

Concord

City News and Activity Guide



Fall 2015



Tai Chi and Qigong
pages 21 and 36



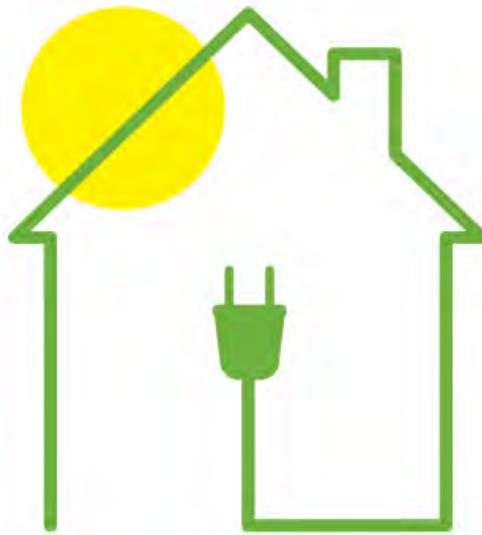
Bicycle and Pedestrian Plan
page 4



BART Station Renovations
page 5



Preschool
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East Bay SunShares Solar. Simple. Together

Thinking about installing solar but don't know where to start or think it's just too expensive? East Bay SunShares is here to help!

The City of Concord has partnered with neighboring communities throughout the East Bay and local nonprofit Vote Solar to launch a solar group-purchasing (bulk buy) program for homeowners. East Bay SunShares pools the power of individual participants to get more competitive pricing from solar companies - with an additional incentive that provides even better savings as more people contract for solar on their homes.

Vote Solar manages the program, working with a community evaluation committee to select qualified contractor(s) and make going solar simple and more affordable than ever. The program launches this month and runs for a limited time, so sign up to receive a no cost, no obligation site evaluation and learn how you can benefit from going solar today.

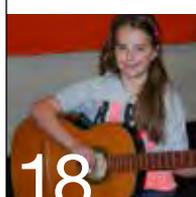
For more information or to sign up please visit:
www.mygroupenergy.com/eastbaysunshares



City of Concord

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

On the cover: Clockwise from top left
(1) Tai Chi and Qigong instructor, Robin Malby, demonstrates how to reduce stress and strengthen the body; **(2)** Several public workshops were held as the City worked to develop a Bicycle, Pedestrian, and Safe Routes to Transit Plan; **(3)** Plans were unveiled for a renovation of the downtown BART station; **(4)** Children having fun in preschool.



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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..... 671-3021
 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

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
 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

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

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..... 686-1701
 Concord Table Tennis Club
 www.concordtabletennisclub.com..... 689-7463

Diablo Youth Rugby

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

Concord at a Glance

Concord at a Glance

Area..... 31.13 sq. miles
 Elevation 72 feet
 Founded..... 1868
 Incorporated..... 1905

Community Profile

Population125,791
 Households 46,067
 Household average income ... \$86,110
 Median home value..... \$402,594
 Median age 38.5

Business Profile

Total working residents.... 62,601
 Education beyond high school.. 64.93%

By the Numbers

- Largest city in Contra Costa County
- 8th Largest city in the Bay Area
- 46th Largest city in California
- 29 miles east of San Francisco
- 27 Parks and playfields
- 379 Acres of developed parkland
- 1,080 Acres of open space
- 8,091 Licensed business
- 4 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

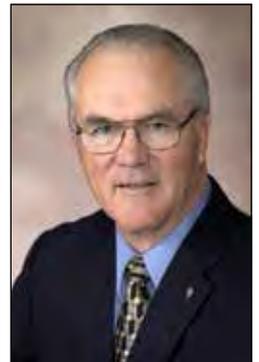
City leaders are proud to present this year's Annual Report to Concord residents and business owners. For the first time in more than seven years, this annual report contains some good economic news.

The slow recovery from the Great Recession seems to have turned a corner. Retail sales tax and property tax revenues, the two largest contributors to the City's General Fund, are increasing. Voters passed an extension of Measure Q, the half-cent sales tax originally passed in 2010. Thanks to this continued source of support, the City is able to provide essential services and will be able to address some of the backlog in road and street repair projects in the coming year. While the situation is improving, the City is still working toward full fiscal recovery and continues to control costs, enhance economic development and develop new revenue streams.

At the same time that the economy seems to be improving, we have all been affected by the drought, now in its fourth year. The City has implemented its Drought Management Plan, and appreciates all the efforts residents have made to conserve water.

The past year marked solid progress on the Reuse Area Plan for the Concord Naval Weapons Station. Two finalists have been chosen in the search for a Master Developer for the first phase of the redevelopment of the former base. A selection will be made before the end of the year.

Finally, the City said good-bye to Thomas Wentling, who retired from his post as City Treasurer after almost 30 years. He also served on the City Council from 1970 to 1974 as councilmember and vice mayor. Wentling owned a chain of camera stores for many years, and was very active in Concord's business community. The Chamber of Commerce named Tom "Business Person of the Year" in 1991. During his many years of service, he was actively involved in numerous organizations benefitting the community. He will be greatly missed.



Thomas Wentling

The City appreciates the support and patience the community has shown during the last several challenging years. 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

2014-15 Project Highlights

Family Justice Center opens

In March 2015, the Central County Family Justice Center opened in Salvio Pacheco Square in downtown Concord with City support. The FJC is a one-stop shop where police, prosecutors, social service and community organizations come together under one roof to assist victims of domestic violence, sexual assault, child abuse, elder abuse and human trafficking. Evidence shows that such programs benefit the community by reducing instances of domestic abuse and calls for police services.



Reuse Plan for former weapons station

The City moved forward with the process to select a Master Developer to implement Phase I of the Reuse Area Plan for the former Concord Naval Weapons Station. After considering proposals from three firms at a series of public meetings, in April 2015 the City Council selected Catellus Development Company and Lennar Urban as the two finalists. The City Council will announce the successful candidate in the fall. At the same time, on-going talks with the Navy and a variety of government agencies were held to discuss how and when the property would be transferred to its future owners.

Test site for autonomous cars

Contra Costa Transportation Authority, in partnership with the City, developed the GoMentum Station on a portion of the Concord Naval Weapons Station, creating the largest test bed for autonomous vehicles in the world. Honda and Mercedes-Benz stepped forward with plans to test their proto-type vehicles on the site, which mimics city driving with its abandoned grid of streets and roadways. The effort is part of a larger U.S. Department of Transportation program to plan for the cars of the future.

Bicycle and pedestrian plan

Several public workshops were held as the City worked to develop a Bicycle, Pedestrian, and Safe Routes to Transit Plan, which will serve as a blueprint for a transportation network that meets the needs of all users – including pedestrians, bicyclists and public transit patrons, as well as motorists. The plan is scheduled to be completed in late 2015.

Beating the drought

As the California drought entered its fourth year, the Contra Costa Water District mandated a 25 percent reduction in water use for residents, and a 45 percent reduction for City landscaping. Thanks to cooperation from residents and municipalities in the district, the CCWD reported it is making great progress in meeting its goal. The City continues to implement its Drought Management Plan to meet its 45 percent target.

Baldwin Park Playground

In April 2015, the new marine-themed playground equipment at Baldwin Park was unveiled. For many years, the preschool programs located in the park made good use of a play structure that eventually reached the end of its useful life. The new play structure was made possible by a grant from GameTime, the playground's design and manufacturing firm, and Measure Q, the half-cent sales tax extension passed by voters



New playground equipment at Baldwin Park

in November 2014. Other 'quick wins' using 2014 Measure Q unbudgeted revenue included repair of playground surfacing at various parks, and the removal of a long-unused building at Concord Community Park.

Resource officers, facility hours restored

Several programs were restored as the City began to recover from the Great Recession. Thanks to a partnership with the Mt. Diablo Unified School District, the Concord Police Department reinstated School Resource Officers at three high schools. The Concord Senior Center restored operating hours on Thursdays; the Permit Center restored Friday hours. City offices were open again during the week between Christmas and New Year's.

Project Highlights continued on page 8

Economic Development Spotlight

Over the past year, Concord has started to share in the economic recovery of the East Bay. The office market is seeing increased activity from San Francisco-based businesses looking to escape that city's higher cost office market. This trend is anticipated to get stronger as more San Francisco companies look to flee to the East Bay, finding Concord an attractive alternative due to its two BART stations, educated workforce and pro-business environment. Concord's Class A office rates are approximately \$2.10 a square foot per month compared to San Francisco's Class A which is at \$5.50 per square foot.

Unemployment has dropped in the past year; Concord registered a 5.4 percent unemployment rate for March 2015, compared to 7.6 percent a year ago. Concord is out-performing the state and the nation, which registered unemployment rates of 6.5 percent and 5.6 percent respectively, during the same period.

Destination for retail and dining

Concord added to its reputation as a regional destination for retail and dining, generating more retail sales than any other city in Contra Costa County. In 2014, Concord generated \$2.6 billion in taxable sales, an increase of 6.6 percent over 2013.

Sunvalley Shopping Center continued with its multi-year, multi-million dollar renovation, both inside and outside. The latest additions include a new Disney store, free Wi-Fi throughout the center, and a 23,000 square foot food court, located on the lower level near JC Penney, with seating for 525 opening later this year.

Renovations are also on-going at the Willows Shopping Center, where Ike's Sandwich Shop recently opened. Rick's Ice Cream and Eureka! Restaurant, with its all-American theme, are both under construction. The center completed its addition of an outdoor community plaza and a new 'street' bisecting the center to connect parking lots on the north and south.

Construction started on Buffalo Wild Wings at the former Marie Callender's site on Diamond Boulevard, not far from the Willows Shopping Center. This development will also include



Construction on Buffalo Wild Wings at the former Marie Callender's site on Diamond Boulevard



Construction on a new multi-tenant building at 1100 Concord Avenue where the Peppermill once stood

new shop space for retailers and restaurants. Also underway is a new multi-tenant building at 1100 Concord Avenue where the Peppermill once stood, which will house Jimmy John's Gourmet Sandwiches, Habit Burger Grill, and Noodles & Company plus other tenants that have yet to be named.

Downtown Concord

Downtown Concord attracted more visitors last year, thanks to the popularity of several trendy micro-breweries, the family-friendly summer music series' in Todos Santos Plaza, and an eclectic restaurant scene featuring 40 establishments with food choices from around the world. Three new pizza restaurants joined the scene including Mi Pi Pizza, Grant Street Pub & Pizzeria, and GameTime Sports Bar and Pizzeria.

Plans were unveiled for a renovation of the downtown BART station to make it easier for pedestrians and bicyclists to find their way from the station to Todos Santos Plaza. Upgrades include crosswalk and lighting improvements, way-finding signage, a redesigned plaza area and additional parking for bicycles. Construction is scheduled to begin in spring of next year.

Budget Update

Recovering Economy

For the first time in more than seven years, this annual report contains some good economic news. The slow recovery from the Great Recession seems to have turned a corner. Concord's unemployment rates are declining, retail sales are growing, and property values have not only stopped their decline but are returning to pre-recession levels.

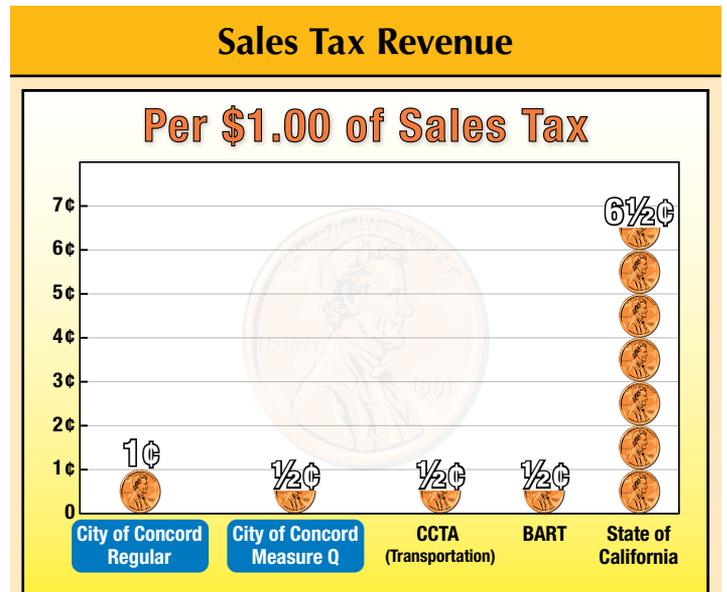
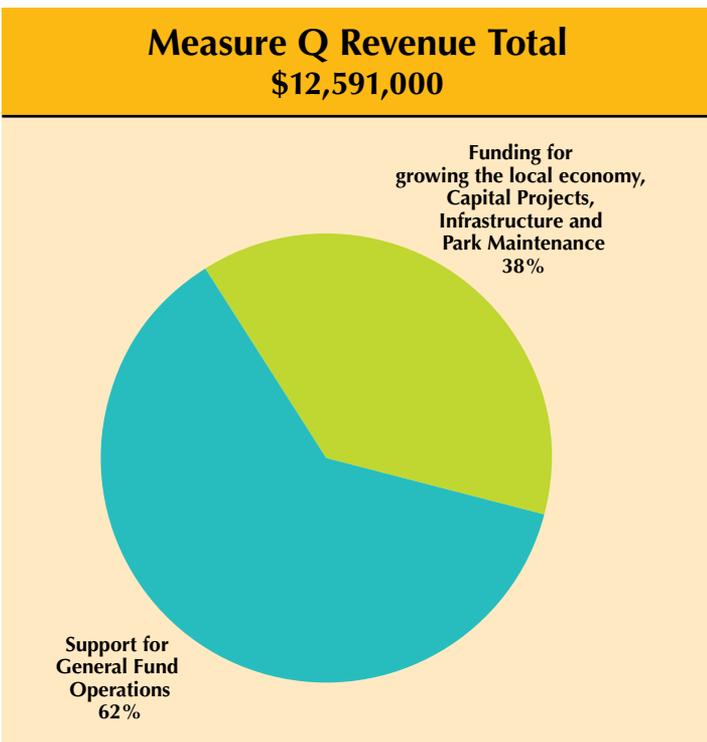
Additionally, the City will once again have a 30% reserve and will be able to allocate more than \$2 million into capital investments to address a portion of the City's deferred maintenance in streets and buildings.

Even with this positive progress, the City continues to rely on Measure Q revenues for day-to-day City operations. Measure Q is the half-cent sales tax first passed by voters in 2010 and extended in 2014. Measure Q is a lifeline for the City, preserving vital services including 911 operations, park and street maintenance, senior and youth programming as well as all other City programs.

While there is good news and reason to be optimistic, the City continues to face many fiscal challenges. The bottom line for Concord is that while the fiscal situation is improving, the City is not out of the woods and will need to continue to control costs, enhance economic development, and develop new revenue streams.

