Th, Sa	6–7:30 p.m.	$38 R / $43 NR	#96122
Dec 4–20	Th, Sa	6–7:30 p.m.	$45 R / $50 NR	#96123

Multi-session Discount – 20% Off

Sep 4–Dec 20	Th, Sa	6–7:30 p.m.	$154 R / $159 NR	#96124

Meditation 1 for Health and Well-Being

Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, health, and a deeper spiritual connection. In this class, we will learn to quiet our thoughts and tune into a higher state of consciousness. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. Optional CD – $10. No class October 2.

Age: 16+ ■ Centre Concord ■ Mary Bruns

Sep 18–Oct 23	Th	7–8:45 p.m.	$58 R / $63 NR	#95761

Meditation 2 Continuing the Journey

In Meditation 2, we deepen our connection to the Higher Mind to enhance our personal growth. Whether you took Meditation 1 recently or some time ago, this class will help you to fine tune your practice and experience transformation. $5 is payable to instructor for handouts. Optional CD for $10 is also available. No class November 27.

Age: 21+ ■ Centre Concord ■ Mary Bruns

Oct 30–Dec 4	Th	7–8:45 p.m.	$58/$63 NR	#95763

Pilates

Engage in a unique set of low impact exercises that strengthen and tone the body's core muscles, improve posture and flexibility, and create a more streamline figure. Pilates increase one's inner strength, complementing almost all physical activities, enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. Foam roller is optional.

Age: 18+ ■ Willow Pass Community Center ■ David Henry

Sep 2–Oct 21	Tu	5:30–6:20 p.m.	$75 R / $80 NR	#95800
Sep 4–Oct 23	Th	6:30–7:20 p.m.	$75 R / $80 NR	#95801
Oct 28–Dec 16	Tu	5:30–6:20 p.m.	$57 R / $62 NR	#95802
Oct 30–Dec 11	Th	6:30–7:20 p.m.	$57 R / $62 NR	#95803

Sundown Yoga

This class uses poses (asanas) and breath in a fluid, physical challenging manner that engages the practitioner and brings one into balance. It's energizing and amazingly relaxing. Yoga increases vitality, improves health, state of mind and well-being. Develop flexibility, strength, and freedom. Bring sticky mat, block and strap.

Age: 18+ ■ Willow Pass Community Center ■ David Henry

Sep 2–Oct 21	Tu	6:30–7:20 p.m.	$75 R / $80 NR	#95806
Oct 28–Dec 16	Tu	6:30–7:20 p.m.	$57 R / $62 NR	#95807

Tai Chi Gong

Tai Chi Gong is designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Standing meditation, Chi Gong exercises and Yang-style Long Form for beginners awaken the natural healing rhythms for body, mind and spirit. Instructor has been a healing arts professional for 30 years. www.SugiHealth.com. No class November 11.

Age: 18+ ■ Centre Concord ■ Amy Erez

Sep 9–Oct 21	Tu	6–7:15 p.m.	$68 R / $73 NR	#95770
Oct 28–Dec 16	Tu	6–7:15 p.m.	$68 R / $73 NR	#95771

Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap.

Age: 18+ ■ Concord Library ■ David Henry

Sep 8–Oct 20	M	12:10–1 p.m.	$66 R / $71 NR	#95812
Oct 27–Dec 15	M	12:10–1 p.m.	$66 R / $71 NR	#95813
Sep 3–Oct 22	W	12–12:50 p.m.	$75 R / $80 NR	#95814
Oct 29–Dec 17	W	12–12:50 p.m	$66 R / $71 NR	#95815

Yoga – Beginning

Everyone can practice yoga! You will gain strength and flexibility and leave your stress behind in this Iyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat. No class October 13 and 20.

Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran

Sep 8–Dec 15	M	5:30–6:30 p.m.	$81 R / $86 NR	#95828
Sep 10–Dec 17	W	6:10–7:10 p.m.	$81 R / $86 NR	#95830

Yoga – Intermediate

Anyone can practice yoga, whether you are a couch potato or an athlete. This intermediate level yoga class reduces stress and improves concentration. Prerequisite: Must have completed at least one year of yoga. No class October 13 and 20.

Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran

Sep 8–Dec 15	M	6:35–7:40 p.m.	$81 R / $86 NR	#95829

ZUMBA

You will be amazed at this incredible aerobic dance class! No dance experience is necessary to fully enjoy this new workout. There will be different rhythms taught in the class including salsa, cumbia, meringue, regaetone and much more. Join us for an hour and see what change it makes in you.

Age: 16+ ■ Centre Concord ■ Amelia Said

Sep 6–Oct 11	Sa	10:45–11:45 a.m.	$33 R / $38 NR	#95856
Oct 18–Dec 6	Sa	10:45–11:45 a.m.	$33 R / $38 NR	#95857

Zumba and Tone

Zumba and Toning Class is unique, fun, and beneficial. It combines traditional Latin dance styles, including salsa, mambo, cha-cha, cumbia and merengue, as well as hip-hop and belly dancing moves, and a blend of calorie-burning, strength-training class. You will get a half-hour of Zumba Fitness and a half-hour of Zumba Toning.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan

Sep 9–Oct 28	Tu	6:30–7:30 p.m.	$38 R / $43 NR	#95849
Nov 4–Dec 16	Tu	6:30–7:30 p.m.	$33 R / $38 NR	#95850
Sep 11–Oct 30	Th	6:30–7:30 p.m.	$38 R / $43 NR	#95851
Nov 6–Dec 18	Th	6:30–7:30 p.m.	$33 R / $38 NR	#95852

NEW Zumba Sentao

Zumba Sentao is an explosive program that strengthens your core, torches calories and sculpts muscle. Revolutionize your cardio workout with targeted resistance training and exotic world rhythms in red-hot, never-before-seen ways.

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan

Oct 8–Nov 5	W	6:30–7:30 p.m.	$28 R / $33 NR	#95853
Nov 12–Dec 17	W	6:30–7:30 p.m.	$28 R / $33 NR	#95854

NEW Zumba Step

Zumba Step is from the Zumba family and uses easy to follow dance and step moves that will give you great results in a party-like environment. Zumba Step is all the step toning and strengthening for your legs and glutes, with all the Zumba fitness that you love. Steps will be provided.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan

Sep 15–Oct 20	M	6:30–7:30 p.m.	$33 R / $38 NR	#95855

R = Concord Resident NR = Concord Non-Resident

SPECIAL INTEREST

NEW Dog Training Basic Beginnings

The basic beginnings will teach you and your dog the basic foundations of obedience. Your dog will learn commands such as sit, come and wait. And you will learn how to effectively communicate those commands with your dog.

Age: 18+ ■ Lime Ridge ■ SFC Dogs

Sep 6–Oct 11	Sa	10–11 a.m.	$198 R / $203 NR	#95875
Oct 18–Nov 22	Sa	10–11 a.m.	$198 R / $203 NR	#95876

NEW Dog Training Intermediate Refresher

The intermediate refresher course will teach you additional training commands and act as a refresher course for you and your dog if you've already had some training. We will emphasize training around distractions. No pre-requisite is required.

Age: 18+ ■ Lime Ridge ■ SFC Dogs

Sep 7–Oct 12	Su	5–6 p.m.	$198 R / $203 NR	#95877
Oct 19–Nov 23	Su	5–6 p.m.	$198 R / $203 NR	#95878

NEW Dog Training–Advanced

Advanced dog training will focus on training around heavy distractions with more advanced commands as well as adding distance. Completion of the intermediate/refresher course is required.

Age: 18+ ■ Lime Ridge ■ SFC Dogs

Oct 19–Nov 23	Su	5–6 p.m.	$198 R / $203 NR	#95879

NEW Segway Tour–Basics

Come learn how to ride a Segway PT and enjoy some time outdoors in Concord. You will learn how to use the Segway PT properly, all the security features, riding technique, and more. You will be presented with a certificate of completion at the end of the class.

Age: 14+ ■ Concord Community Park ■ Segway of Oakland

Sep 30	Tu	6–8 p.m.	$58 R / $63 NR	#95923
Oct 21	Tu	6–8 p.m.	$58 R / $63 NR	#95924
Oct 5	Su	10 a.m.–12 p.m.	$58 R / $63 NR	#95926
Nov 16	Su	10 a.m.–12 p.m.	$58 R / $63 NR	#95927

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Concord Parks & Recreation

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Make wise investment decisions so you have enough to live comfortably through your retirement.

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Learn the basics of HTML so you can design, create, and post your very own site on the Web.

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Gain a solid working knowledge of the most powerful and widely used database programming language.

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Learn to create Mac, iPhone, and iPad apps and programs using Objective-C and the Xcode compiler.

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Learn how to create your very own blog and add a podcast too using the tools that you already have available on your computer.

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Discover small business marketing strategies that can help you attract attention, woo your target audience, grow your customer base, and expand your profits—all for little or no money.

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Start preparing for CompTIA A+ certification as you learn PC basics and troubleshoot in a real world PC environment.

Creating WordPress Websites

Discover how to create and maintain dynamic websites and blogs without technical coding using the self-hosted WordPress.org publishing platform.

Explore a Career in a Dental Office

Discover the wide range of dental office careers open to you, master basic dental anatomy and terminology, and learn how dental professionals create healthy smiles.

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Writing Effective Grant Proposals

Learn to prepare grant proposals that get solid results for your favorite organization or charity..

