Rental facilities for all occasions
weddings, quinceañeras, receptions, seminars, corporate events, meetings

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

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

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

Take a virtual tour of our facilities!
www.cityofconcord.org/rentals
CITY NEWS

2 City Contacts
3 Oktoberfest Returns to Concord
3 Green Commuter Alternatives
4 Budget Passed, Challenges Loom
5 Preparing for the Unexpected
6 Rental Housing Report Presented to Council
7 Affordable Housing
7 Campus District to House New University?
8 Concord's Global Dining Scene Expands

ACTIVITY GUIDE

9 Activity Guide
10 Preschool
13 Camp Concord
14 Youth
17 Teens
18 Adults
28 Online Classes
29 Inclusive Recreation
30 Trips & Tours
33 Picnic Site Rentals
34 Concord Parks
35 50 & Better
40 Swimming
42 Downtown Events
42 Concord Library Children's Programs
43 Registration

On the cover: Clockwise from top left
(1) Plans for developing the former Concord Naval Weapons Station continue to progress;
(2) Private Help with eDevices; (3) The Public Works Department's graffiti removal team keeps the city looking sharp; (4) Kids Cooking.
**CONTACT**

Website: [www.cityofconcord.org](http://www.cityofconcord.org)
Events: [www.visitconcordca.com/events](http://www.visitconcordca.com/events)
Classes: [www.concordreg.org](http://www.concordreg.org)
E-mail: cityinfo@cityofconcord.org
Phone: (925) 671-2489

**Recreation Program Locations**
- Baldwin Park’s Dance Studio and 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 – 671-3480
- 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
- K.O. Taekwondo – 4115 Concord Blvd., Unit 40
- Markham Nature Park – 1202 La Vista Ave.
- Newhall Park – 1351 Newhall Parkway
- Village Music – 1720 Linda Dr., Pleasant Hill – 676-8400
- Willow Pass Community Center and Park – 2748 E Olivera Road – 671-3423
- Parks & Recreation Class Registration Office – 671-3404
- en Español – 671-3324

**Rain Information Hotline**
for City of Concord Parks and Outdoor Facilities – 671-3479

**Sports Organizations**

**Youth Baseball/Softball**
- Bears Softball Association [www.bears-softball.com](http://www.bears-softball.com)
- Clayton Valley Little League [www.cvl.org](http://www.cvl.org)
- Concord American Little League [www.callbaseball.org](http://www.callbaseball.org)
- Concord Lady Hawks [www.concordladyhawks.com](http://www.concordladyhawks.com)
- JOBL Baseball & Softball [www.joblconcord.com](http://www.joblconcord.com)
- Payless Batting Cages – 686-6262

**Youth Football / Cheerleading**
- Clayton Valley Athletic Assn [www.cvaajreagles.com](http://www.cvaajreagles.com)
- Concord Youth Football [www.concordyouthfootball.com](http://www.concordyouthfootball.com)

**Youth Soccer**
- Concord AYSO [www.concordaysosoccer.org](http://www.concordaysosoccer.org)
- Diablo FC [www.diablofc.org](http://www.diablofc.org)
- Liga Latina [www.ligalatinaconcord.com](http://www.ligalatinaconcord.com)
- Mt. Diablo Soccer Association [www.mdsoccer.org](http://www.mdsoccer.org)

**Adult Soccer**
- Concord AYSO [www.concordaysosoccer.org](http://www.concordaysosoccer.org)
- Contra Costa Mixed Soccer [www.eteamz.com/ccmsl](http://www.eteamz.com/ccmsl)
- East Bay Senior Soccer [www.ebssl.com](http://www.ebssl.com)

**Adult Pickleball / Softball**
- Concord Parks & Recreation [www.teamsideline.com/concord](http://www.teamsideline.com/concord)
- [www.teamsideline.com/concord](http://www.teamsideline.com/concord)

**Bocce**
- Concord Bocce Federation [www.concordbocce.org](http://www.concordbocce.org)

**Swimming**
- Terrapins Swim Team [680-8372](http://680-8372)

**Tennis**
- Concord Tennis Club [686-1701](http://686-1701)
- Concord Table Tennis Club [689-7463](http://689-7463)
Transportation Program Fuels Green Commuter Alternatives

The City of Concord is a proud partner of 511 Contra Costa, a program that provides transportation resources for residents who are interested in exploring green modes of personal travel. 511 Contra Costa helps residents navigate public transportation and bike routes, as well as provides information on how to participate in rideshare programs.

The organization promotes ways to reduce our carbon footprint by creating commuter incentives for those who live or work in Contra Costa County. Big or small, every decision to make a change can help reduce our reliance on fossil fuel.

One of the promotions that 511 Contra Costa is currently encouraging commuters to consider is pledging to change from driving alone to carpooling, vanpooling, riding public transit, biking or walking to work during the week. Participants who fill out a brief questionnaire and meet a few eligibility requirements can receive the $25 Drive Less Commuter Incentive.

Whether you commit to taking commute alternatives one day a week or five days a week, driving less can help make a difference in our community.

To learn more about how you can partner with 511 Contra Costa to alleviate traffic congestion and improve air quality levels, visit https://511contracosta.org.

Oktoberfest Returns to Concord

Calling all festival, craft beer and German-culture enthusiasts. Grab your Dirndl dresses and Lederhosen breeches, the Concord Oktoberfest is back! For the second year in a row, the City will host its very own Wiesn at Todos Santos Plaza in Downtown Concord.

The plaza will feature live music, singing and dancing, strongman contests, a food truck fair, a kid’s area and, of course, a beer tent. Entrance is free. Food, drinks and activities are available for purchase at the festival and ahead of time online.