Measure Q provides \$22.4 million for road repair

During the Great Recession, funds were scarce for road repair and maintenance. As a result, the City now has a backlog of urgent projects. With the economy recovering, some additional funding is now available, but it is not enough to make a dent in the backlog. Recognizing how important the City's streets and roads are to its residents, the City Council approved borrowing \$22.4 million for this purpose with payments to be made from Measure Q revenue over the next 10 years. This infusion of a significant amount of funding, to be spent over the next five years, will begin to address some of the City's deteriorating streets and roads.



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. 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 and extended in 2014. The other 7 1/2 cents goes to the State and other agencies.

Change to a two-year budget

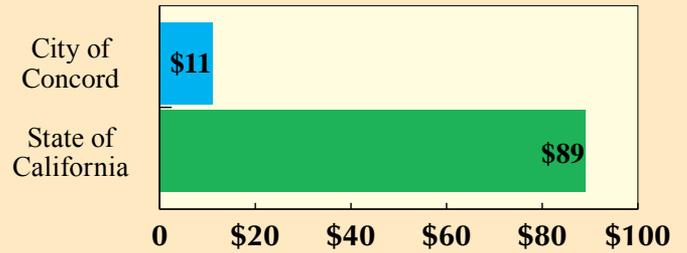
Each year, the City Council adopts a balanced budget. This year, the City transitioned from a one-year operating budget to a two-year operating budget. On June 23, the City Council adopted balanced operating budgets for the upcoming fiscal year, July 1, 2015 to June 30, 2016 and fiscal year 2016-2017. This biennial budgeting process allows the City to use its human resources more efficiently and reallocate resources to the capital budgeting process during the off-cycle year. Residents and the City Council will continue to receive mid-year updates, and a mid-cycle review will be held each year in June.

General Fund

The General Fund is the section of the budget that is most often discussed and is generally of most interest to residents. Concord's adopted General Fund budget for FY 2015-2016 is \$89.1 million.

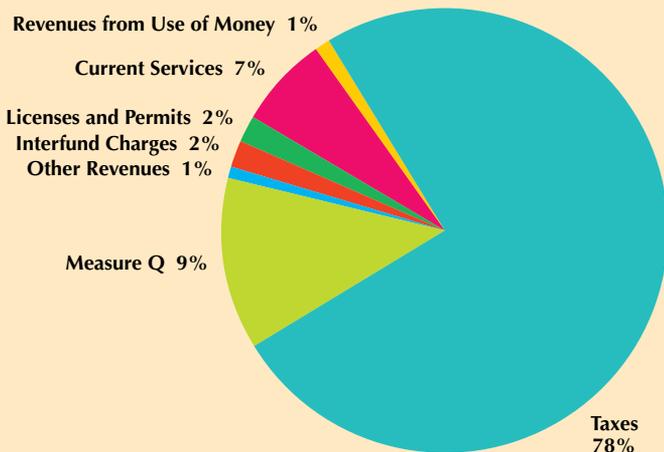
The General Fund represents the majority of the City's budget. General Fund revenues come from taxes, licenses, state shared revenue distributions and charges for municipal services. Expenditures from the General Fund pay for basic municipal services such as police, parks and recreation, and street maintenance as well as day to day operations.

Per \$100 of Property Tax

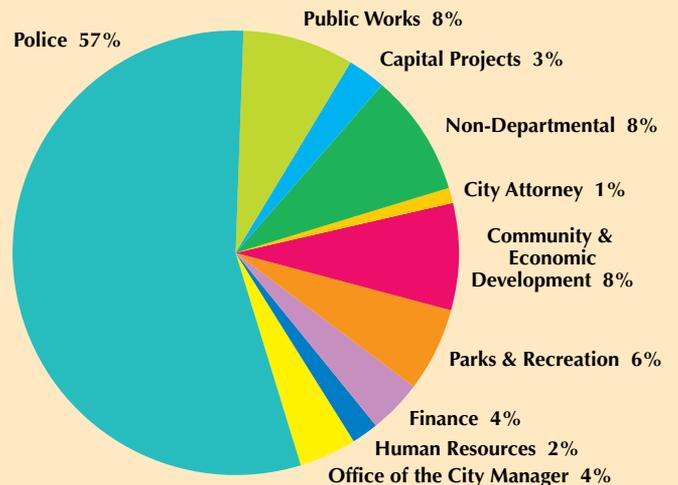


For every \$100 residents pay in property tax, the City receives \$11. The remaining \$89 goes to the State and other agencies.

Where does the money come from? Total \$89,112,000



Where does the money go? Total \$89,112,000



2014-15 Project Highlights *(continued)*

Completed capital projects

In 2014-15, seven major capital construction projects were completed, including a new traffic signal at Arnold Industrial Way and the Hwy 4 on/off ramps, slurry and cape seal of a number of streets, improvements at Clayton Road and Schenone Court, Phase II of the downtown sanitary sewer upgrade, relocation of utility poles on Concord Avenue, and upgrades to curb ramps at eight locations. In addition, a Pavement Condition Assessment was completed and a multi-year program to install energy efficiency upgrades ended.

EV charging station comes to downtown Concord

In February 2015, the City installed a new charging station for electric vehicles in downtown Concord on the ground floor of the Todos Santos Parking Garage at Galindo and Salvio streets. The device can accommodate two cars at the same time.

Arbor Day tree plantings

Concord celebrated Arbor Day in April 2015 with the planting of eight drought-tolerant trees at BART Linear Park and Hillcrest Park. This year marks the 34th year that Concord has been named a Tree City USA community by the National Arbor Day Foundation and 17th year it has received the Tree City Growth award.



New City website

The City launched a redesigned website in November 2015, featuring easier navigation, and a more modern design with larger photos and less text. The site also included additional online services and links to social media sites.

Sister City celebrates 40 years

Concord and its Sister City, Kitakami, Japan celebrated the 40 year anniversary of the relationship between the two cities in 2014. The Concord Ambassadors and the City hosted a 51-member contingent from Kitakami from October 2-5, and provided them with a memorable visit. The visitors toured Civic Center, were guests at the annual Hawaiian Fusion dinner and ended the visit with a traditional hoe-down barbeque.

Concord Pavilion Committee launched

The recent contract between the City of Concord and Live Nation for the operation of the Concord Pavilion calls for a five-member Concord Pavilion Community Outreach Committee. The committee was formed in 2015, and will provide guidance to the Pavilion General Manager on outreach efforts to attract applications from local schools, cultural organizations and the community to bring additional community events to the Pavilion.

Warm welcome for Giants

In January 2015, Concord welcomed the San Francisco Giants Trophy Tour to Todos Santos Plaza. Over 1,500 people lined up around the plaza to have their photos taken with the 2014, 2012 and 2010 Giants' World Series trophies. The event was a benefit for Concord's Junior Giants program.



San Francisco Giant's World Series trophies displayed

New volunteer program at PD

The Police Department created a Community Service Desk Volunteer Program to augment the Police Department staff with trained volunteers who will serve as the first level of contact, or "greeters," for customers at the front desk. The program improves customer service and frees officers to attend to other police matters.

Inflatables at the pool

Two giant, 60-foot inflatable obstacle courses debuted at Concord Community Pool in May 2015, offering families the opportunity to test their skills on the challenging new water apparatus.

Food fest in the Monument

The City, Monument Impact and a number of sponsors presented a new event called A Taste of Monument in October 2014, featuring food from over a dozen restaurants and food trucks. The family-friendly event highlighted the many kinds of cuisine available in the Monument corridor.

ACTIVITY GUIDE



 **50 & Better**
See pages 32-38.

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

FALL 2015 PRESCHOOL CLASSES

Register Now! ■ Walk-in 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 inter-action 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, 2015.

3-year-olds must be age 3 by September 1, 2015.

4-year-olds must be age 4 by September 1, 2015.

*3 and 4-year-olds must be toilet trained.

Monthly and Additional Fees:

2-day classes \$125 R/\$130 NR

3-day classes \$189 R/\$194 NR

A \$35 non-refundable processing fee and a non-refundable first month's tuition payment are due at the time of registration. The large tuition fee has been divided into 8 more even payments due by the 20th of each month from September 2015-April 2016. There is a \$75 cancellation and withdrawal fee for program.

Parent Involvement:

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

BALDWIN PARK 2790 PARKSIDE CIRCLE

3 Year Olds ■ Melissa Gardner

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96679
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96678

4 Year Olds ■ Gina Murdock

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96686
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96685

4 Year Olds ■ Melissa Gardner

Session	Days	Time	Course
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96687

CENTRE CONCORD 5298 CLAYTON ROAD

2 Year Olds ■ Beth Severa

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96673
Sep 8-May 19	Tu, Th	12-2:30 p.m.	#96674
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96671
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96672

3 Year Olds ■ Sean Berry

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96677
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96675

3 Year Olds ■ Shannon Cervantes

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	12-2:30 p.m.	#96680
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96676

4 Year Olds ■ Sonja Stanley

Session	Days	Time	Course
Sep 8-May 19	Tu, Th	9-11:30 a.m.	#96684
Sep 8-May 19	Tu, Th	12-2:30 p.m.	#96688
Sep 9-May 20	M, W, F	9-11:30 a.m.	#96681
Sep 9-May 20	M, W, F	12-2:30 p.m.	#96683

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

DANCE AND MUSIC



Pre-Dance

Your preschool dancer 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. Instructor, Katrina Stewart, is a graduate of Saint Mary's College and has 25 years of dance experience. No class November 28.

Age: 3-4 ■ Baldwin Park Dance Studio ■ Katrina Stewart				
Sep 12-Oct 17	Sa	9-9:30 a.m.	\$58 R/\$63 NR	#98632
Oct 24-Dec 5	Sa	9-9:30 a.m.	\$58 R/\$63 NR	#98633

Beginning Ballet 1

Beginning dance students will learn the fundamentals and the vocabulary of ballet, basic technique, coordination, barre exercises, and ballet positions. Instructor, Katrina Stewart, is a graduate of Saint Mary's College and has 25 years of dance experience. No class November 28.

Age: 4-6 ■ Baldwin Park Dance Studio ■ Katrina Stewart				
Sep 12-Oct 17	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#98635
Oct 24-Dec 5	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#98636

Songs of a Princess

Students will step into the shoes of musical royalty and sing songs of timeless animated fairytales. Each princess will build strong voices and fond memories of



a magical age. Students receive a tote filled with musical and Princess accessories and are encouraged to arrive in their Princess attire. \$15 materials fee payable to instructor.

Age: 3½-7 ■ Village Center for the Arts ■ Village Music				
Sep 26-Oct 31	Sa	10:30-11:20 a.m.	\$113 R/\$118 NR	#98614
Nov 7-Dec 12	Sa	10:30-11:20 a.m.	\$113 R/\$118 NR	#98615
Sep 21-Oct 26	M	9:30-10:20 a.m.	\$113 R/\$118 NR	#98883
Nov 9-Dec 14	M	9:30-10:20 a.m.	\$113 R/\$118 NR	#98884

ENRICHMENT

Busy Bee Cooks

NEW 5-week session. Cooking with Kids inspires kids to enjoy healthy foods. Kids eat what they cook. Our goal is to make your children fall in love with healthy eating. Young chefs have fun while learning a valuable life skill. The class includes how to grocery shop, understand food labels, work safely in the kitchen, work in a team, proper clean up and more. A \$17 materials fee is payable at the first class.

Age: 4-5 ■ Centre Concord ■ Cooking with Kids Foundation				
Sep 17-Oct 15	Th	3:30-5 p.m.	\$198 R/\$203 NR	#98616

Spanish Immersion Preschool Class

Your child will learn Spanish in a hands-on interactive and stimulating environment. In this class your child will develop social, fine, and gross motor skills. Children will have fun singing, doing art, enjoying new friends and many more fun activities. A \$7 materials fee is payable to the instructor the first day of class. No class November 24.

Age: 3-6 ■ Centre Concord ■ Miriam Lattanz				
Sep 8-Oct 13	Tu	3:15-5 p.m.	\$135 R/\$140 NR	#98620
Oct 20-Dec 1	Tu	3:15-5 p.m.	\$135 R/\$140 NR	#98621



“I was born in Guatemala and raised in Honduras and graduated from Diablo Valley College in 2000 with an

Associate Arts Degree in Early Childhood Education. I have been teaching Spanish for over 10 years. Currently, I reside in Walnut Creek with my husband and two children. I enjoy teaching Spanish with young children. They are eager to learn new languages and always have fun in the process.

The mission of Spanish 4 Children is to provide Spanish classes for children ages three to ten years old. I offer hands-on interactive learning in a stimulating environment.”

—Miriam Lattanz
Spanish Immersion Preschool Instructor

R = Concord Resident NR = Concord Non-Resident



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 3-Oct 22	Th	5-5:40 p.m.	\$82 R/\$87 NR	#98665
Oct 29-Dec 17	Th	5-5:40 p.m.	\$72 R/\$77 NR	#98666

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, hanging, climbing, 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 ■ Willow Pass Community Center ■ CGS Gymnastic Services				
Sep 21-Nov 2	M	1-1:45 p.m.	\$101 R/\$106 NR	#98593
Nov 9-Dec 21	M	1-1:45 p.m.	\$101 R/\$106 NR	#98594



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 Services				
Sep 21-Nov 2	M	12:15-1 p.m.	\$101 R/\$106 NR	#98596
Nov 9-Dec 21	M	12:15-1 p.m.	\$101 R/\$106 NR	#98597

SPORTS

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 21-Nov 16	M	11-11:30 a.m.	\$114 R/\$119 NR	#98419
Sep 26-Nov 21	Sa	9:30-10 a.m.	\$114 R/\$119 NR	#98421

Age: 2-3½ ■ Concord Community Park ■ Kidz Love Soccer				
Sep 17-Oct 15	Th	5:15-5:45 p.m.	\$71 R/\$76 NR	#98420

Kidz Love Soccer-Tot Soccer

Little tykes enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 3½-4 ■ Concord Community Park ■ Kidz Love Soccer				
Sep 26-Nov 21	Sa	10:10-10:40 a.m.	\$114 R/\$119 NR	#98693

Kidz Love Soccer-Tot/Pre Soccer

Little tykes enjoy running and kicking just like the big kids! Children learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 3½-5 ■ Newhall Park ■ Kidz Love Soccer				
Sep 21-Nov 16	M	10:15-10:50 a.m.	\$114 R/\$119 NR	#98694
Sep 21-Nov 16	M	3:05-3:40 p.m.	\$114 R/\$119 NR	#98695

Age: 3½-5 ■ Concord Community Park ■ Kidz Love Soccer				
Sep 17-Nov 12	Th	3:45-4:20 p.m.	\$111 R/\$116 NR	#98696

Kidz Love Soccer-Pre Soccer

Little tykes enjoy running and kicking just like the big kids! Children learn the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 4-5 ■ Newhall Park ■ Kidz Love Soccer				
Sep 26-Nov 21	Sa	10:40-11:15 a.m.	\$114 R/\$119 NR	#98697

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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. For Safety Reasons and to sign waiver, PARENTS MUST COME INTO CLASSROOM and pick up students AFTER EVERY CLASS. No Class on October 16, November 11, 23, 25, and December 21–January 1. See course grid on page 15 for dates, times, locations and costs.