(925) 671-3319 www.ed2go.com/concordleisure

SPECIAL RECREATION ENRICHMENT

Special Rec End of Season Bowling Party

Share this special time with us as we celebrate the highlights and achievements of our bowling team, the Strikers! Awards will be presented. Make sure you wear your Strikers shirt for a team photo. *This potluck event is free for all registered Strikers!* Please remember to register attending family and friends.

Age: 16+ ■ Clayton Valley Bowl ■ Staff

Sep 30	**Tu**	**5:30–7:30 p.m.**	**Free**	**#95976**

Free for registered bowlers and their families.

Special Recreation Bowling

Bowling is the hot thing to do. Let's get movin', movin', movin'. Join our Bowling team the 'Strikers'! Have a blast meeting new people and making friends! Play 3 games of bowling. Shoes are included.

Age: 18+ ■ Clayton Valley Bowl ■ Staff

Sep 2–30	**Tu**	**3:30–5:30 p.m.**	**$38**	**#95974**

COMMUNITY YOUTH CENTER

The Community Youth Center (CYC) is a non-profit state-of-the-art sports and academic center where youth ages 3 to 18 thrive in a dynamic and positive environment. CYC staff and volunteers work hard every day to support young student athletes. CYC is proud to manage 10 sports programs and **three academic excellence rooms!** High School, Middle School and Elementary School!

CHECK OUT OUR NEW HIGH SCHOOL AE ROOM!

Boxing • Wrestling • Gymnastics • Dance • Soccer • Judo • Rhythmic Gymnastics • Taekwondo • Sport Specific Conditioning • Cheerleading • Academic Excellence

COMMUNITY YOUTH CENTER
2241 GALAXY COURT
CONCORD, CA 94520
925-671-7070
www.communityyouthcenter.org

HEALTH AND FITNESS

Bocce Ball

Enjoy the brand new bocce courts at Baldwin Park. This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck. Bocce ball is a great game to play outside on a beautiful day. Come learn how to play this fun game of bocce. Meet at the Baldwin Park bocce courts.

Age: 18+ ■ Baldwin Park ■ Staff

Oct 6–27	**M**	**5:30–7:30 p.m.**	**$30**	**#96062**

Community Dances Special Recreation

Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay at the door with exact cash or check.

Age: 18+ ■ F ■ 7–9 p.m. ■ $6 at the door

September 26	**Walnut Creek Heather Farm, 301 N. San Carlos Drive**
October 17	**Pleasant Hill Senior Center, 233 Gregory Lane**
November 7	**Concord Senior Center, 2727 Parkside Circle**
December 19	**Walnut Creek Heather Farm, 301 N. San Carlos Drive**

Baldwin Park

The City of Concord has reservable picnic sites at:

- **Baldwin Park**
- **Concord Community Park**
- **Hillcrest Park**
- **Meadow Homes Park**
- **Newhall Park**
- **Ygnacio Valley Park**

Concord

For more information visit www.cityofconcord.org/picnic or call 671-3404.

50 & Better Camp

Camp Concord is offering a special Lake Tahoe getaway for adults 50 years and older. It is the perfect setting for a relaxing and/or adventurous vacation – your choice! Your camp experience can include activities from hiking and canoeing to arts and bingo. Three meals a day are included and will be served in the dining hall unless otherwise noted. Our rustic cabins have electricity and convenient access to restrooms, hot showers and the main lodge. Go to our website for more information www.campconcord.org. Cabins-please include the names of friends you want to bunk with at time of registration. Single cabins not available. If you choose not to designate bunk mates, you will be assigned bunk mates by gender.

Age: 50+

Session	Day	Fee	Course
Aug 18–22	M–F	$225 R / $250 NR	#94372
Aug 25–29	M–F	$225 R / $250 NR	#94373

Camp CONCORD SOUTH LAKE TAHOE, CA.

Camp Concord Mother and Son Weekend

Imagine a weekend where you can slow down and enjoy one-on-one time with your son; a time where no one else is competing for your attention, a weekend away from household chores, a weekend for both of you to meet new friends and create shared adventures. Complete with s'mores, crafts, the beach and the search for mischievous forest creatures-it is a weekend for memories that will last a lifetime. Course registration fee is inclusive of mother and son. For more information, please visit www.campconcord.org.

Session	Day	Fee	Course
Aug 22–24	F–Su	$260 R / $270 NR	#94374

Group Reservations

Group Rentals available May to mid-June and mid-August to mid-October. Camp Concord provides stunning scenery and affordable rates for groups as small as 10 to as large as 200. From family reunions to non-profit retreats, customized packages are created for each client group in order to meet their unique needs. Group reservations are personally handled by the Camp Director. If you have questions regarding Camp Concord or wish to book your group, please contact us at (925) 671-3006 or email camp.concord@cityofconcord.org.

How do I register?

Go to www.concordreg.org, visit our website at www.campconcord.org for a registration form or call our registration office Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m. at (925) 671-3404.

Together we're better! Camp Concord is an equal opportunity provider operating under a Special Use Permit on Lake Tahoe Basin National Forest Lands.

Trip Difficulty Rating System

Our trip Difficulty Rating System ranks each trip from 1 to 4 according to the degree of activity and general travel rigors. For example, 1 is the easiest and 4 indicates the most strenuous. There is a limit of two flat fold walkers on VAN trips rated 1 or 2. Please inform registration staff when registering a participant that uses a walker or wheelchair 2 weeks prior to trip departure. There is a limit of 1 wheelchair for casino motorcoach trips. Unable to accommodate motorized wheelchairs.

1 EASY
Up to 2 blocks of walking on even terrain and a few stairs. Periodic rest stops and intermittent seating available throughout the day.

2 MILD
Between 2–4 blocks of even walking and short flight(s) of stairs. Resting areas vary. Standing approximately 30 minutes periodically over the day.

3 MODERATE
Up to 4 blocks of walking and some incline and/or steps involved. Resting areas available at end of tour. Standing approximately 1 hour periodically over the day. Not appropriate for walkers and wheelchairs.

4 STRENUOUS
More than 4 blocks of walking with many stairs and uneven terrain. No resting areas available for long periods of time. More than 1 hour of standing. Not appropriate for canes, walkers or wheelchairs.

TRIPS AND TOURS

3 Oakland A's Senior Days

Take me out to the ball park. Buy some popcorn and peanuts too. Let's root for the Oakland A's as they play against the Seattle Mariners. Register by August 20. No cancellations or refunds after trip cut off. Some aspects of this trip are subject to change.

Age: 50+ ■ Senior Center – Via Van

Sep 3	W	11 a.m.–5:30 p.m.	$29	#95662

3 Ghiradelli Chocolate Festival

There is no place like home in SF for the ultimate Chocolate Festival at Ghiradelli Square on the Wharf. Events include two culinary stages with chef demonstrations, chocolate samplings, tickets provided of ice cream sundaes, cupcakes, chocolate vodka, an 'Earthquake' ice cream eating contest, a smart phone hunt for chocolate to win a sweet treat, plus boutique shopping in the square and on the vendor sidewalk. A fun day with a beautiful view, music and merriment. Register by August 28. No refunds or cancellations after trip cut-off date.

Senior Center – Via Van

Sep 13	Sa	9:30 a.m.–5:30 p.m.	$63	#95966

3 Muir Woods Redwoods

The allure of Muir Woods is great no matter what time of the year you visit. The grove of thousand-year-old skyscrapers known as coast redwoods are sure to amaze and delight you. These giants that loom more than 260 feet create the main attraction at Muir Woods National Monument. Enjoy an indoor informal snack bar restaurant on your own. Take a short walk on your own. Register by August 29. No cancellations or refunds after trip cut off date.

Age: 21+ ■ Senior Center – Via Van

Sep 16	Tu	9 a.m.–3:30 p.m.	$40	#95961

3 Castello di Amorosa Wine Tour & St. Helena

Now you can visit a 13th Century Italian Tuscan Castle and Winery right here in Calistoga. Authentically created by a son of Sattui Winery, 13 years in the making. Be transferred back in time visiting The Great Hall, the Dungeon, the Tower (if you can handle the stairs), the Torture Room and more. Conclude with a tasting of 5 of their exclusive wines. Then we are off to St. Helena for lunch on your own and time for shopping before returning to the Center. Register by September 2. No refunds or cancellations after trip cut-off date.

Age: 21+ ■ Senior Center – Via Van

Oct 7	Tu	9 a.m.–4:30 p.m.	$70	#95963

Apple Hill Celebrates 50 Years

The Apple Hill is located in and around Camino just east of historical Placerville in the foothills of the Sierra Nevada Mtns. Our destination is Able Apple Acres, Fudge Factory, and Mill View Ranch. Lunch on your own at Able's. Taste optional goodies such as apple pie, cake, homemade caramel apples, fresh apple donuts and fritters, ice cold apple juice and apple wine tasting. Hop aboard an old fashioned Hayride. Register by August 27. No refunds or cancellations after cut off date.

Age: 21+ ■ Senior Center – Via Van

Sep 27	**Sa**	**10 a.m.–5 p.m.**	**$70**	**#95960**

Pippin Musical–Golden Gate Theatre SF

Go on a musical journey as Pippin, a young prince, travels a death defying journey to find the meaning of his existence. Claimed ASTONISHING by the N.Y. Times, this acclaimed revival with soaring acrobatics, magical antics, heroic strength intertwined in this poignant, timeless tale. Center Rear Orchestra Seats at the Golden Gate Theater in S.F. No refunds.