Mark your calendars for Friday, October 11 and Saturday, October 12 for family-friendly community fun. You won’t want to miss it!

For more, please visit www.visitconcordca.com/concordoktoberfest/.

511 Contra Costa provides businesses with free bicycle racks to encourage employees to bike to work.
Two-Year Budget Passed, Challenges Loom

The Concord City Council voted unanimously to approve the City’s two-year (FYs 2019-20 and 2020-21) operating budget on June 11. The balanced budget preserves funding for vital community services and maintains current service levels. However, as part of the City’s effort to reduce expenses, two permanent but vacant, full-time positions were eliminated.

The budget is balanced by relying on Concord’s voter-approved local revenue source, Measure Q, as well as a portion of the General Fund reserves — $3.8 million in year one, and $1.3 million in year two. By the end of Year 2, the City’s reserve is projected to be 23% of its budget. The City Council has established achieving a 30% reserve as its goal.

The City’s adopted budget for FY 2019-20 is $108,171,000, and $110,753,000 for FY 2020-21.

During the City’s budget workshop presented at the May 14 City Council meeting, Finance Department staff explained that the City’s most significant budget challenges are:

- Unfunded maintenance and infrastructure needs for roads, parks, facilities and equipment replacement, and
- Rising state-mandated CalPERS pension costs

Roadway maintenance continues to be Concord’s most costly challenge as the city and its streets are older than many neighboring communities. While significant resources have been

BUDGET continued on page 5
directed toward roadway improvements over recent years, the city’s pavement condition continues to fall while construction costs are rising at an alarming rate.

Coupled with growing state-mandated CalPERS contributions, it is clear that expenses are outpacing revenue growth.

“The City has significant funding challenges ahead,” said Budget Officer Donna Lee. “Fiscal stability measures will need to be implemented within the next two years in order for the City to maintain essential services.”

Ms. Lee also referenced the City’s Fiscal Stability Plan, which was presented to Council in May of 2018. This plan contains stability measures that, when implemented, will address the structural budget deficit over time. However, the plan does not fully address the city’s roadway infrastructure investment needs.

Looking ahead, the Council has noted that the City faces a growing deficit that must be addressed through a balanced approach that will preserve the essential services the community expects and deserves.

Over the next several months, City staff and councilmembers will be reaching out to the community to better inform residents about the City’s fiscal challenges and to solicit feedback on community priorities. There will be several opportunities to engage in this dialogue online and in person. Please look for further information about these opportunities later this summer and into fall. If you’d like to receive a direct e-mail notification on these opportunities, please subscribe to our “Budget & Finance” alerts at www.cityofconcord.org/notifyme.

Preparing for the Unexpected

Extreme weather events such as earthquakes, wildfires and heat waves can strike without warning, so it is important to remain cautious and prepared at all times.

The City of Concord encourages residents to be proactive and create a family emergency preparedness plan. Each member of the household should know in advance what to do in case of an emergency.

Creating an emergency kit is a good first step in preparing for an emergency. Important items for your kit include fresh drinking water, nonperishable food, a first aid kit, flashlights, multipurpose tools, toiletries and medications. Keep your items in waterproof containers and store them in an easily accessible place. Make sure to have enough supplies on hand to last about a week.

Emergency kits should contain enough supplies to last about a week.

Evaluating the safety of your home is another way to stay prepared. Know when and how to turn off your electricity and gas, should it be necessary. If you have a backup generator on hand, ensure that it is in good condition and working properly. It is also a good idea to locate a fire extinguisher and know how to operate it.

Earlier this year, PG&E announced that it will implement Public Safety Power Shutoffs as part of its Community Wildfire Safety program. If extreme fire danger conditions threaten a portion of the electric system, the utility may turn off electricity. They recommend that customers prepare for possible power shutoffs that can last several hours or days. Customers can sign up at www.pge.com/mywildfirealerts to receive PG&E alerts by text, phone or email, and they will be notified about outages and other events in their respective communities and receive status updates on when service will be restored.

For more tips on how to prepare for emergencies, visit www.redcross.org/get-help/how-to-prepare-for-emergencies.html.
Rental Housing Report Presented to Council

In January of 2019, the Concord City Council established an Ad Hoc Committee on Rental Housing to formulate recommendations on policies and possible programs to address rental housing concerns in Concord.

Mayor Carlyn Obringer (District 2) appointed herself and Councilmember Dominic Aliano (District 3) to the Committee, because they represent the districts that have the greatest number of multi-family housing units.

Between January and May, the committee held multiple meetings with tenant advocates, landlords and property owners, and housing experts to seek input and discuss possible solutions to the current challenges.

The committee then drafted recommendations, which were presented in a public meeting on May 29, and they heard from approximately 70 speakers who provided public comment.

At a special City Council meeting on June 19, the committee presented its final report to the full Council, and received approximately four hours of public comment.

Councilmembers discussed the recommendations, but made no final policy decisions. In fact, there was a broad range of positions expressed on nearly every policy discussed. Council directed staff to return to Council before the end of 2019 with additional information and options for how the following recommendations might be implemented.

Some of the major topic areas that Council directed staff to provide additional information on include:

### Strengthening the Existing Residential Rent Review Program

Modify the existing Residential Rent Review Program to make the Board’s decision binding for rental units in apartment complexes of three or more units that were built before 1995. The process would continue to be advisory for complexes of three or more rental units built after 1995 (as required by State law). The current Rent Review Program incorporates three steps: conciliation, mediation, and a public hearing before the Rent Review Board. A tenant can activate the rent review process if they receive notice of a rent increase of more than 10% in a 12-month period.