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.

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.

Chess Wizards

Chess Wizards is so successful because of their unique approach. Classes and lessons are based on their original, fun, and high-energy Chess Wizards curriculum. Regardless of a child's ability, Chess Wizards makes chess fun for all! Playing chess stimulates the mind and helps children strengthen all levels of academic performance. No additional purchase is required to attend.

Guitar

Did you know that most popular songs consist of only three or four basic chords? You will learn the chord progressions necessary to quickly learn to play your favorite songs. You will get the personal attention needed in a small class. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). \$5 Materials Fee payable to instructor.

RobotED:GameBOTS

Ready Set Build! Race LEGO® Karts to learn pulleys; use rack+pinion to play duck hunt and launch your angry bird with a lever. A great blend of creativity, problem solving, programming and engineering. Take home skill cards to show the concepts covered. Give your children the opportunity to learn fundamentals of simple machines. Students work in teams of two. All equipment is provided. Game on!

Gymnastics

Develop strength, flexibility, agility, and confidence while having fun in a non-competitive environment. Beginning and intermediate gymnastics and tumbling skills are 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.

Jedi Engineering using LEGO®

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO® X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

Mad Science - Academy of Future Space Explorers

EXPLORE THE EARTH, MOON, MARS... AND BEYOND! Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Academy of Future Space Explorers After-School Program! Developed in cooperation with NASA, the Academy of Future Space Explorers takes children on a voyage of discovery. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is an experience that is truly out of this world!

Peer Piano

What 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.

West African Drumming & Dance

Instructor, Benjamin Ofori is a world winner of African traditional drumming and dancing. He will teach you how to play and dance like a star. Ethnic African music instruments are used. The students will also have the opportunity to perform at the end of the season for an audience of parents and friends.

Young Rembrandts Animal Drawing

Kids love to draw animals! Your child will learn to draw a variety of different animals as he learns about the zoo's several habitats by incorporating many animals like giraffes, lions, tigers, birds and more. Markers or color pencils will be used.

AFTERSCHOOL ENRICHMENT

Ayers Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
West African Drumming & Dance	#98687	7-11	Ben Ofori	Sep 28–Nov 2	M	2:25–3:35 p.m.	\$115 R/\$120 NR
Guitar	#98686	9-11	Ted Crowley	Sep 29–Nov 3	T	2:25–3:20 p.m.	\$120 R/\$125 NR
Jedi Engineering using LEGO	#96643	6-11	Play-Well TEKologies	Sep 30–Nov 4	W	12:45–2:15 p.m.	\$159 R/\$164 NR
Gymnastics	#96644	6-11	CGS Gymnastics	Oct 14–Nov 18	W	12:45–1:30 p.m.	\$89 R/\$94 NR
Mad Science							
Academy of Future Space Explorers	#96642	6-11	Mad Science	Sep 30–Nov 4	Th	2:25–3:25 p.m.	\$139 R/\$144 NR
After School Hoops	#96641	6-11	One on One Sports	Sep 25–Nov 20	F	2:25–3:25 p.m.	\$89 R/\$94 NR

Highlands Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
After School Hoops	#96646	6-11	One on One Sports	Sep 21–Nov 9	M	2:35–3:35 p.m.	\$89 R/\$94 NR
Guitar	#98714	9-11	Ted Crowley	Sep 28–Nov 2	M	2:35–3:20 p.m.	\$120 R/\$125 NR
Animal Drawing Workshop	#96647	7-11	Young Rembrandts	Sep 29–Nov 3	Tu	2:35–3:35 p.m.	\$125 R/\$130 NR
West African Drumming & Dance	#98717	7-11	Ben Ofori	Sep 29–Nov 3	Tu	2:35–3:45 p.m.	\$115 R/\$120 NR
Chess Wizards	#96648	7-11	Chess Wizards	Sep 23–Nov 18	W	1:10–2:10 p.m.	\$186 R/\$191 NR
Peer Piano	#98716	6-11	Nadine Petersen	Sep 23–Nov 18	W	1:10–2:10 p.m.	\$89 R/\$94 NR
Peer Piano	#96649	6-11	Nadine Petersen	Sep 24–Nov 12	Th	2:35–3:35 p.m.	\$89 R/\$94 NR
Mad Science							
Academy of Future Space Explorers	#96645	6-11	Mad Science	Oct 2–Nov 13	F	2:35–3:35 p.m.	\$139 R/\$144 NR
RobotED:GameBOTS	#98771	6-11	Tiny Techs Club	Oct 2–Nov 13	F	2:35–3:35 p.m.	\$135 R/\$140 NR

Monte Gardens Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
Animal Drawing Workshop	#96651	7-11	Young Rembrandts	Sep 29–Nov 3	Tu	2:45–4:20 p.m.	\$125 R/\$130 NR
West African Drumming & Dance	#96653	7-11	Ben Ofori	Sep 30–Nov 4	W	12:45–1:55 p.m.	\$115 R/\$120 NR
Mad Science							
Academy of Future Space Explorers	#96650	6-11	Mad Science	Oct 1–Nov 5	Th	2:45–3:45 p.m.	\$139 R/\$144 NR

Mt. Diablo Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
After School Hoops	#96658	6-11	One on One Sports	Sep 21–Nov 9	M	2:20–3:20 p.m.	\$89 R/\$89 NR
Peer Piano	#96662	6-11	Nadine Petersen	Sep 21–Nov 9	M	2:20–3:20 p.m.	\$89 R/\$89 NR
Mad Science							
Academy of Future Space Explorers	#96656	6-11	Mad Science	Sep 29–Nov 03	Tu	2:20–3:20 p.m.	\$139 R/\$144 NR
Peer Piano	#96659	6-11	Nadine Petersen	Sep 22–Nov 10	Tu	2:20–3:20 p.m.	\$79 R/\$79 NR
Guitar	#98746	9-11	Ted Crowley	Sep 30–Nov 4	W	12:05–1:50 p.m.	\$120 R/\$120 NR
Jedi Engineering using LEGO	#96654	6-11	Play-Well TEKologies	Sep 30–Nov 4	W	12:05–1:35 p.m.	\$159 R/\$159 NR
Animal Drawing Workshop	#96661	7-11	Young Rembrandts	Oct 1–Nov 5	Th	2:20–3:20 p.m.	\$125 R/\$125 NR
West African Drumming & Dance	#96663	7-11	Ben Ofori	Oct 1–Nov 5	Th	2:20–3:30 p.m.	\$115 R/\$115 NR
Chess Wizards	#96655	7-11	Chess Wizards	Sep 25–Dec 11	F	2:50–3:50 p.m.	\$186 R/\$186 NR

Westwood Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Fee
Mad Science							
Academy of Future Space Explorers	#96670	6-11	Mad Science	Oct 5–Nov 9	M	2:10–3:10 p.m.	\$139 R/\$144 NR
After School Hoops	#96667	6-11	One on One Sports	Sep 24–Nov 12	Th	2:10–3:10 p.m.	\$89 R/\$94 NR
West African Drumming & Dance	#96668	7-11	Ben Ofori	Oct 2–Nov 13	F	2:10–3:20 p.m.	\$115 R/\$120 NR



DANCE, MUSIC AND PERFORMING ARTS

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 leotards. Instructor, Katrina Stewart, is a graduate of Saint Mary's College and has 25 years of dance experience. No class November 28.

Age: 6-8 ■ Baldwin Park Dance Studio ■ Katrina Stewart
 Sep 12-Oct 17 Sa 10:15-11 a.m. \$72 R/\$77 NR #98637
 Oct 24-Dec 5 Sa 10:15-11 a.m. \$72 R/\$77 NR #98638

NEW Musical Theatre Workshop

This 'everyone-has-a-blast class' provides a stage of fun for everyone to sing, dance and act! Students improve their voices, stage presence, and confidence as they become their favorite characters from the Broadway musicals they know and love! A \$15 lab fee is payable to instructor at the first class.

Age: 7-12 ■ Village Center for the Arts ■ Village Music
 Sep 24-Oct 29 Th 6:30-7:20 p.m. \$113 R/\$118 NR #98612
 Nov 5-Dec 17 Th 6:30-7:20 p.m. \$113 R/\$118 NR #98613



The Community Youth Center (CYC) is a non-profit state-of-the-art sports and academic center where youth ages 3-18 thrive in a dynamic and positive environment. CYC is proud to manage ten different sports programs, as well as three academic tutoring centers. The components that make the CYC formula successful are academics, athletics, and a positive environment. CYC believes in helping its members become confident, disciplined and respectful, regardless of their financial background, empowering them to succeed later in life.

*Where Academics, Sports and a Positive Environment
 Come Together to Help Children in the Community.*

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

CHECK OUT OUR NEW GARDEN!

Community Youth Center
 2241 Galaxy Ct. Concord, CA 94520
 925-671-7070
www.communityyouthcenter.org

YOUTH ENRICHMENT

Comic Book Creations

From creating and drawing characters of all kinds to telling a compelling tale, every student will be guided through the process of making their very own comic book from start to finish! Drawing and storyboarding are made simple through step-by-step examples. Each student will create their own complete comic book! \$15 Lab Fee payable to the instructor at first class.

Grade: 2-5 ■ Village Center for the Arts ■ Instructor Village Music
 Sep 26-Oct 31 Sa 11:50 a.m.-12:30 p.m. \$113 R/\$118 NR #98610
 Nov 7-Dec 12 Sa 11:50 a.m.-12:30 p.m. \$113 R/\$118 NR #98611

Building Confidence in Public Speaking

This course teaches the beginning building blocks of public speaking. Starting with being ready and focused, they learn the importance of body language and variation in their voices. The goal is for your child to start developing more confidence in expressing themselves to a group. To know more visit www.bayareadebateclub.com.

Age: 6-8 ■ Willow Pass Community Center ■ BADC Bay Area Debate Club
 Sep 10-Nov 12 Th 4:30-5:30 p.m. \$202 R/\$207 NR #98667

Debates and Public Speaking Level 1

This is a course of public speaking with confidence and essentials of debating. It not only focuses on teaching delivery and presentation skills but also provides a foundation of critical thinking. Students learn how to manage public speaking anxiety, present themselves with confidence, how to make strong arguments by providing reasoning and evidence. To know more visit www.bayareadebateclub.com.

Age: 10-14 ■ Willow Pass Community Center ■ BADC Bay Area Debate Club
 Sep 10-Nov 12 Th 5:30-6:30 p.m. \$202 R/\$207 NR #98668



We Teach Your Kids to Cook Healthy

NEW 5-week session. Cooking with Kids inspires kids to enjoy healthy foods. Kids eat what they cook. Our goal is to make your children fall in love with healthy eating. Young chefs have fun while learning a valuable life skill. The class includes how to grocery shop, understand food labels, work safely in the kitchen, work in a team, proper clean up and more. A \$17 materials fee is payable at the first class.

Age: 6-10 ■ Centre Concord ■ Cooking with Kids Foundation
 Sep 17-Oct 15 Th 5:30-7 p.m. \$198 R/\$203 NR #98618

R = Concord Resident NR = Concord Non-Resident

HEALTH AND FITNESS

Hung Gar Shaolin Kung Fu-Youth

Chinese Hung Gar Kung Fu is the original martial art direct from China's Shaolin Temple. Learn Kung Fu and self-defense basics the fun way. Improve fitness, build self-confidence. Advanced students will learn forms, and participate in Kung Fu tournaments. Instructor has over 45 years of Hung Gar Kung Fu experience. AAU membership is required: \$16/year under age 20, \$29/year over 20. Uniforms optional, available from instructor.

Age: 8-12 ■ Centre Concord ■ Lester Wong

Sep 12-Oct 10	Sa	8:30-9:30 a.m.	\$38 R/\$43 NR	#98683
Oct 17-Nov 14	Sa	8:30-9:30 a.m.	\$38 R/\$43 NR	#98684
Nov 21-Dec 19	Sa	8:30-9:30 a.m.	\$38 R/\$43 NR	#98685

K.O. Taekwondo-Youth & Teen

This is a traditional style Taekwondo that helps focus on core values and is good for all ages and abilities. Emphasis is on self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and a great cardiovascular workout. Available in 2-day or 3-day per week option. Optional uniforms are available at cost, payable to instructor. 50% discount for family members that sign up together.

2-day

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

Sep 2-30	W, F	6-7 p.m.	\$60 R/\$65 NR	#98649
Oct 2-30	W, F	6-7 p.m.	\$60 R/\$65 NR	#98650
Nov 4-27	W, F	6-7 p.m.	\$60 R/\$65 NR	#98651
Dec 2-30	W, F	6-7 p.m.	\$60 R/\$65 NR	#98652

3-day

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

Sep 2-30	W, F, Sa	6-7 p.m.	\$78 R/\$83 NR	#98653
Oct 2-31	W, F, Sa	6-7 p.m.	\$78 R/\$83 NR	#98654
Nov 4-28	W, F, Sa	6-7 p.m.	\$78 R/\$83 NR	#98655
Dec 2-30	W, F, Sa	6-7 p.m.	\$78 R/\$83 NR	#98656

SPORTS

Junior Tennis

The junior tennis program is geared towards both development and excellence in tennis. You will be introduced to 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.



Beginner

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

Sep 15-Nov 3	Tu	4-5 p.m.	\$96 R/\$101 NR	#98586
Sep 15-Nov 3	Tu	5-6 p.m.	\$96 R/\$101 NR	#98587

Intermediate

Age: 7-15 ■ Willow Pass Park ■ Calvin McCullough

Sep 17-Nov 5	Th	4-5:30 p.m.	\$145 R/\$150 NR	#98589
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Kidz Love Soccer-Soccer 1 Technique & Teamwork

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

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

Sep 21-Nov 16	M	3:40-4:25 p.m.	\$114 R/\$119 NR	#98698
Sep 26-Nov 21	Sa	11:15 a.m.-12 p.m.	\$114 R/\$119 NR	#98701

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

Sep 17-Nov 12	Th	4:20-5:05 p.m.	\$114 R/\$119 NR	#98699
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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 21-Nov 16	M	4:25-5:10 p.m.	\$114 R/\$119 NR	#98422
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Skyhawks Tot Baseball

This program was designed to give children a positive first step into Baseball. Your young athlete will discover the fundamentals of fielding, catching, throwing, hitting and base-running in a fun, safe and positive environment. Through age appropriate games and activities, participants learn balance, body movement, hand/eye coordination, teamwork and sportsmanship!