Age: 21+ ■ North Concord Bart Platform 2

Oct 8	**W**	**12:10–5:26 p.m.**	**$52**	**#95967**

Fleet Week Cruise

Fleet Week comes to the San Francisco Bay once a year, this is your opportunity to see Fleet Week festivities and the heralded Blue Angels perform their spectacular air show acrobatics as you cruise the bay right underneath the fighter jets. You'll have the best seat in the house while enjoying a bay cruise. Witness grand circle maneuvers. See the graceful acrobatic maneuvers of the four jet Diamond and six jet Delta Formations. This is precision flying at its best. Enjoy a hosted lunch on board the boat. Register by August 28. No cancellations or refunds.

Age: 9+ ■ Senior Center – Via Van ■ Mary Ann Sams

Oct 12	**Su**	**11:30 a.m.–6 p.m.**	**$99**	**#95968**

Transportation

Please Note:

Unless otherwise specified, day trips use City-operated 15-passenger vans equipped with bench style seating. These vans offer limited accessibility. Please call Registration at 671–3404 for more information.

Oysters, Cheese & Views

Visit the famous Tomales or Drakes Bay Oyster Co. Farm. But first a stop at the Marin French Cheese Company for a tour and tasting. Then onto taste some of the best Oysters in the world. This area is home to the purest Oysters and Manila Clams growing in the most pristine water in California. You can purchase them by the dozen, we will provide an ice chest to bring them home. Then onto lunch, on your own, at Tony's Seafood Restaurant. Savor beautiful views of the bay and Point Reyes. No cancellations or refunds after September 14. No cancellations or refunds after September 14.

Age: 21+ ■ Senior Center ■ Mary Ann Sams

Oct 14	**Tu**	**9:15 a.m.–4:45 p.m.**	**$59**	**#96129**

Trips & Tours Procedures

Full Payment is required for all day trips and overnighters at the time of registration, unless specified otherwise.

Customers have the following ways to register.

- Walk in to the Senior Center Travel Desk. (Travel Desk is open from 9 a.m.–noon, Mon, Tue, Wed, Fri)
- Phone in to (925) 671-3320 Mon, Tue, Wed, Fri from 9 a.m.–noon
- www.ConcordReg.org

Van trips operate on first-come, first-served seating. The vans are equipped with bench style seating and limited accessibility.

Seats are assigned for Motorcoach trips.

Refunds may be requested up to the trip cut off date with a $5 cancellation fee incurred. Unfortunately, refunds will not be honored after the trip cut off date. Refunds, less $5, may be requested with 30 days or more notice on trips without cut off dates. In the event that you request a refund after the trip cut off date the following may occur: If there is a wait list for the trip and someone from the waiting list is willing to take the space vacated by you, you will receive all but $5 of the amount that you have paid for the trip.

4 Food Safari in the Mission District

Chef Joseph knows SF culinary hotspots like the back of his fork-holding hand. A former food critic for the Orange County and in Los Angeles, the Chef draws on his edible expertise to lead tours. Taste the local flavor on the 2.5 hour walking Mission District tour which goes beyond Mexican food. Samples not included. Bring cash to purchase tasty wares of varied multicultural cuisine like Chinese food, ravioli, Italian rum cake, and award-winning burritos. No refunds.

Age: 21+ ■ Senior Center – Via Van

Oct 22	**W**	**9:45 a.m.–2:45 p.m.**	**$37**	**#96085**

3 Golden Gate Fields "A Day at The Races"

We are off to the Races at the elegant Turf Club to try Lady Luck at Win, Place or Show. We travel by motor coach, hosted to a fine Prime Rib Buffet Luncheon and we will remain to the end of the 7th race to place your bets. A truly FUN DAY! Register by September 26. No refunds or cancellations after trip cut-off date.

Age: 21+ ■ Senior Center – Via Motorcoach

Oct 24	**F**	**10:15 a.m.–5:45 p.m.**	**$78**	**#95969**

1 Cache Creek

Deluxe motorcoach transportation to this Brooks California casino. Receive $5 in food coupons, $10 in match play or bonus play. Need 40 people registered by October 8. No refunds or cancellations after trip cut-off date.

Age: 21+ ■ Senior Center – Via Motorcoach

Oct 31	**F**	**9 a.m.–4:15 p.m.**	**$33**	**#95741**

3 Lodi Sand Hill Crane Flyover

A ranger led talk about the Sand Hill Cranes, in a private area for us to watch an incredible Crane Fly Over that occurs at dusk. Some cranes come as far as Siberia! A Fish and Game Naturalist will guide us to viewing these bright red forehead cranes vocalizing, feeding, dancing, flying or resting. Learn about the history of the cranes and the lands they call their winter home in Lodi's rich delta wetlands. Lunch on your own in Lodi prior to the dusk viewing. Register by October 6. No cancellations or refunds after the cutoff date.

Age: 21+ ■ Senior Center – Via Van

Nov 6	**Th**	**12–6:45 p.m.**	**$52**	**#95970**

3 New Exploratorium

We are off to the NEW Exploratorium at the Wharf to enjoy over 100 interactive and 'hands on' exhibits that encourage fun and learning for all ages! A 21st century learning laboratory, an eye-opening, always changing, playful place to explore and tinker. Then off to Pier 39 for lunch on your own with a VIP specially arranged discount coupon book. Remember to visit the Sea Lions! Register by October 31. No refunds or cancellations after trip cut-off date.

Age: 64+ ■ Senior Center – Via Van ■ Mary Ann Sams

Nov 18	**Sa**	**9 a.m.–5 p.m.**	**$56**	**#96084**

2 Gifts n Tyme Holiday Fair in Napa

Get your Christmas shopping done early with the personal touch! 85 booths of art, crafts and gourmet food. Optional hot lunches available onsite. Shop from gourmet foods, pottery, jewelry, toys quilts, dolls, folk art, wood crafts, stained glass, baked goods, fudge, fine art, tole painting, floral arrangements, wreaths, jams, jellies, soap, lotions oil, Christmas decorations. Register by October 31. No refunds or cancellations after trip cut-off date.

Age: 21+ ■ Senior Center – Via Van

Nov 22	**Sa**	**9:30 a.m.–2:30 p.m.**	**$20**	**#95962**

2 Cirque Du Soleil–KURIOS™ Cabinet of Curiosities

Delve into a world of curiosity where seeing is disbelieving. The show immerses you in a mysterious and fascinating realm that challenges your perceptions. Step into the cabinet of an ambitious inventor who defies the laws of time, space and dimension in order to reinvent everything around him. Perspective is transformed into a world that is as beautiful as it is mysterious. Enjoy an ingenious blend of unusual curiosity acts and stunning acrobatic prowess. Lunch at Momos, on your own, before show. No refunds.

Age: 21+ ■ Senior Center – Via Van

Nov 30	**Su**	**10:15 a.m.–4:45 p.m.**	**$92**	**#96086**

Parks Make Life Better!®

Dickens Christmas Fair

Get in the Holiday Spirit with an adventure back to Victorian London at the Cow Palace. Hundreds of costumed players. Over 120,000 sq. ft. of music halls, pubs, dance parties, choral groups and Christmas shops on winding lanes. Enticing aromas of roasted chestnuts, hearty foods and desserts by gourmet chefs from around the world. Hear cries of street vendors hawking their wares amidst five authentic pubs offering craft ales. Watch performances on 6 stages. An ole tyme dance in Fezziweg's and boisterous music hall performers in Mad Sal's Dockside Alehouse. Register by November 15. No refunds or cancellations after trip cut-off date.

Age: 8+ ■ Senior Center – Via Van

Dec 6	**Sa**	**10 a.m.–5 p.m.**	**$49**	**#95957**

Beach Blanket Babylon

Prepare yourself for jaw dropping costumes and HATS, along with belly bending laughter as the Troupe engages you in Snow White's search for her Prince. Along the way she meets contemporary politicians, actors, sports idols and more both national and international. This magical spoof has been a San Francisco standard holiday tradition for decades. Lunch on your own in North Beach prior to the show and a driving tour of Columbus Street. What a Treat! Register by November 7. No refunds or cancellations after trip cut-off date.

Age: 14+ ■ Senior Center – Via Van

Dec 7	**Su**	**11 a.m.–5:30 p.m.**	**$73**	**#95964**

Graton Casino Resort

Deluxe motorcoach transportation to Rohnert Park. One stop with four hours of gaming. Casino Bonus: $10. Slot Play or $15 Match Play. Must have 40 paid passengers by November 21.

Age: 50+ ■ Senior Center – Via Motorcoach

Dec 12	**F**	**9 a.m.–4 p.m.**	**$34**	**#95956**

Discovery Bay Christmas Boat Parade

California is the capital of Christmas boat parade celebrating, with 1,000 miles of Pacific Ocean and much more inland lakes, deltas and rivers. Witness this annual holiday tradition of lighting up a vessel with decorations and lights for the past 12 years. Bundle up and bring a thermos of cocoa or coffee along with your dinner. Sit back and watch the Christmas spirit cruise in front of your eyes at Discovery Bay. Dress warm for this outdoor event. Register by November 19. No refunds or cancellations after trip cut-off date.

Age: 21+ ■ Senior Center – Via Van

Dec 13	**Sa**	**4–10 p.m.**	**$45**	**#95959**

Journey to Living Bethlehem-Livermore

'Living Bethlehem' is a 35,000-square-foot live interactive outdoor nativity/play in downtown Livermore, The actors perform the scenes in and around you. Rub elbows with Roman soldiers, watch angel Gabriel appear in the heavens. The show culminates with the manger scene. The show features 115 actors, as well as dozens of live animals, including a camel. Enjoy dinner, on your own, at Terra Mia Italian prior to show. Date to be confirmed. Dress for cold weather. Performance is outside. Register by November 19. No refunds or cancellations after trip cut-off date.