Council is also considering replacing the Rent Review Board with the services of an independent Administrative Law Judge. Council left open the door that they may consider other changes as well, including lowering the threshold for when a tenant can trigger access to the rent review process.

### Rent Registry

Council directed staff to explore the feasibility of gathering rent information at the time of business license application and renewal. A rent registry would require landlords to periodically report on the status of rental units; such as current rents, vacancy information, number and reasons for evictions, number and reasons for non-renewals of a lease, and the effective date of the last rent increase.

### Require Landlord to Offer a 12-Month Lease Term

Council is exploring the creation of a requirement that landlords must make available to tenants a 12-month lease term at the time of a new-rental and whenever a lease expires; the tenant would retain the right to go month-to-month or negotiate a shorter lease.

The City Council stated its continued support of community and regional partnerships to develop and preserve long-term affordability, especially the acquisition and rehabilitation of existing multi-family complexes. Council also requested that staff enhance its outreach efforts to tenants to help them obtain access to housing counseling and legal representation.

A copy of its full report, and videos of the May 29 and June 19 meetings can be viewed at www.cityofconcord.org/housingadhoc.

Residents can request to be added to the Interested Parties list to receive notification of all future meetings by sending an email to RentalHousingAdHoc@cityofconcord.org.
Affordable Housing

In addition to the recent work completed by the Ad Hoc Committee on Rental Housing, the City of Concord has continued to support the construction and protection of affordable housing.

At its May 7 meeting, the Council voted unanimously to approve and authorize an additional allocation of $2.3 million in City Housing Funds to Resources for Community Development to partially finance the construction of their expanded affordable housing project located on Galindo Street. In total, the City will be putting $7.8 million of its affordable housing funds toward this 62-unit affordable housing project.

The Council also recently required a developer to build four affordable units as part of a 26-unit market-rate townhome project on Willow Pass Road.

Additionally, the City provides a number of tools to help residents find and maintain safe, affordable housing including first-time home buyer loans, housing rehabilitation grants and loans, and much more. More information about these programs can be found at www.cityofconcord.org/housingprograms.

Campus District to House New University?

The recently passed state budget includes $4 million to evaluate five locations for a potential, new public university, and Concord is on that list! The other locations include Palm Desert, Chula Vista, San Mateo and Stockton.

This announcement comes on the heels of the recently completed Campus District Visioning Report from the Council-appointed Blue Ribbon Committee (BRC), which was established to determine how the 120 acres of land on the former Concord Naval Weapons Station could be used to support higher education.

Last year, Council appointed BRC members who represent all levels of education, major industry, labor, and workforce and economic development. The BRC met over nine months, reviewing trends in higher education and case studies of innovative educational campuses around the country. The final report was delivered to Council on June 4 and is available at www.ConcordReuseProject.org.

The BRC and Council have envisioned a campus responsive to today’s regional needs—one that can bring together multiple educational partners and leverage shared resources to provide integrated pathways focused on regional industry opportunities, such as cybersecurity, health sciences, environmental sustainability, and biomass resource management and reuse.

Students of all ages could enter and exit program areas based on individual needs and goals, from credential and certificate tracks and degree programs to advanced research and manufacturing opportunities. The goal is to provide access to educational and employment opportunities for a wide cross section of people for the benefit of the broader region.
Concord’s Global Dining Scene Expands

With 25 different global cuisines already in Concord, the latest restaurants to open their doors add nuance and variety to the city’s flourishing dining scene. A noticeable trend among our new wave of restaurants is an emphasis on quality ingredients and unique experiences.

Cinnaholic, a gourmet cinnamon roll bakery located in the Shops at Todos Santos, celebrated a successful grand opening in June. Customers lined up down the block to try Cinnaholic’s vegan cinnamon rolls, which can be customized with 20 unique frosting flavors and a variety of fresh and decadent toppings.

Perhaps the most anticipated new restaurant in recent months was Yard House, which opened in The Veranda in April. Providing the ultimate experience for both food and beer lovers, Yard House boasts a menu with over 100 made-from-scratch dishes and the world’s largest selection of draft beers at 130 taps.

Two new pizzerias have raised the bar for pizza in Concord. Located in The Willows, MidiCi serves authentic Neapolitan pizza that is made with only four ingredients: high-quality flour imported from Naples, pure water, sea salt and live yeast. MidiCi’s certified pizzaiolos (pizza makers) bake each pizza to perfection in just 90 seconds.

Italian Dough Factory, located at 2470 Bates Ave., specializes in the production of Pinsa Romana, which must be made with Di Marco flour and undergo at least 72 hours of dough fermentation. You can dine at the Italian Dough Factory during lunch hours or purchase a take ‘n’ bake pizza to enjoy at home.

Food trucks seeking to open a brick-and-mortar establishment have found a perfect location in Concord. Ko-Cups, a popular Korean food truck in the Bay Area, recently opened its first quick-service restaurant in The Veranda. Also born out of a food truck, Uncle Sharkii Poke Bar is now serving Hawaiian poke and boba tea in Sunvalley Mall.

Boba fans can also find creative drinks at Splash Tea, located at 3540 Clayton Rd. Their most popular specialty drinks are Tropical Sangria (nonalcoholic) and Crème Brulee Milk, which is an indulgent combination of whole milk, crème brulee pudding and boba.

Concord’s Japanese dining scene continues to expand. Recently opened Ramen 101 serves piping hot bowls of ramen noodle soup in the Shops at Todos Santos. Open for dinner only, Izakaya An, located at 3501 Clayton Rd., serves home-style dishes and yakitori (charcoal-grilled skewers), alongside Japanese sake and beer.