Age: 3-5 ■ Concord Community Park ■ Skyhawks Sports Academy

Sep 18-Oct 30	F	4:30-5:15 p.m.	\$87 R/\$92 NR	#98708
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Skyhawks Tot Track & Field

This program was designed to give children a positive first step into Track & Field. Your young athlete will discover the fundamentals of running, jumping, throwing and relay races in a fun, safe and positive environment. Through age appropriate games and activities, participants learn balance, body movement, coordination, teamwork and sportsmanship!

Age: 3-5 ■ Concord Community Park ■ Skyhawks Sports Academy

Sep 18-Oct 30	F	2:30-3:15 p.m.	\$87 R/\$92 NR	#98705
Nov 7-Dec 19	Sa	3:30-4:15 p.m.	\$87 R/\$92 NR	#98706

MUSIC

Beginning Keyboard/Piano

Using Alfred's Chord Approach as a textbook, you will learn the basic keyboard skills needed to play thousands of simple popular songs. Learn how to read both bass and treble clef, playing both chords and melodies. \$10 Materials Fee payable to instructor.

Age: 12-17 ■ Centre Concord ■ Ted Crowley
Sep 10-Nov 19 Th 6:30-7:15 p.m. \$168 R/\$173 NR #98622

Guitar

Did you know that most popular songs consist of only three or four basic chords? You will learn the chord progressions necessary to quickly learn to play your favorite songs. You will get the personal attention needed in a small class. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). \$5 Materials Fee payable to instructor.



Age: 12+ ■ Centre Concord ■ Ted Crowley
Sep 10-Nov 19 Th 7:15-8 p.m. \$168 R/\$173 NR #98626

ENRICHMENT

3D Game Design with UT3

Develop your own virtual world! Teens create their own game maps by building new environments and scripting character actions through the use of the Unreal 3 game engine. Learn and develop an understanding of architecture design and programming, valuable skills when trying to break into the gaming industry.

Age: 12-17 ■ Centre Concord ■ Laurence Carew
Sep 5-Oct 3 Sa 1-3 p.m. \$171 R/\$176 NR #98673
Oct 10-Nov 7 Sa 1-3 p.m. \$171 R/\$176 NR #98674
Nov 14-Dec 12 Sa 1-3 p.m. \$171 R/\$176 NR #98675



Computer Programming

Don't just play the game, create them. Students taking this course will develop an action based platform game using Unity 2D. This course will teach you how to work with sprite sheets, create sky backdrops, terrain, items, and set game play conditions through the use of the Unity programming language JavaScript. These principals will set the foundation needed to understand advance concepts in programming and graphic design.

Age: 12-17 ■ Centre Concord ■ Laurence Carew
Sep 5-Oct 3 Sa 10 a.m.-12 p.m. \$171 R/\$176 NR #98672
Oct 10-Nov 7 Sa 10 a.m.-12 p.m. \$171 R/\$176 NR #98676
Nov 14-Dec 12 Sa 10 a.m.-12 p.m. \$171 R/\$176 NR #98677

Teen Babysitter

Do you want to earn money babysitting, and learn how to keep kids safe? This two-day course includes earning a CPR card in Infant/Child/Adult CPR from The American Heart Association. Learn first aid skills, baby and child care, safe play, appropriate discipline and more. \$25 materials fee due in CASH on first day.

Age: 12-17 ■ Willow Pass Community Center ■ The HealthSource at Kidsake
Nov 23-24 M-Tu 10:30 a.m.-3:30 p.m. \$89 R/\$94 NR #98599

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 a 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 1-30 \$43 R/\$48 NR #98606
Oct 1-31 \$43 R/\$48 NR #98607
Nov 1-30 \$43 R/\$48 NR #98608
Dec 1-31 \$43 R/\$48 NR #98609

R = Concord Resident NR = Concord Non-Resident

ARTS AND CRAFTS



Art Journaling

Art Journaling is a great way to explore your creativity, get your thoughts on paper and enjoy the process of making your own kind of art. We'll play with different techniques such as line drawing, watercolor, and layering papers. There's no right or wrong style in this fun craft! No class on October 1 and November 26. Materials list provided the first day of class.

Age: 15+ ■ Baldwin Park Dance Studio ■ Kim Lawson				
Sep 3-Oct 29	Th	6:30-7:30 p.m.	\$38 R/\$43 NR	#98557
Nov 5-Dec 17	Th	6:30-7:30 p.m.	\$38 R/\$43 NR	#98558

Exploring Crafts

Each week you'll learn a fun new craft project using low cost materials perfect for home decor and holiday gift giving. Projects will include round loom knitting, rubber stamped cards, wreath making, canvas printing and more. Take both sessions to make 15 great projects. Materials list provided the first day of class.

Age: 15+ ■ Senior Center ■ Kim Lawson				
Sep 3-Oct 29	Th	7:30-8:30 p.m.	\$51 R/\$56 NR	#98559
Nov 5-Dec 17	Th	7:30-8:30 p.m.	\$39 R/\$44 NR	#98700

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 on your own or from the instructor. No class September 30 and November 11.

Age: 21+ ■ Senior Center ■ Ann Nakatani				
Sep 2-Oct 28	W	9:30-10:30 a.m.	\$51 R/\$56 NR	#98435
Nov 4-Dec 16	W	9:30-10:30 a.m.	\$39 R/\$44 NR	#98436

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. No experience needed. No class October 1 and November 26.

Age: 21+ ■ Senior Center ■ Tatyana Yurkhova				
Sep 10-Oct 29	Th	10 a.m.-12 p.m.	\$60 R/\$65 NR	#98425
Nov 5-Dec 17	Th	10 a.m.-12 p.m.	\$48 R/\$53 NR	#98426

COMPUTERS

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 ■ Virgilio Laguna				
Sep 9-16	W	7-8:30 p.m.	\$19 R/\$24 NR	#98572
Dec 9-16	W	7-8:30 p.m.	\$39 R/\$44 NR	#98573

Professional Chat Groups/Job Seeking-Try LinkedIn/GlassDoor

Join chat groups with other like professionals to share ideas, discuss current trends or innovations, find a solution to a current professional dilemma and open up a world of potential job opportunities. You will create your profile to showcase your talents and skills. Employers will find you based on your profile. Prerequisite: 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 Laguna				
Oct 21-28	W	7-8:30 p.m.	\$30 R/\$35 NR	#98574

DANCE AND MUSIC

Argentine Tango

Learn Authentic Argentine Tango, the authentic, passionate rendition of the tango. Phil Seyer is a patient dance instructor, with 15+ years experience, who makes learning to dance a fun and easy experience. Students will also have an opportunity to enjoy tango dance parties all over the Bay Area. No partner needed.



Age: 17+ ■ Willow Pass Community Center ■ Phil Seyer				
Sep 14-Oct 12	M	8-9 p.m.	\$53 R/\$58 NR	#98533
Oct 19-Nov 16	M	8-9 p.m.	\$53 R/\$58 NR	#98534
Nov 23-Dec 14	M	8-9 p.m.	\$43 R/\$48 NR	#98535

Get Your Salsa On!

Learn Salsa, the hot popular dance everyone is talking about. Learn easy beginning steps as well as more challenging intermediate moves. Then enjoy a field trip to a nearby salsa dance club to practice what you have learned. No partner necessary. No class November 26.

Age: 17+ ■ Willow Pass Community Center ■ Phil Seyer				
Sep 10-Oct 8	Th	8-9 p.m.	\$53 R/\$58 NR	#98526
Oct 15-Nov 12	Th	8-9 p.m.	\$53 R/\$58 NR	#98527
Nov 19-Dec 17	Th	8-9 p.m.	\$43 R/\$48 NR	#98528

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 September 29, October 2 and November 27.

Age: 21+ ■ Senior Center ■ Rose Ramos				
Sep 1-Oct 27	Tu	6-7 p.m.	\$43 R/\$48 NR	#98431
Nov 3-Dec 15	Tu	6-7 p.m.	\$38 R/\$43 NR	#98432
Sep 4-Oct 30	F	10:30-11:30 a.m.	\$43 R/\$48 NR	#98433
Nov 6-Dec 18	F	10:30-11:30 a.m.	\$28 R/\$33 NR	#98434



Beginning Tap Dance

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 2, November 13, November 27, December 18 and 25. Make up if needed on October 16 and December 11.

Age: 21+ ■ Baldwin Park Dance Studio ■ Terry Davis				
Sep 4-Oct 9	F	9:15-10 a.m.	\$28 R/\$33 NR	#98437
Oct 23-Dec 4	F	9:15-10 a.m.	\$23 R/\$28 NR	#98438

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 7 and 28. Make up if needed on October 26 and December 14.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis				
Sep 14-Oct 19	M	5-5:45 p.m.	\$33 R/\$38 NR	#98474
Nov 2-Dec 7	M	5-5:45 p.m.	\$39 R/\$44 NR	#98475

Beginning Keyboard/Piano

Using Alfred's Chord Approach as a textbook, you will learn the basic keyboard skills needed to play thousands of simple popular songs. Learn how to read both bass and treble clef, playing both chords and melodies. \$10 Materials fee payable to instructor.

Age: 18+ ■ Centre Concord ■ Ted Crowley				
Sep 10-Nov 19	Th	6:30-7:15 p.m.	\$168 R/\$173 NR	#98624

R = Concord Resident NR = Concord Non-Resident

Guitar

Did you know that most popular songs consist of only three or four basic chords? Class teaches the chord progressions necessary to quickly learn to play your favorite songs. With no more than 8 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: 18+ ■ Centre Concord ■ Ted Crowley				
Sep 10-Nov 19	Th	7:15-8 p.m.	\$168 R/\$173 NR	#98628

NEW Ukulele For Beginners

So you have an ukulele. Now what? Come join us and gain the basic understanding of this wonderful instrument. Soon you'll be strumming your favorite melodies for your family and friends. Please bring your ukulele and tuner. No class September 7, 28, October 19 and November 23. A \$25 materials fee is payable to the instructor.

Age: 18+ ■ Senior Center ■ Nola-Joy Boyd				
Sep 14-Oct 26	M	5-6 p.m.	\$28 R/\$33 NR	#98429
Nov 2-Dec 14	M	5-6 p.m.	\$33 R/\$38 NR	#98430



Ukulele Jam Club Advanced

Add some music to your life! Come play, sing and jam with advanced ukulele enthusiasts. No class September 7, 28, October 19 and November 23

Age: 21+ ■ Senior Center ■ Nola-Joy Boyd				
Sep 14-Dec 14	M	6:30-8 p.m.	\$28 R/\$33 NR	#98428

ENRICHMENT

NEW Money Talks: Finance 101

Money Talks seminars help busy parents begin thinking about preparing for their family's longer term financial goals while handling the near-term ones. Covering topics like budgeting, credit and debt, the importance of protecting one's family, the rising costs of college, and saving for retirement, this seminar series can help your family take the next step in making your dreams a reality.

Age: 18+ ■ Willow Pass Community Center ■ Luke Peterson				
Sep 28	M	6:30-7:30 p.m.	Free	#98688

HEALTH AND FITNESS

Hung Gar Shaolin Kung Fu

Chinese Hung Gar Kung Fu, is the original martial art direct from China's Shaolin Temple. Improve fitness, build self-confidence, reduce stress, learn to avoid confrontation, learn self-defense, learn forms, participate in Kung Fu tournaments. Instructor has over 45 years Hung Gar Kung Fu experience. AAU memberships is required: \$16/year under age 20 or \$29/year over age 20. Uniforms optional, available from instructor.

Age: 13+ ■ Centre Concord ■ Lester Wong

Sep 12-Oct 10	Sa	9:30-10:30 a.m.	\$38 R/\$43 NR	#98678
Oct 17-Nov 14	Sa	9:30-10:30 a.m.	\$38 R/\$43 NR	#98679
Nov 21-Dec 19	Sa	9:30-10:30 a.m.	\$38 R/\$43 NR	#98680

K.O. Taekwondo-Adults

This traditional style Taekwondo helps focus on core values and is good for all ages and abilities. Emphasis is on self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and a great cardiovascular workout. Available in 2-day or 3-day per week option. Optional uniforms are available at cost, payable to instructor. 50% discount for family members that sign up together.

2-day

Age: 14+ ■ Baldwin Park Dance Studio ■ Kevin Oliver

Sep 2-30	W, F	7-8 p.m.	\$60 R /\$65 NR	#98657
Oct 2-30	F, W	7-8 p.m.	\$60 R /\$65 NR	#98658
Nov 4-27	W, F	7-8 p.m.	\$60 R /\$65 NR	#98659
Dec 2-30	W, F	7-8 p.m.	\$60 R /\$65 NR	#98660

3-day

Age: 14+ ■ Baldwin Park Dance Studio ■ Kevin Oliver

Sep 2-30	W, F-Sa	7-8 p.m.	\$78 R /\$83 NR	#98661
Oct 2-31	F-Sa, W	7-8 p.m.	\$78 R /\$83 NR	#98662
Nov 4-28	W, F-Sa	7-8 p.m.	\$78 R /\$83 NR	#98663
Dec 2-30	W, F-Sa	7-8 p.m.	\$78 R /\$83 NR	#98664

Tai Chi Gong

This class is designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Through gentle movements and meditative breathing, the natural healing rhythms of the body are reestablished. These ancient Chinese traditions offer personal insight and practical tools for change. No class November 24.

Age: 18+ ■ Centre Concord ■ Amy Erez

Sep 8-Oct 20	Tu	6-7:15 p.m.	\$82 R/\$87 NR	#98414
Oct 27-Dec 15	Tu	6-7:15 p.m.	\$82 R/\$87 NR	#98415



Tai Chi Beginning Yang 24

Learn the first eight movements of one of the most popular sets of Tai Chi, the Yang Style 24 Forms. Suitable for beginners and seasoned Tai Chi practitioners, the course includes short sets of qi gong to build energy and boost your immunity. Tai Chi strengthens muscles, improves balance, flexibility, cardiovascular health, promotes relaxation and reduces stress. Instructor Robin Malby has studied/taught since 1999 and holds multiple certifications in qi gong and Tai Chi styles, and is a Master Trainer for Dr. Paul Lam and the Tai Chi for Health Institute. No class November 26.

All Ages ■ Senior Center ■ Robin Malby

Oct 8-Dec 10	Th	6-7 p.m.	\$57 R/\$62 NR	#98575
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Tai Chi For Health-Beginning

A slow, gentle exercise that addresses key fitness components; muscle strength, flexibility, balance and contributes to aerobic conditioning (strengthens heart and 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, Tai Chi Health for Health Institute. No class September 29 and November 24.

Age: 21+ ■ Senior Center ■ Terry Crews

Sep 1-Dec 8	Tu	7-8 p.m.	\$68 R/\$73 NR	#98459
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Tai Chi for Health-Intermediate

The gentle flowing movements of Tai Chi contain inner power that strengthens the body, improves mental balance and brings better health and serenity to life. This program is safe and easy to learn. It is suitable for participants with Arthritis or other chronic conditions and adaptable for every fitness level. Prerequisite: Tai Chi for Health-Beginning and/or instructor approval. No class September 29 and November 24.