Age: 21+ ■ Senior Center – Via Van

Dec 14	**Su**	**5–10 p.m.**	**$25**	**#95958**

Local Holiday Lights

Wish you could see the Local Home Special Holiday Lights, but hate to drive at night? Sign up for our exclusive local evening tour to see the splendor of our neighbors in Concord, Clayton, Pleasant Hill and Walnut Creek, with a stop for hot chocolate mid-way of viewings. Register by November 24. No refunds or cancellations after trip cut-off date. You will awe over the house with 800 santas.

Age: 8+ ■ Senior Center – Via Van

Dec 16	**Tu**	**5–8:30 p.m.**	**$34**	**#96125**

San Francisco Holiday Highlights

An exclusive tour of the inside holiday lights of San Francisco. See the traditional Tree of Cranes in City Hall and the story behind it. Visit the Palace Hotel for the gingerbread competition. Off to Union Square for the St. Francis Hotel 15' Gingerbread Castle, Union Square Tree and Macy's Holiday Lane. Next, the Fairmont Hotel on Nob Hill for their life sized gingerbread house followed by the Hyatt Regency's, miniature village and ice rink! Last, drive by Fisherman's Wharf and Pier 39. Register by November 18. No cancellations or refunds after cutoff date.

Age: 21+ ■ Senior Center – Via Van

Dec 9	**Tu**	**3–9:45 p.m.**	**$51**	**#96127**
Dec 18	**Th**	**3–9:45 p.m.**	**$51**	**#96126**

HIKES

Table Rock Adventure

The Table Rock Adventure will take place in Northern Napa Valley near St. Helena. This 6-7 mile trek boasts amazing deep valley views, sedona like rock formations, a labyrinth, volcanic formations, great photography opportunities, creek crossings, and some climbing options.

Age: 18+ ■ Transport Self ■ Tom Bold

Sep 20	Sa	9:30 a.m.–5 p.m.	$38 R / $43 NR	#95759

Valley of the Moon, Wine and Historical Hike

An easy 3-4 mile wine and historical hike along the creek and fern-lined trails to some small Miwok Indian Caves, to a hidden waterfall flower lake, and the oldest reserve commercial winery in California. Have a picnic lunch under the shady old Oaks overlooking the serene valley vineyards. Directions will be provided on confirmation receipt.

Age: 18+ ■ Transport Self ■ Tom Bold

Oct 11	Sa	10 a.m.–4:30 p.m.	$38 R / $43 NR	#95757

Giant Sequoia Tree Wine Hike

Moderate 7-8 mile trek in Glen Ellen (Sonoma Valley). Gradual climb near Jack London State Park, through meadows, creek crossings, bridges, abandoned orchards, redwoods giant Douglas Firs, a hidden Sparking Lake, and more. Featuring an amazing photo opportunity with the Great Grandmother Giant Sequoia. We'll lunch on the trail and return by 4:30. There will be an optional wine & chocolate tasting on Sonoma Creek. Meet at 9:30 a.m. in North lot at Jack London village complex.

Age: 18+ ■ Transport Self ■ Tom Bold

Nov 1	Sa	9:30 a.m.–4:30 p.m.	$38 R / $43 NR	#95758

Coyote Peak/ Redwood Forest and Wine Castle Adventure

A moderate 5-7 mile unique adventure including the farthest Eastern Grove of Coastal California Redwoods. Creek and bridge crossings, incredible views from Coyote Peak, an amazing waterfall and more. We will have a picnic at a private island with a lakeside setting. We then will ramble through an authentic Tuscan style war castle and taste fine wines. Don't forget the camera. The Castle admission is an additional $19, and completely optional.

Age: 18+ ■ Transport Self ■ Tom Bold

Nov 16	Su	9:30 a.m.–5 p.m.	$38 R / $43 NR	#95760

Santa is Coming to Concord

Make and enjoy a variety of crafts and games with your child(ren) while waiting for their visit with Santa. Refreshments are provided. Be sure to bring your camera.

Saturday, Dec. 13, 2014
9:30 a.m.–12:30 p.m.
Concord Senior Center
2727 Parkside Circle

Parks Make Life Better!

$8 for children 2+, Adults are free!
Activity #95929
Pre-registration required.

Register online at www.concordReg.org

Help enhance the life of an underprivileged child, join *Friends of Camp Concord* today!

friends of CAMP CONCORD AT LAKE TAHOE

For membership information, please call the Camp Concord Office at (925) 671-3006 or download additional information from our web page at www.cityofconcord.org/recreation/camp/campfocc.htm

ARTS AND CRAFTS

Holiday Floral Design

Learn how to create holiday centerpieces, wreaths, and decorations or ikebana. Make your own wedding flowers, corsages or bridal bouquets. Professor Nakatani has been teaching floral design for 55 years. Students may choose to bring their own fresh or silk flowers for the arrangements. Supply list provided the first day of class. Optional basic supplies, $15 payable to the instructor the first day of class.

Age: 21+ ■ Senior Center ■ Ann Nakatani

Oct 6–Oct 20	M	1:30–3:30 p.m.	$66	#96060

Fun with Yarn

Bring the craft that you enjoy or come to learn a new craft, knitting or crocheting. Join other crafty people and enjoy their company as you work on your craft or learn a new one. Enjoy camaraderie and support of people of all levels. This class is for beginners or those refreshing their skills. No class October 3 and November 28.

Age: 21+ ■ Senior Center ■ Staff

Sep 5–Dec 19	F	9:30–11:30 a.m.	$20	#95795

Friday Morning Quilters Sew In

Have fun quilting your own project with peers. Bring your own sewing machine, and extension cord. No Instructor. This group is open to experienced quilters only. No class September 5 & 26, October 3, November 28, December 26.

Age: 21+ ■ Senior Center ■ Patricia Abernathy

Sep 12–Dec 19	F	9 a.m.–1 p.m.	$51	#95655

You Can Draw

Now is the time to enjoy drawing and painting. Create personal and time treasured keepsakes for family and friends. Experienced instructor Ann, will provide all levels of instruction covering colored pencils and Japanese brush painting. A supply list will be provided, or purchase the supplies from the instructor. No class October 1 and December 24 and 31.

Age: 50+ ■ Senior Center ■ Ann Nakatani

Sep 3–Oct 29	W	10:30–11:30 a.m.	$51	#95934
Nov 5–Dec 17	W	10:30–11:30 a.m.	$51	#95935

COMPUTERS

NEW 1 on 1 Help with Your Tablet, Computer or Cell Phone

Is your smart phone or device making you feel dumb? Receive 1 on 1 assistance with your tech device: tablet, cell phone or computer. A monitor will attempt to trouble shoot and provide guidance to help you operate your device. Bring your device to this 1 on 1 session. Optimize your time by bringing in a list of your questions.

Age: 21+ ■ Senior Center ■ TBD

Sep 8	M	9:15–10:15 a.m.	$10
Sep 8	M	10:30–11:30 a.m.	$10
Sep 8	M	12:30–1:30 p.m.	$10

Open Computer Lab

Free Technology Lab time from 4:00pm-6:00pm every Monday and Friday that the building is open. No registration necessary. Have a tablet or laptop? Bring it with you to lab. No monitor on duty.

Age: 50+ ■ Senior Center ■ Staff

Sep 8–Dec 19	M, F	4–6 p.m.	Free

Computer Nuts and Bolts

You will be introduced to basic computer functions such as: how to turn on the computer and logon, navigate with a mouse and find software applications. Learn basic functions on the web such as launching a browser, enlarging text on web pages and creating a free email account. Discover how to navigate the Internet using different search engines.

Age: 21+ ■ Senior Center ■ Virgilo Lagua

Sep 12–26	F	9:30–11 a.m.	$15	#96049
Nov 14–21	F	9:30–11 a.m.	$11	#96050

Introduction to Microsoft Word

Discover how you can utilize Microsoft Word for letters, flyers and more. You will learn how to insert pictures and clip art. You will be able to change font size, style, as well as bold and underline. Learn to copy information from one place and paste it into another location. Once you have created: learn to save, file and find what you save.

Age: 21+ ■ Senior Center ■ Virgilo Lagua

Sep 12–26	F	12–1:30 p.m.	$15	#96051

How to Buy and Sell on eBay and Craig's List

Two popular websites will be discussed in this class. eBay is an online auction and shopping website featuring a variety of new and used goods and services. Craig's List consists of classified advertisements devoted to jobs, housing, personals, for sale, and services. Learn how to buy or sell items of your choice.

Age: 21+ ■ Senior Center ■ Gbenga Adesida

Sep 17	W	6:30–8:30 p.m.	$13	#95936
Nov 19	W	6:30–8:30 p.m.	$13	#95937

Introduction to Computers With Internet Topics

Introduction to Windows: This class includes terminology, familiarization with the desktop, using the mouse, using toolbars and menus, creating shortcuts, and opening and closing programs. File Management: Where did my files go? You will learn how to save files so they can be easily located, creating folders. A basic introduction to the Internet will be given.

Age: 21+ ■ Senior Center ■ Virgilo Lagua

Oct 10–17	F	9:30–11 a.m.	$8	#96052

Facebook

You will be introduced to the popular social networking website-Facebook. Through discussion and hands-on experience, you will set up an account. Experience the excitement and benefit that can come from networking with friends and family. Registered students should have a basic knowledge of how to use the Internet. Participants need an email address prior to attending this class.