Vegetarians and carnivores alike rejoiced when Lettuce Inn reopened at 2115 Pacheco St., just a block from Todos Santos Plaza. Lettuce Inn now serves a completely plant-based menu.

There is truly no shortage of restaurants to entertain the taste buds here in Concord. With each wave of new restaurants bringing innovative tastes and styles, the dining scene keeps getting better. ◆
Walk-In Registration Only!
10 a.m.–12 p.m. and 1–3 p.m. Willow Pass Center, 2748 E. Olivera Rd. Concord, CA 94519
Open House for the 2020-2021 School Year • Saturday, February 22, 2020

Preschool Age 2
Your child will experience fun interaction and play with other 2-year-olds. They will 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, 2019.
3-year-olds must be age 3 by September 1, 2019*
4-year-olds must be age 4 by September 1, 2019.*
*3 and 4-year-olds must be toilet trained.

Monthly and Additional Fees:
2-day classes $154 R/$184 NR
3-day classes $221 R/$251 NR
5-day class $412 R/$422 NR
A $110* non-refundable registration fee and a first month’s tuition payment are due at the time of registration. The first month’s tuition is non-refundable for cancellations after June 30, 2019. The remaining 8 tuition installments are due by the 20th of each month from September 2019–April 2020.
*$75 will be applied to the April 2020 payment for students that complete the school year.

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
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4 Year Olds – Stacey Rubalcava
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4 Year Olds – Melissa Gardner
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CENTRE CONCORD
5298 CLAYTON ROAD

2 Year Olds – Beth Severa
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3 Year Olds – Shannon Cervantes
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3 Year Olds – Jennifer Morrison
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4 Year Olds – Sonja Stanley
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4 Year Olds – Sonja Stanley
5-Day Program
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ARTS AND CRAFTS

FUNdamental Drawing
Learn to draw with our fun and engaging step-by-step method! Each lesson will be a fun filled learning experience in which students will develop their observation skills, increase fine motor skills and handwriting readiness. Boost your child’s self-confidence with a Young Rembrandts lesson! No class November 26.

Age: 4–6 ★ Centre Concord ★ Young Rembrandts Staff
Sep 10–Oct 29 T 4:00p–5:00p $135 R/$140 NR #110210
Nov 5–Dec 17 T 4:00p–5:00p $102 R/$107 NR #110211

DANCE, MUSIC & PERFORMING ARTS

NEW Dance with Me
Movement and music are introduced in a fun and creative way which includes a mom, or dad or another loved one who participates in class. No class on November 26.

Age: 1½–2 ★ Baldwin Park Dance Studio ★ Luana Nietschy
Sep 3–Oct 15 T 4:00p–4:30p $66 R/$71 NR #110392
Oct 22–Dec 17 T 4:00p–4:30p $72 R/$77 NR #110393

Pre-Ballet
Preschool dancers will be inspired with the world of ballet through creative movement and improvisation. Dancers will focus on body positioning, balance and fundamentals of vocabulary. No class November 26 and 30.

Age: 3–4 ★ Baldwin Park Dance Studio ★ Luana Nietschy
Sep 3–Oct 19 T 4:30p–5:00p $66 R/$71 NR #110365
Sep 3–Oct 19 T 4:30p–5:00p and Sa 9:00a–9:30a $94 R/$99 NR #110364
Sep 7–Oct 19 Sa 9:00a–9:30a $66 R/$71 NR #110366
Oct 22–Dec 17 T 4:30p–5:00p $74 R/$79 NR #110367
Oct 22–Dec 17 T 4:30p–5:00p and Sa 9:00a–9:30a $99 R/$104 NR #110369
Oct 26–Dec 21 Sa 9:00a–9:30a $74 R/$79 NR #110368

ENRICHMENT & SPECIAL INTEREST

Little Dragons
Is your young child interested in the martial arts? Try this class first. Your child will participate in fun activities designed to increase attention span, focus and coordination. They will learn some basic skills that will prepare them to begin more disciplined training when they are older. $35 uniform required first day of class. No class November 28, 30, December 26, 28 and January 2, 4.

Age: 3–6 ★ Baldwin Park Dance Studio ★ Kevin Oliver
Oct 3–Nov 7 Th 5:00p–5:40p $105 R/$110 NR #110445
Oct 3–Nov 9 Th 5:00p–5:40p and Sa 12:00p–1:30p $160 R/$165 NR #110447
Nov 14–Jan 9 Th 5:00p–5:40p $105 R/$110 NR #110446
Nov 14–Jan 11 Th 5:00p–5:40p and Sa 12:00p–1:00p $160 R/$165 NR #110448

NEW Respect-Based Parenting For Pre-Crawlers
Learn a respectful approach to parenting/caregiving, inspired by Magda Gerber’s Educaring philosophy, that will make your parenting journey much more enriching. Pre-crawling babies will play in a safe, peaceful, and cognitively challenging environment while you practice observing your baby and staying attuned and learn about your baby’s development. You will receive support and guidance from an experienced parent educator and infant specialist.

Age: 2–6 months ★ Centre Concord ★ Shiva Behrouzi
Sep 9–Sep 30 M 11:00a–12:30p $125 R/$130 NR #110436

NEW Respect-Based Parenting for Crawlers
Learn a respectful approach to parenting/caregiving, inspired by Magda Gerber’s Educaring philosophy, that will make your parenting journey much more enriching. Crawling babies will play in a safe, peaceful, and cognitively challenging environment while you practice observing your baby and staying attuned and learn about your baby’s development. You will receive support and guidance from an experienced parent educator and infant specialist.