Age: 21+ ■ Senior Center ■ Terry Crews

Sep 1-Dec 8	Tu	5:45-6:45 p.m.	\$68 R/\$73 NR	#98461
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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, you will learn to quiet your thoughts and tune into a higher state of consciousness. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. \$3 Materials Fee payable to the instructor. And an optional CD \$10 payable to instructor.

Age: 18+ ■ Centre Concord ■ Mary Bruns

Sep 17-Oct 15	Th	7-8:45 p.m.	\$63 R/\$68 NR	#98630
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Parks
Make
Life
Better!

Meditation 2-Continuing the Journey

In Meditation 2, we deepen our connection to the Higher Mind to fine-tune our practice, reduce stress, enhance personal growth, and experience transformation. Through class discussion and handouts, you will better understand dream/meditation images and your unique developmental path. \$5 payable to instructor for handouts. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns
Oct 22–Nov 19 Th 7–8:45 p.m. \$63 R/\$68 NR #98631

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. No class October 12, November 11, 23, and 25.

Age: 18+ ■ Concord Library ■ David Henry
Sep 14–Oct 26 M 12:10–1 p.m. \$63 R/\$68 NR #98578
Nov 2–Dec 14 M 12:10–1 p.m. \$63 R/\$68 NR #98579
Sep 2–Oct 21 W 12–12:50 p.m. \$83 R/\$88 NR #98581
Oct 28–Dec 16 W 12–12:50 p.m. \$63 R/\$68 NR #98582

Multi-Session Discount – 20% Off
Sep 14–Dec 14 M 12:10–1 p.m. \$107 R/\$112 NR #98583
Sep 2–Dec 16 W 12–12:50 p.m. \$115 R/\$120 NR #98778



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 November 11 and 25.

Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran
Sep 14–Oct 12 M 5:30–6:30 p.m. \$36 R/\$41 NR #98480
Nov 2–Dec 14 M 5:30–6:30 p.m. \$49 R/\$54 NR #98481
Sep 9–Oct 7 W 6:10–7:10 p.m. \$36 R/\$41 NR #98482
Oct 28–Dec 16 W 6:10–7:10 p.m. \$42 R/\$47 NR #98483

Yoga-Intermediate

This Iyengar style intermediate class will take you deeper into the poses, as well as introduce the practice of inverted poses bringing together mind and body. Prerequisite: Must have completed at least one year of yoga.

Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran
Sep 14–Oct 12 M 6:35–7:40 p.m. \$36 R/\$41 NR #98484
Nov 2–Dec 14 M 6:35–7:40 p.m. \$49 R/\$54 NR #98485

Rejuvenating 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. No class November 24.

Age: 18+ ■ Willow Pass Community Center ■ David Henry
Sep 15–Oct 27 Tu 6:30–7:20 p.m. \$59 R/\$64 NR #98690
Nov 3–Dec 15 Tu 6:30–7:20 p.m. \$51 R/\$56 NR #98691

Multi-Session Discount
Sep 15–Dec 15 Tu 6:30–7:20 p.m. \$94 R/\$99 NR #98692

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. Discounted rate available for students registering for the entire season.* No class November 24 and 26.

Age: 18+ ■ Willow Pass Community Center ■ David Henry
Sep 15–Oct 27 Tu 5:30–6:20 p.m. \$59 R/\$64 NR #98462
Nov 3–Dec 15 Tu 5:30–6:20 p.m. \$51 R/\$56 NR #98463
Sep 17–Oct 29 Th 6:30–7:20 p.m. \$59 R/\$64 NR #98465
Nov 5–Dec 17 Th 6:30–7:20 p.m. \$51 R/\$56 NR #98466

Multi-Session Discount*
Sep 15–Dec 15 Tu 5:30–6:20 p.m. \$94 R/\$99 NR #98464
Sep 17–Dec 17 Th 6:30–7:20 p.m. \$94 R/\$99 NR #98467

Push Hands-Partner's Exercise

This class is for students who want to go to the next step in their Tai Chi practice. Through a wide variety of partners exercises, you will learn how to sense, cultivate and circulate chi. Benefits include developing a strong sense of self, cultivating clear boundaries in relationships, and physical self-defense. Push Hands class does not replace your regular Tai Chi Gong practice. It is intended as an additional element of your practice.

Age: 18+ ■ Centre Concord ■ Amy Erez
Sep 8–Oct 20 Tu 7:15–8 p.m. \$59 R/\$64 NR #98509
Oct 27–Dec 15 Tu 7:15–8 p.m. \$59 R/\$64 NR #98510

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 5–Oct 24 Sa 10:45–11:45 a.m. \$46 R/\$51 NR #98517
Nov 7–Dec 19 Sa 10:45–11:45 a.m. \$36 R/\$41 NR #98518

R = Concord Resident NR = Concord Non-Resident

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. No class September 7, 21, October 5 and November 27.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan				
Aug 31–Nov 2	M	6:30–7:30 p.m.	\$38 R/\$43 NR	#98412
Nov 9–Dec 28	M	6:30–7:30 p.m.	\$43 R/\$48 NR	#98413

Age: 21+ ■ Willow Pass Community Center ■ Amelia Said				
Aug 28–Oct 16	F	11:30 a.m.–12:30 p.m.	\$43 R/\$48 NR	#98407
Oct 23–Dec 18	F	11:30 a.m.–12:30 p.m.	\$43 R/\$48 NR	#98408

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. No Class September 22, 24 and November 26.

Age: 15+ ■ Willow Pass Community Center ■ Cynthia Ryan				
Sep 1–Nov 3	Tu	6:30–7:30 p.m.	\$48 R/\$53 NR	#98445
Nov 10–Dec 22	Tu	6:30–7:30 p.m.	\$38 R/\$43 NR	#98446
Sep 3–Nov 5	Th	6:30–7:30 p.m.	\$48 R/\$53 NR	#98447
Nov 12–Dec 17	Th	6:30–7:30 p.m.	\$28 R/\$33 NR	#98448

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. No class September 23 and November 25.

Age: 15+ ■ Willow Pass Community Center ■ Cynthia Ryan				
Sep 2–Nov 4	W	6:15–7:15 p.m.	\$48 R/\$53 NR	#98449
Nov 11–Dec 16	W	6:15–7:15 p.m.	\$28 R/\$33 NR	#98450

Robin Malby

Tai Chi and Qigong instructor

Fully Certified instructor Robin Malby has been teaching Qigong and Tai Chi in the east Bay Area for sixteen years. She has been a master trainer certifying Tai Chi instructors in California and Oregon for Dr. Paul Lam and the Tai Chi for Health Institute since 2008.



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. You have the option



to bring hand weights and a mat for toning. Call 228-1137 for more information. **Senior Center** – no class September 7, 28, 30, November 11 and 27. **Willow Pass Center** – no class September 7, November 11 and 27.

Age: 18+ ■ Senior Center ■ Irene Larson				
Sep 14–Oct 26	M	5:45–6:45 p.m.	\$39 R/\$44 NR	#98455
Sep 2–Oct 28	W	5:45–6:45 p.m.	\$51 R/\$56 NR	#98456
Nov 2–Dec 14	M	5:45–6:45 p.m.	\$45 R/\$50 NR	#98457
Nov 4–Dec 16	W	5:45–6:45 p.m.	\$57 R/\$62 NR	#98458

NEW

Age: 18+ ■ Willow Pass Community Center ■ Irene Larson				
Sep 2–30	M, W, F	9:30–10:30 a.m.	\$51 R/\$56 NR	#98441
Oct 2–30	M, W, F	9:30–10:30 a.m.	\$55 R/\$60 NR	#98442
Nov 2–30	M, W, F	9:30–10:30 a.m.	\$47 R/\$52 NR	#98443
Dec 2–18	M, W, F	9:30–10:30 a.m.	\$35 R/\$40 NR	#98444

SPECIAL INTEREST

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				
Nov 13–20	F	1:30–3:30 p.m.	\$13 R/\$18 NR	#98350

Wills, Power of Attorney and Advanced Health Care Directives

In this workshop, each student will receive a ‘fill in the blanks’ Will, Durable Power of Attorney and Advanced Health Care Directive Form. All forms are in compliance with California Law. The instructor is an experienced estate planning attorney who will assist students in completing their forms.

Age: 21+ ■ Senior Center ■ Raymond McFalone				
Oct 30–Nov 6	F	1:30–3:30 p.m.	\$13 R/\$18 NR	#98351

SPORTS

Introductory Pickleball Class

This beginners class offers new pickleball enthusiasts the opportunity to learn and practice some of the fundamentals of the game. Come hone your pickleball skill with classes focused on proper technique for hitting, positioning, serving and keeping the ball in play. Participants enrolled in this 5-week class will have the chance to play in their first pickleball tournament during the final class. No experience or equipment needed.

All Ages ■ Willow Pass Park ■ Karen Siemsen
Sep 8-Oct 6 Tu 6:30-8 p.m. \$50 R/\$55 NR #98531
Sep 8-Oct 6 Tu 9-10:30 a.m. \$50 R/\$55 NR #98532

Intermediate Pickleball Class

This 4-week class is for intermediate players-at least a 3.0 and able to control shots. Come learn additional game strategies and build your skills toward the next level of play. Emphasis will be on dinking, third-shot volley and partner coordination and spacing. No equipment necessary.

All Ages ■ Willow Pass Park ■ Karen Siemsen
Sep 9-30 W 6:30-8 p.m. \$40 R/\$45 NR #98529

Call us for Pickleball Drop-in information

671-3423



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: 18+ ■ Willow Pass Park ■ Calvin McCullough
Sep 16-Oct 21 W 6-7 p.m. \$99 R/\$104 NR #98592

City of Concord's Adult Sports Leagues and Classes

Fall Softball

- Offering Men's, Women's and Coed teams for teams
- Level of play to meet everyone's ability
- Fall league games run from September - November
- Sunday thru Friday evenings

Pickleball Classes

An addictive new sport alternative that is perfect for all ages.

- Our **beginners class** offers new pickleball enthusiasts the opportunity to learn the fundamentals of the game.
- The **intermediate class** is for experienced players looking to improve control and placement of their shots. Emphasis is on dinking, 3rd-shot volley and partner coordination.



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Come try out the newest golf product and be personally fit by one of our certified instructors with the latest FlightScope technology which measures all facets of the ball flight. 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 per person
- Three (3) adults – \$100 per person
- Two (2) adults – \$125 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 one (1) on course playing lesson for \$225 (cart and green fees included)

Call (925) 686-6267 to schedule a lesson or clubfitting. Lighted driving range open until 9:30 p.m. except Sunday close at 8:30 p.m. and full-service Pro Shop (925) 686-6267 www.diablocreekgc.com

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 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 Sept. 14–Nov. 21
- Fall Session Fees: \$99 for 10 weeks (1 day/week)
- Target Program – Boys & Girls 5-6 years old
Fee \$89 one day per week
- Players Club Membership – (Includes Youth On Course) \$20 for the calendar year

*Fee assistance available.

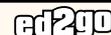
Please visit the homepage of www.thefirstteecontracosta.org to see our schedule of classes for the Summer Session.

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



Ask about our Fee Assistance Program
For more information, call 925-446-6701
MSanders@TheFirstTeeContraCosta.Org
www.thefirstteecontracosta.org
Chapter Office
2290 Diamond Blvd., Ste. 203, Concord, CA 94520

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Concord Parks & Recreation

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- Intermediate Microsoft Excel
- Creating Web Pages
- Speed Spanish
- A to Z Grantwriting
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- Grammar Refresher
- Introduction to Microsoft Access
- Introduction to Microsoft Word
- Computer Skills for the Workplace
- Introduction to PC Troubleshooting
- Learn to decipher and solve almost any problem with your PC
- Introduction to PowerPoint
- Going Green at Home
- Discover Digital Photography

(925) 671-3319

www.ed2go.com/concordleisure

SPECIAL RECREATION



Golden State Concord Strikers

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 three games of bowling. Shoes are included.

Age: 18+ ■ Clayton Valley Bowl
Sep 1-29 Tu 3:30-5:30 p.m. \$38 #98499

**Special Recreation
 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
Sep 29 Tu 5:30-7:30 p.m. #98498
 Free for bowlers, family and friends.

Bocce Ball

Enjoy the newer 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
Oct 5-26 M 5:30-7:30 p.m. \$30 #98500

Community Dances-Special Recreation

Come one and all and have a good time dancing your heart out! Bring a snack to share. Pay \$7 at the door with exact cash or check.

Age: 18+ ■ Walnut Creek Heather Farm ■ 301 N. San Carlos Drive
Sep 18 F 7-9 p.m. Pay \$7 at the door

Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane
Oct 16 F 7-9 p.m. Pay \$7 at the door

Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle
Nov 13 F 7-9 p.m. Pay \$7 at the door

Age: 18+ ■ Walnut Creek Heather Farm ■ 301 N. San Carlos Drive
Dec 18 F 7-9 p.m. Pay \$7 at the door

**The City of Concord
 has reservable picnic sites at:**

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



Hillcrest Park

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



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 one flat fold walker on van trips rated 1 or 2 and 30 passenger bus trips. 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. There is a limit of 1 wheelchair on the new 30 passenger bus. Wheelchair users need to be able to propel self in wheel chair and care for self or bring a paid caregiver.



EASY

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



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.



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.



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.



Dining Out Club

Have fun meeting new people and dining out as a group. Each month this group will dine out at a new restaurant. Make your personal selections off of the menu. Please bring cash to pay for your meal. Register by 2 weeks prior to trip date.

Age: 18+ ■ Senior Center- Van				
Sep 5	Sa	11 a.m.-2 p.m.	\$11	#98324
Oct 3	Sa	11 a.m.-2 p.m.	\$11	#98325
Nov 7	Sa	11 a.m.-2 p.m.	\$11	#98326
Dec 5	Sa	11 a.m.-2 p.m.	\$11	#98327



Ardenwood Farm

Wear casual attire and comfy shoes to enjoy a self-guided visit at the historic Ardenwood Farm. Board the train at Deer Park Station for a rail experience with the SPCRR in period costume and join one of the various historic building tours. Pack your lunch and find a shady picnic table to enjoy the ongoing activities, or purchase a bite from a local vendor. Cold drinks will be provided. Register by August 20. No refunds or cancellations after August 20.

Age: 21+ ■ Senior Center-Bus				
Sep 6	Su	9:30 a.m.-4 p.m.	\$35	#98738
			Wheelchair	#98739



Sutro Heights at Lands End

In the soft September glow of San Francisco we visit Sutro Heights Park at Lands End, the remaining land and gardens of the famed mansion high on the hilltop of Mayor Sutro. See dramatic windswept vistas where The City meets the Pacific Ocean. Our Docent and Author, John, will engage us with stories of Sutro, his gifts to the city, e.g., the ruins of Sutro Baths. Visit the new Visitor's Center before heading to the Beach Chalet for lunch on your own. Enjoy a drive thru Golden Gate Park and some of its highlights. Register by September 2. No refunds or cancellations after September 2.