Age: 21+ ■ Senior Center ■ Virgilo Lagua

Oct 10–17	F	12–1:30 p.m.	$19	#96054
Dec 12–19	F	12–1:30 p.m.	$19	#96054

Job Seeking? Or Seeking Professionally Oriented Chat Groups? Try LinkedIn!

Are you seeking a job? Linkedin will open up a world of potential job opportunities. Learn about the popular business and social networking site. Set-up an account and experience the benefits that come with networking (i.e. contacts, job hunt, company search, etc. You will create your LinkedIn profile to showcase your talents and skills. Join chat groups of other like professionals to share ideas or find a solution to a current professional dilemma. Pre-requisite basic knowledge of how to use a computer, tablet, Smartphone and the internet. Need to have a valid email address.

Age: 21+ ■ Senior Center ■ Virgilio Lagua

Oct 8–15	W	6:30–8 p.m.	$23	#96059
Dec 12–19	F	9:30–11 a.m.	$23	#96058

Applications for Smart Phones, Tablets, and E-readers

Wondering what you can do with your new device? I'm sure you heard the phrase 'There's an app for that'. Applications can be found for most anything: music, cooking, reading, health, news, photos, sports, travel and more! The applications are downloaded to your phone, tablet device or e-reader. This class will introduce you to three different apps. We will assist you in downloading apps to your device. Find out what kind of device you have prior to class and bring it with you to class.

Age: 50+ ■ Senior Center ■ Virgilo Lagua

Oct 24–31	F	12–1:30 p.m.	$13	#96056

Twitter

Are you wondering what Twitter or a tweet is? Twitter by definition is 'a short burst of inconsequential information'. Twitter is an online social networking and microblog service that enables users to send and read short text messages, called 'tweets'. You will set-up an account. Experience the benefits that come with social networking. Create your Twitter profile and learn about advantages within and outside of your network. Pre-requisite: basic knowledge of how to use the internet, a computer, tablet, or Smartphone. Need a valid email address prior to attending the class.

Age: 21+ ■ Senior Center ■ Virgilio Lagua

Oct 24–31	F	9:30–11 a.m.	$23	#96057

DANCE, MUSIC AND PERFORMING ARTS

Latin Moments Dance/ Momentos de Baile Latino

Todas las personas de 50 años y más están cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino de 1:30 p.m. a 3:30 p.m. (excepto Septiembre and Octubre). Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables. Come enjoy every first Monday of each month from 1:30 p.m. to 3:30 p.m. (except September & October) to an afternoon of Latin Moments dancing salsa, cumbia and merengue with other Spanish speaking adults from 50+. Light healthy refreshments are served.

Age: 21+ ■ Senior Center

M	1:30–3:30 p.m.	$3	Sep 15	#95938
M	1:30–3:30 p.m.	$3	Oct 6	#95939
M	1:30–3:30 p.m.	$3	Nov 3	#95940
M	1:30–3:30 p.m.	$3	Dec 1	#95941

Line Dance–Basic Beginner

Experts say that line dancing is an excellent form of aerobic activity. It keeps the heart rate elevated without putting a lot of stress on the joints. The real reason we line dance is because it is fun! Join the line dance class and see for yourself. No class October 3, and November 28.

Age: 21+ ■ Senior Center ■ Dorothy F. Moore

Sep 5–Oct 31	F	9:10–10:10 a.m.	$43	#95796
Nov 7–Dec 19	F	9:10–10:10 a.m.	$33	#95797

Social Line Dance–Intermediate

Line dancing stimulates the heart. The class is a memory booster since you memorize the pattern of steps. The music alone is invigorating. So come join the fun. This class meets the fourth Friday of every month. During November and December this class will meet on the third Friday.

Age: 50+ ■ Baldwin Park ■ Dorothy F. Moore

Sep 26–Dec 19	F	11:15 a.m.–12:15 p.m.	$23	#94362

Sundown Line Dance Lite

The Sundown Line Dance Class is a group of friendly people that enjoy mainly beginner level and a few intermediate level line dances. The group meets in the evening to accommodate those with full-time jobs or have other obligations during the day. Prerequisite: Prior experience is recommended. No class Sep 1 and 29, Dec 22 and 29.

Age: 21+ ■ Senior Center ■ John Seman

Sep 8–Oct 27	M	7–8 p.m.	$24	#95944
Nov 3–Dec 15	M	7–8 p.m.	$24	#95945

Tap Intermediate

You will learn additional fancy footwork with precise rhythmic patterns. No class October 3, No class November 28, December 19. Make up if needed October 30.

Age: 50+ ■ Baldwin Park ■ Terry Davis

Sep 5–Oct 24	F	10:15–11 a.m.	$38	#95946
Nov 7–Dec 12	F	10:15–11 a.m.	$28	#95947

HEALTH AND FITNESS

Good Nutrition is Our Mission

Proper nutrition can be the key to a positive and a balanced life. Benefits of having a good diet can increase energy levels, resistance to illness, faster healing times, and better management of health problems. Specific diets can be designed for proper disease management. Learn more and start living a healthier life!

Age: 21+ ■ Senior Center ■ Gurnick School of Nursing

Sep 3	W	9:30–10:30 a.m.	$2	#96071

Massage By Kelly Grant

Use your senior scholarship for massage service. Kelly Grant is a graduate from NHI. She is a 16 year massage therapist providing body work using different styles of therapy. Reflexology-works on the hands and feet. Shiatsu-applies thumb pressure to areas of the body over loose clothing. Neck and Shoulder work, will release your tension. Japanese foot massage-uses a combination of Reflexology & Shiatsu techniques. Register for 2 time slots if you desire an hour. No bodywork October 1, December 24 and 31.

All Ages ■ Senior Center ■ Kelly Grant

Sep 3–Dec 17	W	10:05 a.m.–12 p.m.	30 minutes	$35
Sep 3–Dec 17	W	10:05 a.m.–12 p.m.	60 minutes	$45
Sep 3–Dec 17	W	3–7 p.m.	30 minutes	$35
Sep 3–Dec 17	W	3–7 p.m.	60 minutes	$45

Medicare Plan Changes 2015

Do you have questions about your Medicare health plan or prescription plan for 2015? Is your current plan changing? Do you need help choosing the plan that's right for you? Contra Costa HICAP will talk about what's new for 2015. Open enrollment ends on Dec. 7. No products sold or endorsed.

Age: 21+ ■ Senior Center

Oct 27	M	9:30 a.m.–10:30 a.m.	FREE	#96070

Welcome to Medicare

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about enrolling, the benefits and costs, and selecting drug and supplemental coverage. Materials are provided. Presented by Contra Costa County Health Insurance Counseling and Advocacy Program (HICAP). HICAP does not sell or endorse insurance products.

Age: 21+ ■ Senior Center

Nov 17	M	9:30 a.m.–12 p.m.	FREE	#96069

Zumba Step–AM

Zumba Step is from the Zumba family and uses easy to follow dance and step moves that will give you great results in a party like environment. Zumba Step is all the step toning and strengthening for your legs and glutes, with all the Zumba fitness that you love. Steps will be provided. No class October 3, 31, and November 28.

Age: 21+ ■ Centre Concord ■ Amelia Said

Sep 5–Oct 24	F	11:30 a.m.–12:30 p.m.	$43	#96064
Nov 7–Dec 19	F	11:30 a.m.–12:30 p.m.	$33	#96067

Zumba Gold

This fun class incorporates Latin dances and cardio exercise. Zumba Gold is designed for the active older adult, the true beginner and/or people who are not used to exercising or who may be limited physically. It is done at a low intensity. Zumba can be done from a chair or wheelchair. Listen to upbeat music as you exercise. No class September 30, October 2, November 11, 27, December 11, 23, 30 and January 1.

Age: 50+ ■ Senior Center ■ Amelia Said

Sep 2–Oct 21	Tu	10:30–11:30 a.m.	$43	#95787
Nov 4–Dec 16	Tu	10:30–11:30 a.m.	$38	#95788
Sep 2–Oct 21	Tu, Su	11:30 a.m.–12:30 p.m.	$43	#95789

Age: 50+ ■ Centre Concord ■ Amelia Said

Sep 4–Oct 30	Th	11:45 a.m.–12:45 p.m.	$43	#95790
Nov 6–Dec 18	Th	11:45 a.m.–12:45 p.m.	$28	#95791
Nov 4–Dec 16	Tu	11:30 a.m.–12:30 p.m.	$33	#95792

Qigong

Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality, foster creativity and the enjoyment of life. Class is taught by Han and Angela Ong. No class September 1, 29, and December 22 and 29

Age: 50+ ■ Senior Center ■ Han Ong

Sep 8–Oct 27	M	10:30–11:30 a.m.	$35	#95772
Sep 8–Oct 27	M	9:10–10:10 a.m.	$35	#95773
Nov 3–Dec 15	M	10:30–11:30 a.m.	$35	#95774
Nov 3–Dec 15	M	9:10–10:10 a.m.	$35	#95775

Yoga and Wellness–Level 1

You will build strength, improve flexibility and balance in this class. We start at your level and move forward. Most exercises are done standing at a bar, or sitting in a chair. A few exercises may be done on the floor, but alternatives can be given for those not working on the floor. Give it a try, start a new exercise program! Bring your own yoga mat. No class September 30, November 11, December 23 and 30 .