Age: 6 months–1 year ★ Centre Concord ★ Shiva Behrouzi
Oct 14–Nov 4 M 11:00a–12:30p $125 R/$130 NR #110437

# SPORTS

## Mommy/Daddy & Me Soccer
The fun happens on the field, so don’t just watch from the sidelines. Here is your chance to join in your toddler’s introduction to the world’s most popular sport. You’ll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. Adult participation is required. All kids receive a soccer jersey.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>2–4½</td>
<td>Concord Community Park</td>
<td>Kidz Love Soccer Staff</td>
<td>Sep 16–Oct 14</td>
<td>M 6:00p–6:30p</td>
<td>$75 R/$80</td>
<td>$120 R/$125</td>
<td>#110516</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sep 21–Nov 16</td>
<td>Sa 9:00a–9:30a</td>
<td>$120 R/$125</td>
<td>$120 R/$125</td>
<td>#110509</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sep 21–Nov 16</td>
<td>Sa 9:35a–10:05a</td>
<td>$120 R/$125</td>
<td>$120 R/$125</td>
<td>#110515</td>
</tr>
</tbody>
</table>

## Pre Soccer
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. All participants receive a soccer jersey. Shin guards are required after the first meeting.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Concord Community Park</td>
<td>Kidz Love Soccer Staff</td>
<td>Sep 21–Nov 16</td>
<td>Sa 10:45a–11:20a</td>
<td>$120 R/$125</td>
<td>$120 R/$125</td>
<td>#110510</td>
</tr>
</tbody>
</table>

## Skyhawks Tot/Preschool Basketball
Using our progressional curriculum and modified equipment, participants learn Basketball fundamentals and social skills through a series of fast-paced instructional circuits and developmental games. Our primary development objectives include dribbling, passing, shooting, rebounding, balance, body movement, hand/eye coordination, self-esteem, teamwork and sportsmanship.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>3½–4</td>
<td>Concord Community Park</td>
<td>TLR Sports Inc Staff</td>
<td>Sep 17–Dec 10</td>
<td>T 5:15p–6:00p</td>
<td>$97 R/$102</td>
<td>$120 R/$125</td>
<td>#110413</td>
</tr>
</tbody>
</table>

## Skyhawks Preschool Sports
This multi-sport program was created to give young athletes the skills, confidence and passion necessary to take the next step in athletics. Through a series of fast-paced instructional circuits and developmental games participants learn the fundamentals of baseball, basketball, soccer and track & field.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>4½ but less than 5</td>
<td>Concord Community Park</td>
<td>TLR Sports Inc Staff</td>
<td>Sep 19–Dec 12</td>
<td>Th 11:15a–12:00p</td>
<td>$304 R/$309</td>
<td>$304 R/$309</td>
<td>#110514</td>
</tr>
</tbody>
</table>

## Skyhawks Tot Sports
This multi-sport tot program combines soccer, baseball, basketball and track & field; allowing young athletes to discover a passion for a variety of sports in one fun filled setting. Participants explore balance, body movement, coordination, self-esteem, teamwork, sportsmanship and sport specific skill development.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>3–4</td>
<td>Concord Community Park</td>
<td>TLR Sports Inc Staff</td>
<td>Sep 19–Dec 12</td>
<td>Th 5:45p–6:45p</td>
<td>$234 R/$239</td>
<td>$304 R/$309</td>
<td>#110415</td>
</tr>
</tbody>
</table>

## Skyhawks Tot/Preschool Baseball
Tot Baseball was designed to give children a positive first step in America’s Pastime. Participants learn Baseball fundamentals and social skills through a series of fast-paced instructional circuits and development games. Objectives include throwing, catching, hitting, base-running, balance, body movement, hand/eye coordination, self-esteem, teamwork and sportsmanship.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>3–4</td>
<td>Concord Community Park</td>
<td>TLR Sports Inc Staff</td>
<td>Sep 16–Dec 9</td>
<td>M 5:15p–6:00p</td>
<td>$304 R/$309</td>
<td>$304 R/$309</td>
<td>#110412</td>
</tr>
</tbody>
</table>

## Tot Soccer
Little tykes will enjoy running and kicking just like the big kids. Encourages large motor skill development through fun soccer activities. Shin guards are required after the first meeting.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>3½–4</td>
<td>Concord Community Park</td>
<td>Kidz Love Soccer Staff</td>
<td>Sep 19–Dec 12</td>
<td>Th 11:15a–12:00p</td>
<td>$304 R/$309</td>
<td>$304 R/$309</td>
<td>#110514</td>
</tr>
</tbody>
</table>

## Tot/Pre Soccer
Little tykes will 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. Shin guards are required after the first meeting.

<table>
<thead>
<tr>
<th>Age</th>
<th>Location</th>
<th>Staff</th>
<th>Dates</th>
<th>Time</th>
<th>Fee (Residents)</th>
<th>Fee (Non-Residents)</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>3½–4</td>
<td>Concord Community Park</td>
<td>Kidz Love Soccer Staff</td>
<td>Sep 16–Oct 14</td>
<td>M 5:15p–5:45p</td>
<td>$74 R/$79</td>
<td>$74 R/$79</td>
<td>#110514</td>
</tr>
</tbody>
</table>
Help enhance the life of an underprivileged child, join Friends of Camp Concord today!

Friends of Camp Concord member benefits include early registration and cabin selection for Family Camp.