Age: 21+ ■ Senior Center-Bus ■ Mary Ann Sams				
Sep 10	Th	9 a.m.-4:30 p.m.	\$41	#98728



Port Chicago Naval Magazine National Monument

You will enjoy a special docent tour of the Port Chicago Naval Magazine National Memorial at the military base outside of Concord in Port Chicago. Enjoy lunch on your own at Nantucket Restaurant in Crockett. A Ranger will show us a film at the Historic Site then onto the Naval Magazine. Learn about the disaster on July 17, 1944, killing 320 sailors and civilians and injuring 390. Enlisted African-American sailors were amongst the majority affected. This disaster led to the desegregation of the Navy forces beginning in 1946. In 1994 this memorial was dedicated to those in the disaster. Register by September 9. No refunds or cancellations after September 9.

Age: 21+ ■ Senior Center-Van ■ Mary Ann Sams				
Sep 24	Th	10:30 a.m.-3:30 p.m.	\$38	#98727

Tenderly Musical of Rosemary Clooney

We all lovingly remember Rosemary Clooney. ‘Tenderly’ is the triumphant musical that follows the remarkable woman behind the legend. The beloved actress and singer, charmed America as a chart topper for five decades. This inspiring musical follows her rise to Hollywood stardom, her struggles with life’s unexpected challenges and the triumphant resurgence that made her a legend. There will be time for lunch on your own in popular Walnut Creek before the performance. The show will make you laugh, maybe cry a little. Register by September 4. No refunds or cancellations after September 4.

Age: 18+ ■ Concord BART ■ Mary Ann Sams
 Sep 26 Sa 10:45 a.m.-4:30 p.m. \$60 #98736

Trips & Tours Procedures

Full Payment is required for all day trips and overnights 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.

NEW Transportation

Ride in comfort in our new 30-passenger wheelchair accessible bus (unless another mode of transportation is indicated).



Tomales Bay Oyster Farm

Let’s go Shucking at the Tomales Bay Oyster Co. in Marshall, CA. See how they farm for oysters, clean, shuck and then enjoy a sampling of the luscious catch of the day. This while enjoying the beautiful, calm Tomales Bay. Then off to lunch on your own at the popular Hog Island Restaurant and Oyster Bar in Marshall. Voted as one of the top 30 seafood restaurants in the USA. Lucky Us!! You can purchase Oysters to bring home with ice. Register by September 21. No refunds or cancellations after September 21.

Age: 21+ ■ Senior Center-Bus ■ Mary Ann Sams
 Oct 8 Th 9:15 a.m.-4:15 p.m. \$46 #98726

Double Decker Bus Ride of San Francisco

See San Francisco’s most famous sights aboard a double-decker Big Bus that loops around the city. Check out Union Square, Golden Gate Bridge, the Palace of Fine Arts, and Pier 39, among other big-name attractions, at your own pace. Trip includes a walking tour of North Beach, Dine in Little Italy, on your own, and hop back on the bus for more sights. There’s no better way to see San Francisco landmarks than by an open-top Big Bus! Register by September 22. No refunds or cancellations after September 22.

Age: 21+ ■ Senior Center-Bus
 Oct 10 Sa 8:30 a.m.-4 p.m. \$79 #98319

Italian Festival in Reno

Come with us to Reno for the ‘Festa Italiana’ a celebration of all that is Italian. Enjoy delicious food, great beverages and fantastic live music. The three outdoor stages feature LIVE entertainment with wonderful musicians that will entertain you with Italian and American favorites. There are also outdoor booths where Festival goers can shop for fun items. This evening, enjoy a wonderful show in the Eldorado Showroom ‘Le Grand Cirque’ A jaw-dropping, visual feat of breathtaking group acrobatics, death-defying stunts and precision skills in the timeless circus traditions of Eastern Europe and China. Minimum 40 registered between Concord and Walnut Creek by September 10, No refunds or cancellations after trip cut-off date.

Age: 21+ ■ Senior Center-Motorcoach ■ Mary Ann Sams
 Oct 11-12 Su-M 8 a.m.-7 p.m. \$141 R/\$163 NR #98424
 Wheelchair #98772

Parks
 Make
 Life
 Better!



4 Safari West

Enjoy a 3-hour riding and walking adventure in Safari West's 400 acre preserve to see many of over 700 different animals in an African savannah setting. See colorful birds, primates, giraffes, zebras and wildebeasts among other exotic animal species. This adventure includes a 2½-hour drive over rugged terrain and is not advised for pregnant women or children under 3 years of age. A BBQ Buffet lunch is included in this exciting opportunity. Register by September 21. No refunds or cancellations after September 21.

Age: 9+ ■ Senior Center-Bus
Oct 18 Su 8 a.m.-4 p.m. \$145 #98737

3 Sterling Winery & Calistoga

Perched 300 feet above the town of Calistoga, Sterling Vineyards offer panoramic views of Napa Valley. An aerial gondola carries us up the hill to the winery, whose architecture was modeled after the Greek island of Mykonos. The eight towers house historic London church bells that ring. Take a self-guided tour of the winemaking facilities. Enjoy the sit-down wine tasting room and their fine art display. Afterwards, we'll take a drive-thru tour of downtown Calistoga before you have lunch on your own and shopping. Register by October 6. No refunds or cancellations after October 6.



Age: 21+ ■ Senior Center-Bus ■ Mary Ann Sams
Oct 22 Th 9 a.m.-5 p.m. \$72 #98725

2 Thunder Valley

Close to Home / Designed for Fun! Try your luck at this Lincoln, California casino. Receive \$15 in free slot play or table match play, \$5 food voucher good towards buffet or any restaurant. Register by October 7. No refunds or cancellations after October 7.

Age: 21+ ■ Senior Center-Motorcoach
Oct 23 F 9 a.m.-5 p.m. \$32 #96699
Wheelchair #98773

3 Halloween Ghost Walk Eve at S.F. City Hall

It's not a real ghost but ghostly-like storytellers enacting/telling you tales of S.F. City Hall. Some stories are true, questionable, scary, and funny. Learn about the human remains under the Civic Center Plaza, via assassinations. Hear stories from city workers that detail chilling paranormal activities. Join us for a supernatural tour. Time for dinner before the program, and shopping, strolling on your own at the newly developed Hayes Valley Shopping boutiques and restaurants. Date TBC.

All Ages ■ Senior Center-Van ■ Mary Ann Sams
Oct 29 Th 2:30-9 p.m. \$48 #98759

3 Lodi Sand Hill Crane Flyover

See the incredible Sand Hill Crane at dusk, as it flies over a private area for us to watch. 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. Have lunch on your own in Lodi prior to the dusk viewing. Register by October 21. No cancellations or refunds after the cutoff date.

Age: 21+ ■ Senior Center-Bus ■ Mary Ann Sams
Nov 5 Th 12-6:45 p.m. \$50 #98732

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 October 7. No refunds or cancellations after October 7.

Age: 21+ ■ Senior Center-Bus ■ Mary Ann Sams
Nov 12 Th 10:15 a.m.-5 p.m. \$75 #98730

1 Tour the DiRosa Galleries and Grounds

Enjoy a 2-hour guided tour of the DiRosa Gatehouse, Main Gallery, Historic Residence, Courtyard and North Lawn and have plenty of time to browse the over 800 piece collection of Northern California art. Wear comfortable shoes and clothing and pack your own lunch and snack for this affordable outing. Register by October 23. No refunds or cancellations after October 23.

Age: 21+ ■ Senior Center-Bus
Nov 14 Sa 10 a.m.-4:30 p.m. \$42 #98742
Wheelchair #98743



Gifts n Tyme Holiday Fair in Napa

Get your Christmas shopping done early with the personal touch! Visit 85 booths of Art, Crafts, and Gourmet Foods. Optional hot Lunches are 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 November 4. No refunds or cancellations after November 4.

Age: 21+ ■ Senior Center-Bus
Nov 21 Sa 9:30 a.m.-2:30 p.m. \$20 #98339



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. Have lunch on your own in North Beach prior to the show and take a driving tour of Columbus Street. What a treat! Register by November 2. No refunds or cancellations after November 2.

Age: 14+ ■ Senior Center-Bus ■ Mary Ann Sams
Nov 22 Su 10:30 a.m.-5:30 p.m. \$73 #97913



Red Hawk Casino

Red Hawk Casino in Placerville, offers all the amenities and attractions you'd expect in a Northern California casino. Not to mention it is surrounded by the amenities nature provides-beautiful views, breathtaking scenery and an unforgettable experience. Red Hawk Casino has a game for you ~ in every way you like to play ~ in their world class gaming floor. Your luck is about to change, 2000 Slot Machines, Progressive Jackpots, 75 Table Games, great restaurants, gift shop, and much more! Minimum 40 registered by November 20. No refunds or cancellations after November 20.

Age: 50+ ■ Senior Center-Motorcoach
Dec 11 F 9 a.m.-6 p.m. \$32 #96698
Wheelchair #98835



Dickens Christmas Fair

Get in the Holiday Spirit with an adventure back to Victorian London at the Cow Palace. See hundreds of costumed players and over 120,000 sq. ft. of music halls, pubs, dance parties, choral groups and Christmas shops on winding lanes. Savor 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. See an ole tyme dance in Fezziweg's and boisterous music hall performers in Mad Sal's Dockside Alehouse. Register by November 12. No refunds or cancellations after November 12.

Age: 8+ ■ Senior Center-Bus
Nov 29 Su 10 a.m.-4:30 p.m. \$49 #98347



Magnificent Marin Holiday Lights

We go on a mega-watt tour of Christmas lights at the famous homes in Marin. There's the bubble-blowing bear home, surrounded by animated figures, and trains. Then off to Linda's unique mid-century wonderland display. We'll marvel at two spectacular displays of Walt Disney toys, and framed by Mickey Mouse-shaped topiaries. Our final visit is to the Rombeiro family's lavishly decorated home, complete with 80,000 lights, a herd of reindeer, faux snow. Inside, are rooms dedicated to Santas, angels, and a miniature town. The family has greeted people for 20+ years! Register by December 1. No refunds or cancellations after December 1.

Age: 21+ ■ Senior Center-Bus ■ Mary Ann Sams
Dec 10 Th 4:30-9:30 p.m. \$43 #98734



A Christmas Carol

Christmas wouldn't be Christmas without 'A Christmas Carol', brimming with music and dance, love and laughter, spectacular special effects and scary ghosts. It is no wonder the critics have called it 'The Christmas Carol to see in the Bay Area.' You'll have time for lunch in Walnut Creek's holiday splendor. After experiencing this performance, you will carry Tiny Tim home in your uplifted heart. Register by November 20. No refunds or cancellations after November 20.

Age: 9+ ■ Concord BART ■ Mary Ann Sams
Dec 12 Sa 10:45 a.m.-5:15 p.m. \$55 #98729



Mare Island Historic Park Holiday Tour

Enjoy tours of the seasonally decorated Mare Island Historic Mansion on Officers Row, St. Peter's Chapel with its Tiffany stained windows and have lunch (provided) in the Mare Island Museum allowing plenty of time to browse the many artifacts. Wear comfortable walking shoes and dress warmly in layers. Register by November 20. No refunds or cancellations after November 20.

Age: 21+ ■ Senior Center-Bus
Dec 12 Sa 9:00 a.m.-3:15 p.m. \$56 #98740
Wheelchair #98741



San Francisco Holiday Lobbies and Lights

Join us for our exclusive tour of the Holiday Lights and Lobbies of San Francisco. See the traditional Tree of Cranes in City Hall. Visit the Palace Hotel for the Gingerbread House Competition of the city's master chefs. Then to Union Square for the St. Francis Hotel 15' Gingerbread Castle, Union Square Tree, Menorah and Macy's Holiday Lane. Next is the Fairmont Hotel on Nob Hill for their Life Sized Gingerbread House followed by the Hyatt Regency spectacular Lobby Miniature Village and Ice Rink! Time for a snack will be provided. Register by November 30. No refunds or cancellations after November 30.

Age: 21+ ■ Senior Center-Bus ■ Mary Ann Sams
Dec 15 Tu 3-10 p.m. \$38 #98733

HIKES



Bolinas Lagoon/Audubon Canyon

This 3.5 mile trek thru Old Oak, Douglas Fir and towering Redwoods, is just North of Stinson Beach, and a true hidden gem. The Egret and Heron nesting season has passed, but the forest and surrounding area will be beautiful to explore. Deep valleys and creek crossings, along with superb Lagoon and Ocean views highlight this hike. Come find the hidden wildlife and relax on the Giant forest swing that few even know exists. The property also houses a camouflaged bird viewing and feeding house. We will also picnic at a hidden side spur trail location.

Age: 18+ ■ Transport Self ■ Tom Bold
 Nov 28 Sa 9:15 a.m.-4:30 p.m. \$34 R/\$39 NR #98603



**Duxbury Reef/Ocean/
Cliff Adventure**

This hike takes us cliff top above the beach near Bolinas. Through meadow and creek crossings and lush Eucalyptus groves, we will explore the area on the reef with all the sea critters. Our beach walk will bring us some rocky areas to climb over for a picnic lunch on the beach. The final trek will have us rope climbing out and up to the top (easy to do). This hike is rated slightly moderate and is approximately 4.5 miles. Optional oyster dinner stop follows. Directions provided upon registration.

Age: 18+ ■ Transport Self ■ Tom Bold
 Oct 10 Sa 9:15 a.m.-5 p.m. \$34 R/\$39 NR #98602



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 and chocolate tasting on Sonoma Creek. Meet at 9:30 a.m. in North lot at the Jack London village complex.