Age: 50+ ■ Baldwin Park ■ Maxine Davis

Sep 2–Oct 28	Tu	11 a.m.–12 p.m.	$75	#95780
Nov 4–Dec 16	Tu	11 a.m.–12 p.m.	$57	#95781

Yoga and Wellness–Level 2

Get your sticky yoga mat out of the closet. You know the basics of yoga and are comfortable in your body. Now, it is time to have fun with traditional Hatha Yoga. Loving modifications have been incorporated for your gentle mature body. No class October 2, November 27 and January 1.

Age: 50+ ■ Senior Center ■ Maxine Davis

Sep 4–Oct 30	Th	9:15–10:15 a.m.	$75	#95793
Nov 6–Dec 18	Th	9:15–10:15 a.m.	$57	#95794

Aqua Zumba
See page 40.

Fit & Low

The class is designed for active adults. It incorporates aerobic, strength, and choreographed patterns performed on the floor at low to moderate intensities, as desired, with low impact to the body. A segment of resistance training exercises may follow the cardiovascular workout, along with abdominal exercises, cool down and stretch. No class September 30, October 2, November 11, 27, December 11, 23, 25 and 30.

Age: 50+ ■ Centre Concord ■ Amelia Said

Sep 4–Oct 30	Th	10:30–11:30 a.m.	$43	#95783
Nov 6–Dec 18	Th	10:30–11:30 a.m.	$28	#95784
Sep 2–Oct 28	Tu	9:30–10:30 a.m.	$43	#95785
Nov 4–Dec 16	Tu	9:30–10:30 a.m.	$33	#95786

SPECIAL EVENTS

Gift and Craft Fair

The Concord Senior Center will be hosting the Gift and Craft fair. Forget the crowds and the swamped parking lots. Fulfill all your holiday shopping needs with unique hand crafted gifts items and delicious homemade goodies. Free to attend fair. Vendors sign up now for a 5 foot table and two chairs.

All Ages ■ Senior Center

Dec 5	F	9:30 a.m.–2:30 p.m.	$43	#95928

Mid Summer's Morning Tea and Local Fashion Show

A fun filled event for ladies of all ages: grandmas, girls, their families and friends. Iced and hot tea will be served along with elegant refreshments. Wear a hat for the contest. Funds raised from this event will benefit the Concord Senior Volunteer Program.

All Ages ■ Senior Center

Aug 16	Sa	10:30 a.m.–1 p.m.	#95613

$20 adults/$10 kids 12 and under

SPECIAL INTEREST

How to Lower Your Utility Bills and More!

Receive discounts on energy bills, phone bills, low cost weatherization, and energy crises intervention. See if you qualify for the California Public Utilities Commission Public Purpose Programs. Receive free phone equipment based on qualifying disabilities. Learn how to avoid being a victim of scams and fraud. Know when and how to contact the CPUC if you have complaints, concerns or issues. This presentation is brought to you by the California Public Utilities Commission.

Age: 21+ ■ Senior Center

Sep 15	M	10–11:30 a.m.	$2	#96143

Lotteria

Lotería Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de $2 incluye almuerzo ligero y ocho juegos. ¡Todos son bienvenidos! Para más información llamar a Vicky al (510) 867-0465.

Loteria Mexicana and Bingo is a bilingual senior memory enhancement and gathering activity in a fun atmosphere. Light lunch is provided. We play eight games included in the fee. Everyone is welcome! For more information contact Vicky at (510) 867-0465.

All Ages ■ Senior Center

Sep 25	Th	10 a.m.–1 p.m.	$2	#95677
Oct 30	Th	10 a.m.–1 p.m.	$2	#95682
Nov 20	Th	10 a.m.–1 p.m.	$2	#95686
Dec 18	Th	10 a.m.–1 p.m.	$2	#95687

My Family Stories

Family Stories are much more than names and dates. They are the DNA that distinguishes our family from all others. They are the thread that connects us to the human family. The 'fall off the chair' humor that we hear from Uncle Jim at the holiday dinner. A chapter that helps us understand. It is our job, as part of the older generation, to capture and record some of those stories. We support each other in this writing adventure. No class October 1.

Age: 50+ ■ Senior Center ■ Ann Thomas

Sep 17–Oct 29	W	10–11:30 a.m.	$42	#95743

Memory Loss–Is This Normal?

This class is designed to help you understand the difference between normal age-related memory loss and something more serious. You will learn about when and how to seek professional assistance to determine the diagnosis. You will learn about what constitutes an adequate diagnosis. And, you will learn about the resources available in the community to help those with memory loss disease. Presented by Advisors on Aging.

Age: 21+ ■ Senior Center

Oct 20	M	9:30–10:30 a.m.	$2	#96044

Age Well Drive Smart

California Highway Patrol's 'Age Well/Drive Smart' is for senior drivers and their families to drive safer and longer. This interactive, fun program presents: tips to understand driving safety; inexpensive car accessories; resources; a CHP Officer to answer questions; and more. The course provides information to develop a 'plan' when a senior should stop driving. A Transportation Cost Worksheet calculates current vehicle operating costs, showing potential funds for public transportation when needed.

All Ages ■ Senior Center ■ Cindy Lima

Sep 26	F	10–11:30 a.m.	$2	#95670

Long Term Care Options–What Are They and What Do They Cost?

This class is designed to help you understand the definition of Long-term Care. You will learn about the levels of care, options for care at each level, the cost of care at each level and the funding source for care at each level. You will learn about local community resources available to assist you in planning long-term care. Presented by Advisors on Aging.

Age: 21+ ■ Senior Center

Oct 15	W	9:30–10:30 a.m.	$2	#96043

Reverse Mortgages: The New Wealth Management Tool for Your Retirement Planning

If you are 62 or older, learn how a reverse mortgage can extend the life of your retirement assets. Not only can your home equity provide you urgent funds, but also a reverse mortgage can be used to supplement your income, to deal with health-care costs, or just more thoroughly enjoy your retirement.

Age: 62+ ■ Senior Center

Sep 17	W	9:30–10:30 a.m.	$2	#96074
Oct 15	W	6–7 p.m.	$2	#96075

Gifts of Aging–The Genius of the Aging Process

We all age, but 'Conscious Eldering' is optional'. We will explore the process and gifts of aging against our own life experiences and models of inquiry provided by authors like Erickson, Maslow, Eberle, Martinez, and Cohen. Classes will integrate these insights with those of supportive peers in a loving and safe environment via lecture, discussion, exercises, and readings. Share your life experiences and wisdom.

Age: 50+ ■ Senior Center ■ Roger Desmarais

Oct 9–Nov 13	Th	11 a.m.–1 p.m.	$98	#96040

Volunteer Orientation

Learn about volunteer opportunities at the Concord Senior Center. Volunteer Positions include: Data Entry, Special Events, Computer Lab Monitor, Front Desk position 4 hours a day, 1 day a week and more. Please download and print a volunteer application at www.cityofconcord.org/pdf/recreation/programs/senior_volunteers.pdf. Please turn in application to the senior center a week before the orientation.

Age: 16+ ■ Senior Center ■ Staff

Sep 23	Tu	10:30–11:30 a.m.	Free	#95951
Oct 28	Tu	10:30–11:30 a.m.	Free	#95952
Dec 9	Tu	10:30–11:30 a.m.	Free	#95953

Holiday Gift & Craft Fair

Dec. 5, 2014
Concord Senior Center
2727 Parkside Cir.
9:30am - 2:30pm

Handmade Crafts, Clothing, Jewelry, Plants, Baked Goods & more. Free to attend.

Vendor tables available for $43. Activity #95928

Concord Parks & Recreation

Holiday Program Helps Concord Seniors

Share the holiday spirit and take part in the Be a Santa to a Senior (BASTAS) service program. It's a way to brighten the lives of lonely or isolated seniors in your community. This program has touched so many lives . . in the last seven years, 64,000 volunteers delivered more than one million gifts to 700,000 seniors.

The BASTAS program will positively impact our community by providing holiday cheer and gift giving to seniors who are least likely to receive a present and who are lonely and financially needy. The local Home Instead Senior Care® office and the Concord Commission on Aging and Concord Senior Center are partnering with non-profit organizations and businesses in the community by providing gifts for the 2014 BASTAS program. Last year, 300 seniors received their gift wishes from the community which brighten their holiday season. Thank you to all who helped purchase these gifts.

How can you help?
Pick up an ornament tag, purchase gift wishes and return unwrapped gifts along with the ornament gift tag at the following locations starting November 10 – December 20.

Min's Kitchen, 3505 Clayton Rd (El Monte Shopping Center)
Minamoto (Japanese Restaurant), 4305 Clayton Rd - Ste A
City of Concord Civic Center, 1950 Parkside Drive- Wing A
Concord Police Department, 1350 Galindo Street
The Old Spaghetti Factory, 1955 Mt. Diablo **(November 27 – December 20)**

You may prefer to donate gifts such as: twin-size blankets, alarm clock radios, gift cards, gift wrapping supplies, flashlights & batteries. These items can be dropped off at the senior center reception desk any time the senior center is open. Or host our gift wrapping party by providing healthy refreshments for the Proclamation & Gift Wrapping Party on December 20 from 10 am – Noon.

If you would like to contribute, take part by providing a monetary donation or have questions about the program contact Avis Connolly at (925)671-3419 or by email avis.connolly@cityofconcord.org.

Concord Commission on Aging | Home Instead Senior Care — to us, it's personal. | Concord Senior Center

Concord Senior Center – 50 & Better Program

Health & Human Services

Care Manager
Discover a wide variety of assistance and resources available to you in the community. Appointments are available on Monday and Wednesday from 9:30 a.m.–3 p.m. and Thursday from 9:30 a.m.–11:30 a.m. For more information or to schedule an appointment contact the center.