For membership information, please call the Camp Concord Office at (925) 671-3006 or visit friendsofcampconcord.org

Labor Day Escape at Camp Concord!
There is no better way to end your summer than spending it at the Happiest Place on Dirt with your family! Labor Day Escape at Camp Concord offers all the Family Favorites in one weekend. From our popular ‘Luau Night’ and ‘Breakfast on the Beach’ to Canoeing, Archery and Arts & Crafts, you will be able to enjoy quality time with your family away from busy schedules and technology. Meals, accommodations, programing and activities will be provided so you don’t have to worry about a thing. Labor Day Escape will give you and your family a long weekend of relaxation, fun, memories and so much more. For more information, please visit www.campconcord.org.

All Ages  ■  Camp Concord, South Lake Tahoe
Aug 30–Sep 2  F–M  $200 person R/$215 person NR  #109016

Group Reservations
Group Rentals available May to mid-June and mid-August to end-September. Camp Concord provides stunning scenery and affordable rates for groups as small as 25 to as large as 200. From family reunions to non-profit retreats, customized packages are created for each client group in order to meet their unique needs. Group reservations are personally handled by the Camp Director. If you have questions regarding Camp Concord or wish to book your group, please contact us at (925) 671-3006 or email camp.concord@cityofconcord.org.

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

“Camp Concord is a magical place. It gives young people one of the most meaningful camp experiences available and does so in one of the most beautiful settings in the world – Lake Tahoe. Through Friends of Camp Concord, kids who otherwise couldn’t afford it get the same chance to enjoy a week in the wilderness as anyone else. Every child should have the opportunity to spend a week at a camp like this.”

— Dan Ashley, ABC 7 News
DANCE, MUSIC & PERFORMING ARTS

Ballet 1
Dancers will learn the fundamentals of classical ballet focusing on technique, body placement, vocabulary and musicality. Perform to inspiring graceful movements and creativity. Appropriate attire: ballet shoes, tights or leggings and leotards. No class November 26 and 30.

Age: 4–8 • Baldwin Park Dance Studio • Luana Nietschy
Sep 3–Oct 15  T  5:00p–5:45p  $76 R/$81 NR  #110370
Sep 3–Oct 19  T  5:00p–5:45p
and Sa  9:30a–10:15a  $125 R/$130 NR  #110372
Sep 7–Oct 19  Sa  9:30a–10:15a  $76 R/$81 NR  #110371
Oct 22–Dec 17 T  5:00p–5:45p  $76 R/$81 NR  #110373
Oct 22–Dec 21  T  5:00p–5:45p
and Sa  9:30a–10:15a  $125 R/$130 NR  #110375
Oct 26–Dec 21  Sa  9:30a–10:15a  $84 R/$89 NR  #110374

Ballet 2
Dancers will increase their knowledge of ballet with emphasis on proper placement of arms, body and flexibility. Barre and center work focuses on technique, musicality and grace. Proper attire: ballet shoes, tights and leotards. No class November 26 and 30.

Age: 5–13 • Baldwin Park Dance Studio • Luana Nietschy
Sep 3–Oct 15  T  5:45p–6:30p  $76 R/$81 NR  #110376
Sep 3–Oct 19  T  5:45p–6:30p
and Sa  10:15a–11:00a  $125 R/$130 NR  #110378
Sep 7–Oct 19  Sa  10:15a–11:00a  $76 R/$81 NR  #110377
Oct 22–Dec 17 T  5:45p–6:30p  $84 R/$89 NR  #110379
Oct 22–Dec 21  T  5:45p–6:30p
and Sa  10:15a–11:00a  $125 R/$130 NR  #110380
Oct 26–Dec 21  Sa  10:15a–11:00a  $84 R/$89 NR  #110381

ENRICHMENT & SPECIAL INTEREST

Aloha Mind Math
Kids find learning math on the abacus fun! Hands-on math builds on a child’s imagination to develop number sense. Aloha Mind Math teaches math on the abacus plus mental math techniques. Your child will broaden their understanding of math and realize that they too can be math super stars. Abacus and workbook included.

Age: 6–12 • Centre Concord • Aloha Mind Math Lava Learning Staff
Sep 9–Oct 28  M  3:30p–4:30p  $201 R/$206 NR  #110396

Chess Wizards
Join Chess Wizards, one of the nation’s premier chess education companies. Our interactive, discovery-based curriculum inspires students to think ahead, visualize their goals, treat others with respect and to learn from mistakes. Our classes are geared to suit children of all skill levels; from chessling to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more! No class November 2 and 30.

Age: 5–12 • Centre Concord • Chess Wizards Staff
Sep 7–Oct 12  Sa  9:30a–10:30a  $155 R/$160 NR  #110394
Oct 19–Dec 7  Sa  9:30a–10:30a  $155 R/$160 NR  #110399

SWIM PROGRAM
“I’m visiting from the Bay Area. I’m impressed with the swim program, staff members, instructors and facilities. It is a very well run program with a lot of dedicated team members. Go Concord!”
— Cinthia Lee

See swim program on pages 40-41.
Cooking Round the World
Children will visit a different country each day to learn about what that country is distinctly known for, and eat delicious foods associated with that region. A recipe e-book is provided at the end of the session. Program is 100% hands on and we are a nut free company. No class November 29.

Age: 6-13  ■  Centre Concord  ■  Cooking Round The World Staff
Sep 6-Oct 25  F  4:00p-5:30p  $197 R/$202 NR  #110397
$45 material fee due at the first class.

Age: 6-13  ■  Centre Concord  ■  Cooking Round The World Staff
Nov 8-Dec 20  F  4:00p-5:30p  $149 R/$154 NR  #110398
$30 material fee due at the first class.

NEW  ■  Halloween Haunted House Workshop using LEGO®
This Halloween season, join Play-Well for a LEGO Haunted House workshop! Participants can build and engineer trap doors and other obstacles in a maze of spaces through their creations. We’ll see if the LEGO Minifigures make it out of the haunted house without getting scared!