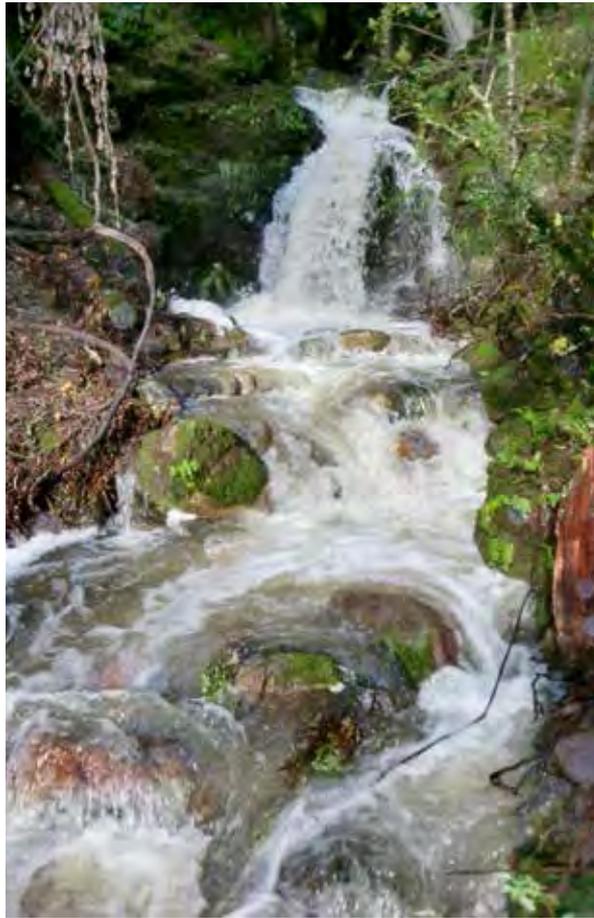
Age: 18+ ■ Transport Self ■ Tom Bold
 Sep 26 Sa 9:30 a.m.-4:30 p.m. \$34 R/\$39 NR #98601



**Haunted Cemetery and
Historical Wine Hike**

From creekside trails to a grand Southern Valley of the Moon view, a special hidden opening takes us to an area with old structures, rock tunnels, a Black pond, unique trees, beautiful back valley scenery, and more. On our way back we will meander through a very old and creepy cemetery where General Vallejo and his wife are buried. This hike is rated as Easy!! Our picnic lunch will be on the General Vallejo grounds next to the Koi fish and turtle pond.

Age: 18+ ■ Transport Self ■ Tom Bold
 Nov 1 Su 10:15 a.m.-4:30 p.m. \$34 R/\$39 NR #98605



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



For membership information, please call the Camp Concord Office at 925.671.3006 or download additional information from our web page at www.friendsofcamp.com

ARTS AND CRAFTS



Drawing Made Easy

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 September 30 and November 11.

Age: 50+ ■ Senior Center Ann Nakatani				
Sep 2-Oct 28	W	10:30-11:30 a.m.	\$51	#98493
Nov 4-Dec 16	W	10:30-11:30 a.m.	\$39	#98494

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 October 2 and November 27.

Age: 21+ ■ Senior Center Patricia Abernathy				
Sep 4-Dec 18	F	9 a.m.-1 p.m.	\$55	#98427



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.

Age: 21+ ■ Senior Center				
Sep 4-Dec 18	F	9:30-11:30 a.m.	\$20	#98491

TECHNOLOGY & COMPUTERS

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

Four 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 23	W	6:30-8:30 p.m.	\$13	#98514
Nov 18	W	6:30-8:30 p.m.	\$13	#98515



How to Check Out eBooks & Digital Magazines From the Library

Contra Costa County Library has a large and growing collection of eBooks and digital magazines in a variety of formats, waiting for you to check out and use on your own eReader such as Ipad, Kindle, Nook, or cell phones. join us and learn how to download free eBooks and audiobooks on your eReader. Prerequisite: Workshop requires a working knowledge of your device and a photo I.D. or library card. Bring the device that you plan to use. If you need help working your device sign up for private help with your tablet, computer or smart phone.

Age: 21+ ■ Senior Center Lynne Noone				
Sep 24	Th	10-11:30 a.m.	\$2	#98555

Open Computer Lab

Free Technology Lab time from 4-6 p.m. every Monday and Friday that the building is open. This is your opportunity to practice skills learned in a tech class. This is the time. No registration necessary. Have a tablet or laptop? Bring it with you to lab. No monitor on duty. No class September 7, 28, October 2, and November 27, December 21-January 1.

Age: 50+ ■ Senior Center				
Sep 4-Dec 18	F, M	3:30-5 p.m.	Free	#98492

Private 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.

All Ages ■ Senior Center ■ Virgilio Laguna

Sep 14	M	2:30-3:30 p.m.	\$15	#98566
Sep 4	F	9:30-10:30 a.m.	\$15	#98567
Sep 4	F	10:30-11:30 a.m.	\$15	#98568
Sep 4	F	12:30-1:30 p.m.	\$15	#98569
Sep 4	F	1:30-2:30 p.m.	\$15	#98570
Sep 4	F	2:30-3:30 p.m.	\$15	#98571
Sep 14	M	9:30-10:30 a.m.	\$15	#98562
Sep 14	M	10:30-11:30 a.m.	\$15	#98563
Sep 14	M	12:30-1:30 p.m.	\$15	#98564
Sep 14	M	1:30-2:30 p.m.	\$15	#98565

Skype

Skype enables video calls to long distance family and friends. You will learn how to use Skype via hands-on experience. Students will set up personal accounts on the web site for free on your computer. You will need an inexpensive device called a web cam. You will be able to see who you are speaking to on your computer, and talk online for **FREE**. It is a wonderful way to see and connect with friends and grandchildren that you can't regularly see. Pre-requisite a basic knowledge of how to use the Internet and have an email account.

All Ages ■ Senior Center ■ Virgilio Laguna

Sep 11-25	F	10:30 a.m.-12 p.m.	\$16	#98576
Nov 6-20	F	10:30 a.m.-12 p.m.	\$16	#98577

Medicare Annual Review

It's Medicare Open Enrollment time - what should you do? Do you have questions about your Medicare health plan or prescription plan for 2016? This is the time to understand your coverage. Contra Costa HICAP will talk about what's new for 2016 and how to make sure you have the plan that's right for you. Open enrollment ends on December 7. No products sold or endorsed.

Age: 21+ ■ Senior Center ■ Pam Brown- HICAP

Oct 19	M	9:30 a.m.-11 a.m.	Free	#98404
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Holiday Gift & Craft Fair

Dec. 4, 2015

9:30am-2:30pm



Concord Senior Center
2727 Parkside Cir.
925-671-3320 ext 1

\$40 Vendor tables go on sale Aug 8



DANCE AND MUSIC

**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. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rifas; contribución es de \$3.

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 ■ Vicky Lizarraga				
Sep 21	M	1:30-3:30 p.m.	\$3	#96908
Oct 5	M	1:30-3:30 p.m.	\$3	#96909
Nov 2	M	1:30-3:30 p.m.	\$3	#96910
Dec 7	M	1:30-3:30 p.m.	\$3	#96911



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 2 and November 27.

Age: 21+ ■ Senior Center ■ Dorothy F. Moore				
Sep 4-Oct 30	F	9:10-10:10 a.m.	\$43	#98536
Nov 6-Dec 18	F	9:10-10:10 a.m.	\$28	#98537

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 September 7 and 28.

Age: 21+ ■ Senior Center ■ John Seman				
Sep 14-Oct 26	M	7-8 p.m.	\$21	#98760
Nov 2-Dec 14	M	7-8 p.m.	\$24	#98761

14th Annual Hawaiian Fusion

Hawaiian Entertainment, Luau Buffet and Boutique

**Saturday, October 3, 2015
Concord Senior Center
2727 Parkside Circle**



Featuring Faith Ako and Steven Espaniola



**4:30pm Doors Open, Hawaiian Boutique
Tickets: \$50 each, \$430 for table of 10**

For tickets and more information visit www.cityofconcord.org/Hawaiianfusion or call (925) 671-3320 opt.1

Proceeds benefit the Concord Senior Center Scholarship Program and Special Events



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 September and October and third Friday of November and December.

Age: 50+ ■ Baldwin Park Dance Studio ■ Dorothy F. Moore
 Sep 25-Dec 18 F 11:15 a.m.-12:15 p.m. \$23 #98486

Tap Intermediate

You will learn additional fancy footwork with precise rhythmic patterns. No class October 2, November 13, 27, December 18 and 25. Make up if needed October 16 and December 11.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis
 Sep 4-Oct 9 F 10:15-11 a.m. \$33 #98478
 Oct 23-Dec 4 F 10:15-11 a.m. \$27 #98479

HEALTH AND FITNESS

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. You will increase your strength and cardio in a safe workout routine. No class September 29, November 24 and 26.

Age: 50+ ■ Senior Center ■ Amelia Said
 Sep 1-Oct 27 Tu 9:30-10:30 a.m. \$43 #98504
 Nov 3-Dec 15 Tu 9:30-10:30 a.m. \$33 #98503

Age: 50+ ■ Centre Concord ■ Amelia Said
 Sep 3-Oct 22 Th 10:30-11:30 a.m. \$43 #98709
 Oct 29-Dec 10 Th 10:30-11:30 a.m. \$33 #98710

Massage By Kelly Grant

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 tension. Japanese foot massage-uses a combination of Reflexology and Shiatsu techniques. No massage September 30, November 11, December 23 and 30.

All Ages ■ Senior Center ■ Kelly Grant
 Sep 2-Dec 16 W 10:05 a.m.-12 p.m. 3-7 p.m. \$35 30 mins
 \$45 1 hour

Holiday Program Helps Concord Seniors



Share the holiday spirit and take part in the Be a Santa to a Senior (BASTAS) service program. This 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.

Pick up an ornament tag, purchase gift wishes and return unwrapped gifts along with the ornament gift tag at the following locations

November 16 – December 13.

*Min's Kitchen - 3505 Clayton Rd *Minamoto - 4305 Clayton Rd -Ste A

*City of Concord Civic Center - 1950 Parkside Dr., Wing A

*Concord Police Department - 1350 Galindo St.

*The Old Spaghetti Factory - 1955 Mt. Diablo (**November 27– December 13**)

For more information on the program contact Avis Connolly at (925)671-3419 or by email avis.connolly@cityofconcord.org or Tess Locsin at (925)280-9688.





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 7 and 28.

Age: 50+ ■ Senior Center ■ Han Ong				
Sep 14-Oct 26	M	9:10-10:10 a.m.	\$30	#98506
Sep 14-Oct 26	M	10:30-11:30 a.m.	\$30	#98505
Nov 2-Dec 14	M	9:10-10:10 a.m.	\$30	#98508
Nov 2-Dec 14	M	10:30-11:30 a.m.	\$30	#98507

Qigong for Balanced Health and Tai Chi Ruler

Qi gong is a gentle movement practice that promotes relaxation, strengthens muscles, balance and flexibility while increasing energy flow. Explore sets created by respected qi gong leaders, along with one of the oldest known forms; the Five Animal Frolics. Further enhance the body's energy channels and unwind tension by exploring Tai Chi Ruler: movement using a small stick. No class November 11 and 25.

Age: 50+ ■ Baldwin Park Dance Studio ■ Robin Malby				
Oct 7-Dec 16	W	9:30-10:45 a.m.	\$55	#98524

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 ■ Pam Brown-HICAP				
Sep 21	M	9:30 a.m.-12 p.m.	Free	#96138
Nov 9	M	9:30 a.m.-12 p.m.	Free	#98403



Yoga and Wellness-Basics

This class is appropriate for people who are new to yoga. Exercises are done on the floor, lying on your back, stomach, kneeling or standing. The goal is increased movement and body awareness, greater range of motion, better core strength and posture. No class September 29.

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Sep 1-Oct 27	Tu	10-11 a.m.	\$77	#98547
Nov 3-Dec 15	Tu	10-11 a.m.	\$68	#98548

Yoga and Wellness-Continuing

Classic Hatha yoga postures are done slowly with modifications. Some Yoga experience is helpful. Ability to do floor exercise is required. Bring a mat. No class October 1 and November 26

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Sep 3-Oct 22	Th	9:15-10:15 a.m.	\$68	#98544
Oct 29-Dec 17	Th	9:15-10:15 a.m.	\$68	#98545

Yoga and Wellness-Chair Yoga

These exercises are done on a chair or standing at a ballet bar. A goal of this class is to have people with limited mobility to become more mobile. We work on balance, strength and flexibility. At the end of this class we do 10 minutes of relaxation meditation. No class October 1.

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Sep 1-Oct 27	Tu	11:15 a.m.-12:15 p.m.	\$77	#98550
Nov 3-Dec 15	Tu	11:15 a.m.-12:15 p.m.	\$68	#98551

Zumba Gold

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. Low intensity cardio in a party-like class with Latin and international rhythms. Zumba can be done from a chair or wheelchair. No class September 29, November 24, 26 and 27.

Age: 50+ ■ Senior Center ■ Amelia Said				
Sep 1-Oct 27	Tu	10:30-11:30 a.m.	\$43	#98538
Sep 1-Oct 27	Tu	11:30 a.m.-12:30 p.m.	\$43	#98540
Nov 3-Dec 15	Tu	10:30-11:30 a.m.	\$33	#98539
Nov 3-Dec 15	Tu	11:30 a.m.-12:30 p.m.	\$33	#98543

Age: 50+ ■ Centre Concord ■ Amelia Said				
Sep 3-Oct 22	Th	11:45 a.m.-12:45 p.m.	\$43	#98541
Oct 29-Dec 10	Th	11:45 a.m.-12:45 p.m.	\$33	#98711

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 4 F 9:30 a.m.-2:30 p.m. \$40 #98345

SPECIAL INTEREST



Lotería

Lotería 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 (510) 867-0465.

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.

All Ages ■ Senior Center ■ Vicky Lizarraga
 Sep 24 Th 10 a.m.-1 p.m. \$2 #96920
 Oct 29 Th 10 a.m.-1 p.m. \$2 #96921
 Nov 19 Th 10 a.m.-1 p.m. \$2 #96922
 Dec 17 Th 10 a.m.-1 p.m. \$2 #96923



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
 Sep 22 Tu 10:30-11:30 a.m. Free #98487
 Oct 27 Tu 10:30-11:30 a.m. Free #98488
 Nov 10 Tu 10:30-11:30 a.m. Free #98489
 Dec 8 Tu 10:30-11:30 a.m. Free #98490

Reverse Mortgages: Wealth Management Tool 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 ■ Jon Carlson
 Sep 15 Tu 1:30-2:30 p.m. \$2 #98495



Follow us on Facebook
www.facebook.com/CityofConcordCA.ParksRecreation



You can find us on YouTube
www.youtube.com/concordfirst

Concord Senior Center – 50 & Better Program

Health & Human Services

Age Strong, Live Long Health Expo

February 26, 2016, 9 a.m.-2 p.m. Presentation, Interactive Exercises, Health Screenings, Resources on Programs and 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.

CC Café 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 Gurnick Medical Academy Nursing Students

Screenings every **Tuesday at 10:15 a.m. and 1 p.m.** (Subject to change due to class schedule.) No appointment necessary.

Senior Peer Individual Counseling

Contra Costa Health Services Senior Peer Counseling offices one-on-one, 45-minute counseling sessions every **Tuesday from 9:30 a.m.-11:30 a.m.** Services are free and confidential. Call for an appointment.

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.

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 p.m.-3 p.m.** and **1st & 2nd Tuesday from 12:30 p.m.-2:30 p.m.**

Notary Services

Services are provided free of charge from **10:00 a.m.-11:00 a.m. every Wednesday and 10:00 a.m.-11:30 a.m..**

AARP Driver Safety

This course is taught on the **1st and 2nd Wednesday every other month from 9 a.m. till 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 receive 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 p.m.-3 p.m.** with the exception of May (holiday).