CCCafe Hot Lunch Program
Café is open to adults 60+ and younger spouses and seniors. Meals are served daily at 11:30 a.m. You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9 a.m. and 11:30 a.m. for more information and a menu.

Blood Pressure Screening by John Muir Senior Services & Gurnick Nursing Students
Screenings are scheduled on the third Friday of each month at 9:30–10:30 a.m. Tuesday at 10:15 a.m. & 1 p.m., Wednesday at 10:15 a.m. & 3:15 p.m. (Subject to change due to class schedule.) No appointment necessary.

Vision Support Group
Michael Mailer with the Lions Center for the Visually Impaired leads a ***FREE*** monthly support group for the visually impaired every 2nd Wednesday of the month at 1 p.m. No registration necessary.

Senior Peer Individual Counseling
Contra Costa Health Services Senior Peer Counseling offers individual one-on-one, 45 minute counseling sessions each Thursday 10 a.m.–12 p.m. and 1st Monday at 11:15 a.m.–1:15 p.m. Services are free and confidential. Call for an appointment.

HICAP – Health Insurance Counseling and Advocacy Program – Call (925) 602-4168 for an appointment
Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the 1st, 2nd, 3rd and 4th Friday of each month from 1–3 p.m. and 1st & 2nd Tuesday from 12:30–2:30 p.m.

Simple Wills Clinic – Clinic is for seniors 60 years and older needing assistance with a simple and will be held on Aug.13, Sept.10, Oct. 8, Nov.12, and Dec.10 from 9:30 a.m.–12 p.m. Call (925) 671-3320 for an appointment. For other legal assistance call Contra Costa Senior Legal Services at (510) 374-3713.

Notary Services – Services are provided free of charge from 10:30–11:30 a.m. every Monday and Wednesday from 10–11 a.m. No appointment necessary.

AARP Driver Safety
This course is taught on the 1st and 2nd Wednesday every other month from 9 a.m.–1 p.m. Cost for AARP members: $15; cost for non members: $20. Call to register.

Senior Center Scholarship Program
Scholarship Program is available to adults 50+ residing in Concord who wish to participate in the Parks and Recreation Program. Approved applicants are eligible for a maximum of $100 per individual per year with $5 co-pay. Complete application, activity choice and supporting documents to center staff for review. Applicant will be notified when scholarship has been approved.

Memory Screening
Screenings will held on 4th Monday of each month from 1–3 p.m. with the exception of May (holiday).

Alzheimer's Support Group
Alzheimer's Support group meets on the 4th Wednesday of the month from 1:15–3:15 p.m.

Concord Parks & Recreation

The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9 a.m. and 12 p.m., after 12 p.m. press option 1, or email concordsc@cityofconcord.org.

Concord Senior Center – 2727 Parkside Circle, Concord, CA 94519

FALL 2014 SATURDAY CLASSES

Aquatots

Age: 10 months–36 Months ■ Concord Community Pool ■ $48R/$53NR

Sessions	Days	11:35 a.m.–12:05 p.m.	12:10–12:40 p.m.
Sep 6–Oct 11	Sa	# 94394	# 94396

Pre-school

Age: 3–5 ■ Concord Community Pool

Sep 6–Oct 11	Sa	9:50–10:20 a.m.	$48R/$53NR	#94450
Sep 6–Oct 11	Sa	10:25–10:55 a.m.	$48R/$53NR	#94451
Sep 6–Oct 11	Sa	11:00–11:30 a.m.	$48R/$53NR	#94452
Sep 6–Oct 11	Sa	11:35 a.m.–12:05 p.m.	$48R/$53NR	#94453
Sep 6–Oct 11	Sa	12:10–12:40 p.m.	$48R/$53NR	#94454

Elementary

Age: 6–14 ■ Concord Community Pool

Sep 6–Oct 11	Sa	9:50–10:20 a.m.	$48R/$53NR	#94467
Sep 6–Oct 11	Sa	10:25–10:55 a.m.	$48R/$53NR	#94468
Sep 6–Oct 11	Sa	11:00–11:30 a.m.	$48R/$53NR	#94469
Sep 6–Oct 11	Sa	11:35 a.m.–12:05 p.m.	$48R/$53NR	#94470
Sep 6–Oct 11	Sa	12:10–12:40 p.m.	$48R/$53NR	#94471

Private Swim Lessons

Private Lessons are designed for one–on–one instruction to help meet the specific needs of the participants.

Age: 3–Adult ■ Concord Community Pool

Sep 6–Sep 20	Sa	9:50–10:20 a.m.	$79R/$84NR	#94503
Sep 6–Sep 20	Sa	10:25–10:55 a.m.	$79R/$84NR	#94504
Sep 6–Sep 20	Sa	11–11:30 a.m.	$79R/$84NR	#94505
Sep 6–Sep 20	Sa	11:35 a.m.–12:05 p.m.	$79R/$84NR	#94506
Sep 6–Sep 20	Sa	12:10–12:40 p.m.	$79R/$84NR	#94507
Sep 27–Oct 11	Sa	9:50–10:20 a.m.	$79R/$84NR	#94508
Sep 27–Oct 11	Sa	10:25–10:55 a.m.	$79R/$84NR	#94509
Sep 27–Oct 11	Sa	11–11:30 a.m.	$79R/$84NR	#94510
Sep 27–Oct 11	Sa	11:35 a.m.–12:05 p.m.	$79R/$84NR	#94511
Sep 27–Oct 11	Sa	12:10–12:40 p.m.	$79R/$84NR	#94512

FALL 2014 WEEKDAY CLASSES

Preschool & Elementary Classes

For children who are comfortable in the water without parents and can put their face in.

Concord Community Pool ■ $64R/$69NR

Session	Days	Time	Preschool Ages 3–5	Elementary Ages 6–Up
Sep 8–Sep 18	M–Th	3:45–4:15 p.m.	#94455	#94550
Sep 8–Sep 18	M–Th	4:20–4:50 p.m.	#94456	#94551
Sep 8–Sep 18	M–Th	4:55–5:25 p.m.	#94457	#94552
Sep 8–Sep 18	M–Th	5:30–6 p.m.	#94458	#94553
Sep 22–Oct 2	M–Th	3:45–4:15 p.m.	#94459	#94554
Sep 22–Oct 2	M–Th	4:20–4:50 p.m.	#94460	#94555
Sep 22–Oct 2	M–Th	4:55–5:25 p.m.	#94461	#94556
Sep 22–Oct 2	M–Th	5:30–6 p.m.	#94462	#94557
Oct 6–Oct 16	M–Th	3:45–4:15 p.m.	#94463	#94558
Oct 6–Oct 16	M–Th	4:20–4:50 p.m.	#94464	#94559
Oct 6–Oct 16	M–Th	4:55–5:25 p.m.	#94465	#94560
Oct 6–Oct 16	M–Th	5:30–6 p.m.	#94466	#94561

HEALTH AND FITNES

Deep Water Exercise

De-stress and revitalize your life with this fun and challenging workout. This class offers effective flexibility and muscle toning with no impact to the joints. **Deep Water:** Participants should feel comfortable suspended on floatation devices in deep water.

Age: 18+ ■ Concord Community Pool ■ Andrea Legault

Sep 16–Oct 14	Tu	9:50–10:20 a.m.	$30R/$35NR	#96153
Sep 18–Oct 16	Th	9:50–10:20 a.m.	$30R/$35NR	#96154
Oct 21–Nov 18	Tu	9:50–10:20 a.m.	$30R/$35NR	#96155
Oct 23–Nov 20	Th	9:50–10:20 a.m.	$30R/$35NR	#96156

Aqua Zumba

Spice up your fitness routine. Aqua Zumba is a blast! It incorporates the same innovative, fun and exciting Latin dances and cardio exercise, all in the water. This class is a shallow water class that is challenging and fun. Listen to upbeat music as you exercise and help stay fit. No experience needed. Just add water and shake!

Age: 18+ ■ Concord Community Pool ■ Amelia Said

Oct 6–Nov 24	M	8:30–9:20 a.m.	$40R/$45NR	#95862

Private Swim Lessons–Weekdays

Age: 3–Adult ■ Concord Community Pool ■ $105R/$110NR

Days	Time	Sep 8–11	Sep 15–18	Sep 22–25	Sep 29–Oct 2	Oct 6–9	Oct 13–26
M–Th	3:45–4:15 p.m.	#94513	#94514	#94515	#94525	#94529	#94532
M–Th	4:20–4:50 p.m.	#94534	#94516	#94518	#94524	#94528	#94531
M–Th	4:55–5:25 p.m.	#94535	#94517	#94519	#94521	#94523	#94527
M–Th	5:30–6 p.m.	#94536	#94520	#94522	#94526	#94530	#94502

CONCORD COMMUNITY POOL

3501 COWELL ROAD, CONCORD • 671-3474

Lap Swim

- Open year-round
- Pool heated to a comfortable 80 degrees
- 50 meter/ 25 yard lap pools
- Heated locker rooms and showers
- Certified Professional Lifeguards

Fees	
Daily	$5.25 R / $6.25 NR
Monthly	$70 R / $75 NR
15 Swims	$62 R / $72 NR
Lap Swim	**September 2 – November 30**
M, W, F	6 a.m.–1 p.m.
Tu, Th	7 a.m.–1 p.m.
M–Th	7 p.m.–8:30 p.m. (Short Course Only)
Sa & Su	10 a.m.–Noon
Holiday Hours 10 a.m.–Noon	
Veterans Day	Nov 11
Day After Thanksgiving	Nov 28
Pool Closures	
Swim Meet	Nov 7–9
Thanksgiving	Nov 27

Fall Recreational Swim

Hours September 6–September 28

Sa & Su 1–4 p.m.