Age: 5-10  ■  Centre Concord  ■  Play–Well Teknologies Staff
Oct 26  Sa  10:00a-12:00p  $39 R/$44 NR  #110473

NEW  ■  Jedi Engineering Using LEGO®
The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Age: 5-10  ■  Centre Concord  ■  Play–Well Teknologies Staff
Jan 2-Jan 3  Th-F  9:00a-12:00p  $110 R/$115 NR  #110474

NEW  ■  Challenge Island Family Challenge Event
Challenge Island is not just for kids! Our multi-generational family challenges are perfect for bringing families together as a unified tribe. Together, take on some of our most popular STEAM (science, technology, engineering, art, & math) challenges centered around fun, family-friendly themes. Challenge Island promises to be a family event you will never forget!

Age: 5+  ■  Centre Concord  ■  Challenge Island Staff
Oct 12  Sa  10:00a-11:00a  $49 R/$54 NR  #110519
Nov 16  Sa  10:00a-11:00a  $49 R/$54 NR  #110520

NEW  ■  K.O. Taekwondo – Family Class
Is your young child interested in the martial arts? Train and have fun together as a family. Participate in fun activities designed to increase their attention span, focus and coordination. You will learn some basic skills to prepare for more disciplined training as you progress. For each fully paid registration the second family member is 50% off. $35 required uniform fee due the first day of class.

Age: 5+  ■  Baldwin Park Dance Studio  ■  Kevin Oliver
Sep 4-Sep 27  W,F  7:00p-8:00p  $105 R/$110 NR  #110457
Sep 4-Sep 28  W,F  7:00p-8:00p and Sa  12:00p-1:00p  $115 R/$120 NR  #110461
Oct 2-Oct 30  W,F  7:00p-8:00p  $105 R/$110 NR  #110458
Oct 2-Oct 30  W,F  7:00p-8:00p and Sa  12:00p-1:00p  $115 R/$120 NR  #110462
Nov 1-Nov 22  W,F  7:00p-8:00p  $94 R/$99 NR  #110459
Nov 1-Nov 23  W,F  7:00p-8:00p and Sa  12:00p-1:00p  $105 R/$110 NR  #110463
Dec 4-Dec 20  W,F  7:00p-8:00p  $84 R/$89 NR  #110460
Dec 4-Dec 21  W,F  7:00p-8:00p and Sa  12:00p-1:00p  $94 R/$99 NR  #110464

K.O. Taekwondo – Youth and Teen Beginner
This Traditional style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and also a great cardiovascular workout; 2 and 3 days/week options available. $35 required uniform fee due the first day of class.

Age: 6-13  ■  Baldwin Park Dance Studio  ■  Kevin Oliver
Sep 4-Sep 27  W,F  6:00p-7:00p  $105 R/$110 NR  #110449
Sep 4-Sep 27  W,F  6:00p-7:00p and Sa  12:00p-1:00p  $115 R/$120 NR  #110453
Oct 2-Oct 30  W,F  6:00p-7:00p  $105 R/$110 NR  #110450
Oct 2-Oct 30  W,F  6:00p-7:00p and Sa  12:00p-1:00p  $115 R/$120 NR  #110454
Nov 1-Nov 22  W,F  6:00p-7:00p  $94 R/$99 NR  #110451
Nov 1-Nov 23  W,F  6:00p-7:00p and Sa  12:00p-1:00p  $105 R/$110 NR  #110455
Dec 4-Dec 20  W,F  6:00p-7:00p  $84 R/$89 NR  #110452
Dec 4-Dec 21  W,F  6:00p-7:00p and Sa  12:00p-1:00p  $94 R/$99 NR  #110456
**SPORTS**

**Junior Tennis for Beginners**
This program is for new or improving players ages 5-16. The program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. 20% sibling discount available-please call (925) 671-3423.

<table>
<thead>
<tr>
<th>Age 5-15</th>
<th>Willow Pass Community Park</th>
<th>Calvin McCullough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 3-Oct 22</td>
<td>T 4:00p-5:00p</td>
<td>$98 R/$103 NR #110476</td>
</tr>
<tr>
<td>Sep 3-Oct 24</td>
<td>T,Th 4:00p-5:00p</td>
<td>$190 R/$195 NR #110475</td>
</tr>
<tr>
<td>Sep 5-Oct 24</td>
<td>Th 4:00p-5:00p</td>
<td>$98 R/$103 NR #110477</td>
</tr>
</tbody>
</table>

**Junior Tennis for Intermediates**
Intermediate Tennis involves learning to deal with faster shots through more advanced footwork and quicker preparation. The program emphasizes ball control, court position, fitness and terminology. Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience. 20% sibling discount available-please call (925) 671-3423.

<table>
<thead>
<tr>
<th>Age 7-15</th>
<th>Willow Pass Community Park</th>
<th>Calvin McCullough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 3-Oct 22</td>
<td>T 5:00p-6:30p</td>
<td>$123 R/$128 NR #110480</td>
</tr>
<tr>
<td>Sep 3-Oct 24</td>
<td>T,Th 5:00p-6:30p</td>
<td>$237 R/$242 NR #110479</td>
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<tr>
<td>Sep 5-Oct 24</td>
<td>Th 5:00p-6:30p</td>
<td>$123 R/$128 NR #110481</td>
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</tbody>
</table>

**Soccer 1: Techniques & Teamwork**
Perfect for first time players while being fun and engaging for kids with some experience. Fun skill games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. All participants receive a soccer jersey. Shin guards are required after the first meeting.