Alzheimer's Support Group

Alzheimer's Support group meets on the **4th Wed from 1:15 p.m.-3:15 p.m.**

Get Around Taxi Program

Program is available to Concord residents 65 years and older. Applications will be accepted on Monday and Tuesday from 10 a.m.-noon at the center. Each book is \$15 with a scrip value of \$30. Registered seniors may purchase a maximum of 2 books per month. For brochure and application go to www.cityofconcord.org/senior and click on Get Around Taxi Program.

Legal Assistance

Currently there is no lawyer on site. For legal assistance call Contra Costa Senior Legal Services at (925) 609-7900 or email legalhelp@ccsls.org. They are located at 2702 Clayton Road and office hours are 9 a.m.-noon and 1-4 p.m. See the Wills and Trust Classes in the adult section of the Concord Activity Guide.

There is a refundable \$5 booking fee for all service appointments booked at the Senior Center



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

Rental facilities for all occasions

weddings, quinceñeras, receptions, seminars, corporate events, meetings



Centre Concord
5298 Clayton Road
Concord, CA 94521
(925) 671-3382



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



Concord Senior Center
2727 Parkside Circle
Concord, CA 94519
(925) 671-3320 ext. 3

Take a virtual tour of our facilities!

www.cityofconcord.org/rentals





SWIM LESSONS

Swimming, Aquatot-Bubblers

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 10M-18M ■ Concord Community Park ■ TBD
Sep 8-Oct 1 Tu, Th 11:35 a.m.-12:05 p.m. \$65 R/\$70 NR #97592

Swimming, Aquatot-Paddlers

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 18M-36M ■ Concord Community Park ■ TBD
Sep 8-Oct 1 Tu, Th 12:10-12:40 p.m. \$65 R/\$70 NR #97598

Swimming, Elementary

Emphasis is on developing an enjoyment of the water, endurance, stroke proficiency, and safety as they progress through levels I-IV.

Age: 6-14 ■ Concord Community Park ■ TBD
Sep 14-24 M-Th 4:20-4:50 p.m. \$65 R/\$70 NR #97665
Sep 14-24 M-Th 5:30-6 p.m. \$65 R/\$70 NR #97666
Sep 28-Oct 8 M-Th 4:20-4:50 p.m. \$65 R/\$70 NR #97667
Sep 28-Oct 8 M-Th 5:30-6 p.m. \$65 R/\$70 NR #97668

Swimming, Preschool

Emphasis is on developing a high comfort level in the water and having fun as they progress through the levels. Pre-requisites: Must be 36" tall and be able to take the class independent of parent.

Age: 3-5 ■ Concord Community Park ■ TBD
Sep 14-24 M-Th 3:45-4:15 p.m. \$65 R/\$70 NR #97652
Sep 14-24 M-Th 4:55-5:25 p.m. \$65 R/\$70 NR #97654
Sep 28-Oct 8 M-Th 3:45-4:15 p.m. \$65 R/\$70 NR #97656
Sep 28-Oct 8 M-Th 4:55-5:25 p.m. \$65 R/\$70 NR #97658

R = Concord Resident NR = Concord Non-Resident

Swimming, Private

Private lessons are designed for one-on-one instruction to help meet the specific needs of the participant.

Age: 3-Adult ■ Concord Community Park ■ TBD
Sep 14-17 M-Th 3:45-4:15 p.m. \$105 R/\$110 NR #97771
Sep 14-17 M-Th 4:20-4:50 p.m. \$105 R/\$110 NR #97773
Sep 14-17 M-Th 4:55-5:25 p.m. \$105 R/\$110 NR #97774
Sep 14-17 M-Th 5:30-6 p.m. \$105 R/\$110 NR #97775
Sep 21-24 M-Th 3:45-4:15 p.m. \$105 R/\$110 NR #97772
Sep 21-24 M-Th 4:20-4:50 p.m. \$105 R/\$110 NR #97777
Sep 21-24 M-Th 4:55-5:25 p.m. \$105 R/\$110 NR #97778
Sep 21-24 M-Th 5:30-6 p.m. \$105 R/\$110 NR #97781
Sep 28-Oct 1 M-Th 3:45-4:15 p.m. \$105 R/\$110 NR #97776
Sep 28-Oct 1 M-Th 4:20-4:50 p.m. \$105 R/\$110 NR #97779
Sep 28-Oct 1 M-Th 4:55-5:25 p.m. \$105 R/\$110 NR #97780
Sep 28-Oct 1 M-Th 5:30-6 p.m. \$105 R/\$110 NR #97783
Oct 5-8 M-Th 3:45-4:15 p.m. \$105 R/\$110 NR #97786
Oct 5-8 M-Th 4:20-4:50 p.m. \$105 R/\$110 NR #97785
Oct 5-8 M-Th 4:55-5:25 p.m. \$105 R/\$110 NR #97782
Oct 5-8 M-Th 5:30-6 p.m. \$105 R/\$110 NR #97787

HEALTH AND FITNESS

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
Sep 14-Oct 12 Mon 12-12:50 p.m. \$30 R/\$35 NR #98409
Oct 19-Nov 16 Mon 12-12:50 p.m. \$30 R/\$35 NR #98410

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 flotation devices in deep water.

Age: 18+ ■ Concord Community Pool ■ Andrea Legault
Sep 29-Oct 27 Tu 10-11 a.m. \$30 R/\$35 NR #98749
Oct 1-29 Th 10-11 a.m. \$30 R/\$35 NR #98750
Nov 3-Dec 8 Tu 10-11 a.m. \$30 R/\$35 NR #98751
Nov 5-Dec 10 Th 10-11 a.m. \$30 R/\$35 NR #98752

Swimming, Adult Workout Program

The Adult Workout Program is for swimmers looking for a workout with a USA Swimming certified coach to receive instruction on workouts and stroke development and refinement. Great for workouts, competitive swimmers, open water swimmers or preparing for a triathlon. There is an annual fee of \$45 to register with US Master Swimming.

Age: 18+ ■ Concord Community Pool ■ Terrapin Swim Team
Sep 6-30 W, Th 5:30-7 a.m.
Su 8:30-10 a.m. \$73 R/\$78 NR #98837
Oct 4-29 W, Th 5:30-7 a.m.
Su 8:30-10 a.m. \$80 R/\$85 NR #98870
Nov 1-29 W, Th 5:30-7 a.m.
Su 8:30-10 a.m. \$80 R/\$85 NR #98871

SWIM LESSONS

Swimming, Aquatot-Bubblers

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 10M-18M ■ Concord Community Park ■ TBD
Sep 12-Oct 17 Sa 11:35 a.m.-12:05 p.m. \$49 R/\$54 NR #97593

Swimming, Aquatot-Paddlers

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 18M-36 ■ Concord Community Park ■ TBD
Sep 12-Oct 17 Sa 12:10-12:40 p.m. \$49 R/\$53 NR #97597

Swimming, Elementary

Emphasis is on developing an enjoyment of the water, endurance, stroke proficiency, and safety as they progress through levels I-IV.

Age: 6-14 ■ Concord Community Park ■ TBD
Sep 12-Oct 17 Sa 9:50-10:20 a.m. \$49 R/\$54 NR #97670
Sep 12-Oct 17 Sa 10:25-10:55 a.m. \$49 R/\$54 NR #97671
Sep 12-Oct 17 Sa 11-11:30 a.m. \$49 R/\$54 NR #97672
Sep 12-Oct 17 Sa 11:35 a.m.-12:05 p.m. \$49 R/\$54 NR #97673
Sep 12-Oct 17 Sa 12:10-12:40 p.m. \$49 R/\$54 NR #97674

Swimming, Preschool

Emphasis is on developing a high comfort level in the water and having fun as they progress through the levels. Pre-requisites: Must be 36' tall and be able to take the class independent of parent.

Age: 3-5 ■ Concord Community Park ■ TBD
Sep 12-Oct 17 Sa 9:50-10:20 a.m. \$49 R/\$54 NR #97648
Sep 12-Oct 17 Sa 10:25-10:55 a.m. \$49 R/\$54 NR #97649
Sep 12-Oct 17 Sa 11-11:30 a.m. \$49 R/\$54 NR #97650
Sep 12-Oct 17 Sa 12:10-12:40 p.m. \$49 R/\$54 NR #97651
Sep 12-Oct 17 Sa 11:35 a.m.-12:05 p.m. \$49 R/\$54 NR #97664

Swimming, Private

Private lessons are designed for one-on-one instruction to help meet the specific needs of the participant.

Age: 3-Adult ■ Concord Community Park ■ TBD
Sep 12-26 Sa 9:50-10:20 a.m. \$79 R/\$84 NR #97701
Sep 12-26 Sa 10:25-10:55 a.m. \$79 R/\$84 NR #97702
Sep 12-26 Sa 11-11:30 a.m. \$79 R/\$84 NR #97703
Sep 12-26 Sa 11:35 a.m.-12:05 p.m. \$79 R/\$84 NR #97704
Sep 12-26 Sa 12:10-12:40 p.m. \$79 R/\$84 NR #97705
Oct 3-17 Sa 9:50-10:20 a.m. \$79 R/\$84 NR #97706
Oct 3-17 Sa 10:25-10:55 a.m. \$79 R/\$84 NR #97707
Oct 3-17 Sa 11-11:30 a.m. \$79 R/\$84 NR #97708
Oct 3-17 Sa 11:35 a.m.-12:05 p.m. \$79 R/\$84 NR #97709
Oct 3-17 Sa 12:10-12:40 p.m. \$79 R/\$84 NR #97710

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
30 Swims	\$123 R/\$133 NR
45 Swims	\$171 R/\$181 NR

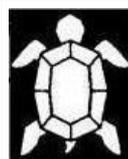
Lap Swim ■ September 8-November 30	
M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
M-Th	7 p.m.-8:30 p.m. (Short Course Only)
Sa & Su	10 a.m.-Noon

Holiday Hours 10 a.m.-Noon	
Veterans Day	Nov 11
Day After Thanksgiving	Nov 27

Pool Closures	
Swim Meet	Nov 14-15
Thanksgiving	Nov 26

Fall Recreational Swim

September 12-27 ■ Sa & Su ■ 1-4 p.m.		
Admission	Daily	15 swim pass
Adult (18+)	\$5.25R/\$6.25 NR	\$62 R/\$72 NR
Child (6-17)	\$4.50R/\$5.25 NR	\$55 R/\$66 NR
Tot (5 & Under)	\$4 R/ \$4.25 NR	\$46 R/\$56 NR
Inflatables	\$2	



TERRAPINS SWIM TEAM

RECOGNIZED AS ONE OF THE NATIONS

BEST COMPETITIVE SWIM PROGRAMS

RIGHT HERE IN CONCORD

2015 FALL PROGRAMMING

- ◆ Fall Technique Development Program—September through December
- ◆ High School Pre-Season Training Program—November through early February
- ◆ Swim Programs for “new” swimmers age 6-14 in our Orange, Blue & Silver Groups.
- ◆ Year-Round competitive swim team membership open throughout the year.

Program information, details and online registration can all be found on our website
WWW.TERRAPINSWIM.COM

Or call our office to speak with a staff member
(925) 680-8372

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

1. Online Registration
www.ConcordReg.org

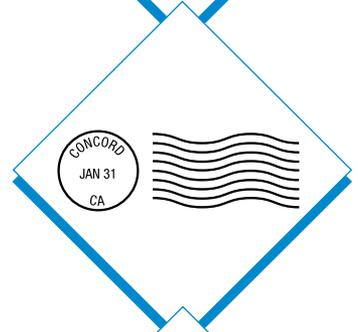


2. By Fax
Send your completed form and credit card information to 689-8169.

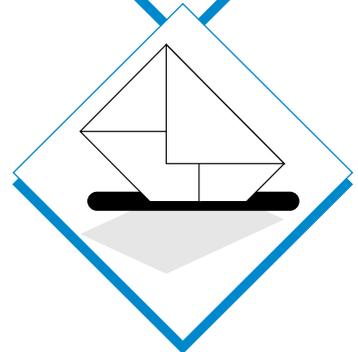


3. By Mail
Pay by check, MasterCard, Visa or American Express.

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. Cash payments will be refunded by check. 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		<input type="checkbox"/> Concord Resident <input type="checkbox"/> Non-Resident	
Address		<input type="checkbox"/> 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, social media, 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: <input type="checkbox"/> Check payable to: Concord Parks & Recreation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		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 23 - October 29, 4 - 8 p.m.
1 - 8 0 0 - 9 4 9 - F A R M

Blues Tuesdays

Tuesday, August 11, 6:30-8 p.m.
Blues series final show of the season. Hear Concord favorite, Annie Sampson, featuring "Made in Concord."

Music and Market - Thursday Evenings

May 21 - September 17, 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.

Emergency Preparedness Fair

Thursday, September 3, 4 p.m. - 8:30 p.m.
Learn how to respond to earthquakes, public health issues and disasters of all kinds.

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

Santa's Grand Arrival: Saturday, December 5 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. Contest winner!

*All events subject
to change without notice
www.concordfirst.org*

**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 12 - September 16
October 7 - November 4
November 25 - December 30

■ **Free Homework Help**

Mondays and Wednesdays
starting late August, 4 - 6 p.m.

■ **Minecraft @ the Library**

3rd Tuesday of each month
3:30 p.m.
Call or go online to reserve a spot!



C O N T R A

C O S T A

C O U N T Y

L I B R A R Y

Bringing People and Ideas Together

*Check with Library,
days / hours subject to change*

Kids love the outdoors.

Visit a Concord playground near you!



New playground in Baldwin Park

Baldwin Park
2790 Parkside Circle

Brazil Quarry Park
End of Kent Way

Cambridge Park
1135 Lacey Lane

Civic Center
1950 Parkside Drive

Dave Brubeck Park
4363 Concord Boulevard

Concord Community Park
3501 Cowell Road

Ellis Lake Park
1736 Clayton Road

Highlands Park
1336 Pennsylvania Blvd.

Hillcrest Park
2050 Olivera Road

Newhall Park
1351 Newhall Park

Rick Seers Neighborhood Park
2273 Fox Way

Sun Terrace Park
3501 Montreal Circle

Todos Santos Plaza
2175 Willow Pass Road

Willow Pass Park
2748 E. Olivera Road

Ygnacio Valley Park
900 Oak Grove Road

**Parks
Make
Life
Better!**

www.cityofconcord.org



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

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**Parks
Make
Life
Better!**

Postal Customer

**FRIDAY,
AUGUST 21**

THE WIZARD OF OZ

**CONCORD
PAVILION**

LIVE FILM WITH
ORCHESTRA

MOST TICKETS
\$25 adults
\$10 students

californiasymphony.org/oz