Admission	Daily	15 swim pass
Adult (18+)	$5.25 R / $6.25 NR	$62 R / $72 NR
Child (6–17)	$4.50 R / $5.25 NR	$55 R / $66 NR
Tot (5 & Under)	$4 R / $4.25 NR	$46 R / $56 NR

R = Concord Resident NR = Concord Non-Resident

Terrapins SWIM TEAM

RECOGNIZED AS ONE OF THE NATIONS BEST COMPETITIVE SWIMMING PROGRAMS RIGHT HERE IN CONCORD!

- Developmentally appropriate competitive swim program- year round & seasonal programs available

SEASONAL PROGRAMS

- ***Fall Technique Development Program-*** Sept. through Dec.
- ***High School pre-Season Training Program-*** Nov. through early Feb.
- ***Spring competitive Clinic program-*** Feb. through April
- ***Introductory level competitive swimming program-*** four 3 month sessions throughout the year.

WWW.TERRAPINSWIM.COM

Deep Water Exercise Participants

"We appreciate your dedication, your professionalism and your sense of humor – you add much to our lives and we thank you!"

— Gordon and Greta Ringenberg

SIGN UP NOW - FIVE (5) EASY WAYS TO SIGN UP

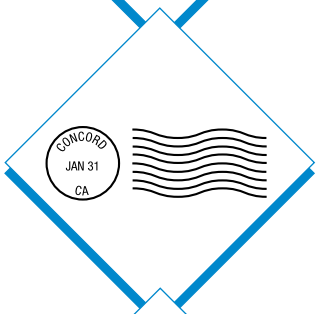
1. Online Registration
www.ConcordReg.org

2. By Fax
Send your completed form and credit card information to 689-8169.

3. By Mail
Pay by check, MasterCard, Visa or American Express.

Mail your completed form with payment to:
Concord Parks & Recreation Department Registration
1950 Parkside Drive, MS/11
Concord, CA 94519-2578

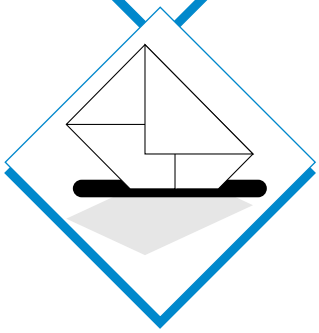
4. Drop-off
During business hours secure drop slots at Willow Pass Center and Centre Concord.



5. In person registration and customer service hours at the following locations:

Willow Pass Community Center
2748 E. Olivera Road
Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m.

Centre Concord
5298 Clayton Road, Concord
Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m.



Please Remember:

- **Register early! Classes with low enrollment may be canceled before the first class.**
- **If the class you select is full, you will be notified and your check returned.**
- **If you live within the city limits of Concord, you enjoy the Concord resident discount.**
- **Information in this brochure is subject to change.**
- **For the most up-to-date class information call 671-3404.**
- **Para información en Español llame al 671-3324.**

REGISTRATION

WITHDRAWALS AND TRANSFERS

If you wish to drop a class or transfer to another session, call us **at least five (5) full working days** before the start date for a refund or credit. **No refunds for non-attendance, one-day workshops, trips or materials fees**.

QUALITY ASSURANCE AND CREDITS / REFUNDS

Try our classes. If, after attending the first class, you are not happy with the quality of the program, call us right away. Tell us what was wrong so we can make it right. If you call before the second class we will give you a full refund or credit. **There are no refunds for non-attendance, one-day workshops, trips or materials fees.** Refunds due to course cancellations can take up to 2 to 4 weeks to process. A credit left on a customer's account will expire 12 months after the date of issuance.

HOW DID YOU HEAR ABOUT THIS PROGRAM?

❑Activity Guide ❑On-going Program ❑Friend or Family ❑Brochure or flyer through school ❑City Website

❑Email Newsletter ❑Cable TV Channel ❑Banner/Public Display ❑Newspaper ❑Other_____

Head of Household		❑ **Concord Resident** ❑ **Non-Resident**	
Address		❑ If you or your child have a special need or disability, please check here.	
City		State	Zip
Email	Phone (Day)		Phone (Eve)

ACTIVITY REGISTRATION: This is for (check one) ❑ **Winter** ❑ **Spring** ❑ **Summer** ❑ **Fall**

Participant Name	Date of Birth	Course #	Course Title	Fee
			Total Fees $	

WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

I, the undersigned, wish to participate in one or more activities (hereinafter collectively referred to as "the Activity") conducted in collaboration with the City of Concord's Parks & Recreation Department. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the Activity. In consideration of my participation in the Activity, I knowingly and voluntarily assume all risks arising therefrom, and on behalf of myself, my heirs and assignees release the City of Concord, its officers, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, arising out of, or in any way connected with my participation in the Activity.

I agree and acknowledge that this Waiver and Release From Liability/Assumption of Risk shall apply even in the event that I suffer death, personal injury, or property damage as the result of passive or active negligence on the part of the City of Concord, its officers, agents, employees, or volunteers of the City (with the exception of sole, active negligence, or willful misconduct). In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax.

USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

In addition to the forgoing, I give consent to Concord Parks & Recreation Department or any other media agency authorized by the City of Concord to photograph or video me (or the minor on whose behalf I am signing this waiver), and to use such photographs/video footage in brochures, newspapers or other forms of media describing City of Concord activities. I agree to advise the City of Concord Parks & Recreation Department in writing if I do not agree to the forgoing.

(check one) ❑ **Self** ❑ **Parent** ❑ **Guardian**

Signature_____ **Date**_____

Method of payment: ❑ **Check payable to: Concord Parks & Recreation** ❑ VISA ❑ MasterCard ❑ AMERICAN EXPRESS		**Amount $**
Card #:	**3 or 4 Digit Security Code:**	**Exp. Date Month/Day/Year** / /
Print name as it appears on card	**Signature**	

Farmers' Market • Music and Market

Special Events at Todos Santos Plaza

Concord Farmers' Market

Tuesdays: Year-round, 10 a.m.–2 p.m.
Thursdays: April 24–October 23, 4–8 p.m.
1-800-949-FARM

Music and Market–Thursday Evenings

May 22–September 11, 6:30–8 p.m.
Farmers' Market and free music concerts in the Park with a great line-up of wonderful Bay Area musicians. Salsa, jazz, zydeco, blues and more.

California Symphony Pops on the Plaza

Thursday, Aug. 28, 6:30 p.m.
Join the California Symphony for their 13th annual free Pops on the Plaza concert.

Emergency Preparedness Fair

Thursday, Sept. 4, 4 p.m.–8:30 p.m.
Learn how to respond to earthquakes, public health issues and disasters of all kinds.

Halloween Parade and Costume Contest

Friday, Oct. 31, 4–6 p.m.
Trick-or-Treat door-to-door at Todos Santos Plaza businesses. See the 2014 Downtown Concord Scarecrow Contest winner!

Concord's Official Tree-Lighting and Mayor's Sing-Along

Santa's Grand Arrival: Saturday, Dec. 6 at 4 p.m.
On-stage entertainment: 5 p.m.
School choirs and community entertainment on stage with traditional tree-lighting and holiday sing-along; carriage rides by the Todos Santos Business Association.

All events subject to change without notice
www.concordfirst.org
Events Hotline: 671-3464

Concord Library
Fall Children's Programs

2900 Salvio ■ (925) 646-5455

■ Baby & Toddler Time

Books, songs, bounces and finger plays for children 6 months to 3½ years old
Tuesdays, 10:15 & 11:15 a.m.

■ Preschool Storytime

Stories, songs and finger plays for children 3½-5 and caregiver
Wednesdays 10:30-11:00 a.m.
August 6-August 27
September 17-October 22
November 12-December 17

■ Free Homework Help

Songs and stories in Spanish and English
Mondays and Wednesdays, 4-6 p.m.

CONTRA COSTA COUNTY LIBRARY
Bringing People and Ideas Together

Check with Library, days /hours subject to change

Concord
PARKS & RECREATION

Rental facilities for all occasions.

Take a virtual tour of our facilities!

www.cityofconcord.org/rentals

Centre Concord (Shown)
5298 Clayton Road
Concord, CA 94521
(925) 671-3466

Concord Senior Center
2727 Parkside Circle
Concord, CA 94519
(925) 671-3320

Willow Pass Center
2748 E. Olivera Road
Concord, CA 94519
(925) 671-3423

City of Concord
1950 Parkside Drive
Concord, CA 94519-2578

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CALIFORNIA SYMPHONY
DONATO CABRERA MUSIC DIRECTOR

15TH ANNUAL TARGET POPS ON THE PLAZA CONCERT

THURSDAY, AUG. 28, 2014—6:30 PM

BROADWAY PHENOM
LISA VROMAN

CALIFORNIA SYMPHONY'S FREE OUTDOOR COMMUNITY CONCERT

Donato Cabrera, music director; Lisa Vroman, soprano
Todos Santos Plaza, Downtown Concord

- Broadway and cabaret music featuring soprano Lisa Vroman
- Perfect for the whole family—music, outdoor dining, farmers' market and great restaurants!

WWW.CALIFORNIASYMPHONY.ORG

Concord TARGET LESHER FOUNDATION