<table>
<thead>
<tr>
<th>Age 5-6</th>
<th>Concord Community Park</th>
<th>Kidz Love Soccer Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 16-Nov 11</td>
<td>M 3:40p-4:25p</td>
<td>$120 R/$125 NR #110511</td>
</tr>
<tr>
<td>Sep 21-Nov 16</td>
<td>Sa 11:20a-12:05p</td>
<td>$120 R/$125 NR #110517</td>
</tr>
</tbody>
</table>

**Soccer 2: Skillz & Scrimmages**
Enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world’s most popular game. All participants receive a soccer jersey. Shin guards are required after the first meeting.

<table>
<thead>
<tr>
<th>Age 7-9</th>
<th>Concord Community Park</th>
<th>Kidz Love Soccer Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 16-Nov 11</td>
<td>M 4:25p-5:10p</td>
<td>$120 R/$125 NR #110512</td>
</tr>
</tbody>
</table>

**Tennis Thanksgiving Camp**
Tennis Camp students will learn the essentials of the game in a fun and informative way. Whether your child is just getting started in the sport, or they have been playing for a while, we will match them up with a group of kids at the same level and age.

<table>
<thead>
<tr>
<th>Age: 5-15</th>
<th>Willow Pass Community Park</th>
<th>Calvin McCullough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 25</td>
<td>M 9:00a-12:00p</td>
<td>$49 R/$54 NR #110505</td>
</tr>
<tr>
<td>Nov 26</td>
<td>T 9:00a-12:00p</td>
<td>$49 R/$54 NR #110500</td>
</tr>
<tr>
<td>Nov 27</td>
<td>W 9:00a-12:00p</td>
<td>$49 R/$54 NR #110501</td>
</tr>
</tbody>
</table>

**Multi-Session Discount**
Nov 25-Nov 27 | M-W 9:00a-12:00p | $113 R/$118 NR #110498 |

**Tennis Winter Camp**
Tennis Camp students will learn the essentials of the game in a fun and informative way. Whether your child is just getting started in the sport, or they have been playing for a while, we will match them up with a group of kids at the same level and age.

<table>
<thead>
<tr>
<th>Age: 5-14</th>
<th>Willow Pass Community Park</th>
<th>Calvin McCullough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 23</td>
<td>M 9:00a-12:00p</td>
<td>$49 R/$54 NR #110499</td>
</tr>
<tr>
<td>Dec 24</td>
<td>T 9:00a-12:00p</td>
<td>$49 R/$54 NR #110506</td>
</tr>
<tr>
<td>Dec 26</td>
<td>Th 9:00a-12:00p</td>
<td>$49 R/$54 NR #110507</td>
</tr>
<tr>
<td>Dec 27</td>
<td>F 9:00a-12:00p</td>
<td>$49 R/$54 NR #110508</td>
</tr>
</tbody>
</table>

**Multi-Session Discount**
Dec 23-Dec 27 | M,T,Th,F 9:00a-12:00p | $149 R/$154 NR #110504
ENRICHMENT & SPECIAL INTEREST

Online Driver’s Ed for Teens
DMV allows teens to receive their learner’s permit at age 15½ and license at age 16. This class is the first, required step that must be completed. An online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion.

Age 15+ • Online • LLC Safety Driver’s Ed Staff
Sep 1–Sep 30 Online $43 R/$48 NR #110214
Oct 1–Oct 31 Online $43 R/$48 NR #110215
Nov 1–Nov 30 Online $43 R/$48 NR #110216
Dec 1–Dec 31 Online $43 R/$48 NR #110217

The First Tee of Contra Costa
The First Tee is a non-profit youth development program established to teach Life Skills and instill Core Values through the game of golf.
Through fun golf-related games and activities, The First Tee teaches kids important life skills and core values that helps them develop into great golfers and even better people. All participants 7 and up enter the program at the PLAYER level and advance through the levels by mastering the skills and concepts presented at each level. For younger players, The First Tee welcomes them at the TARGET level at 5 years old.

■ 8-week Fall Session: Week of September 9th to Week of October 28
■ Fall Session Registration: Opens Thursday, August 1st. Early bird period ends 8/31
■ Fall Session Cost: $119 with early bird discount (1 day/week, 1.5 hour lessons)
■ TARGET Program (Ages 5–6): $109 with early bird discount (1 day/week, 1 hour lessons)
Visit our website thefirstteeccontracosta.org to see our schedule of classes for the Fall Session.
*Fee assistance available.
Please visit the homepage of www.thefirstteeccontracosta.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
Monica@TFTCCS.org
thefirstteeccontracosta.org
Chapter Office:
2290 Diamond Blvd., Ste. 203
Concord, CA 94520

**ARTS AND CRAFTS**

## Drawing and Painting
Beginner and advanced students can learn simple techniques to create floral images, animals, portraits or landscapes. The instructor will provide demonstrations, individual help, and critiques. You may work in the style of your choice. There will be a supply list at the first class. You may bring your own supplies.

<table>
<thead>
<tr>
<th>Age: 18+ ■ Senior Center ■ Ann Nakatani</th>
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</thead>
<tbody>
<tr>
<td>Sep 11–Oct 30  W 9:30a–10:30a $68 R/$73 NR #110231</td>
</tr>
<tr>
<td>Nov 6–Dec 18  W 9:30a–10:30a $60 R/$65 NR #110232</td>
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</table>

## Drawing with Colored Pencils
Make beautiful drawings using the comfort of a pencil. Join us for a fun workshop using Colored Pencils! Students will discover a variety of new drawing techniques such as burnishing, layering, shading, optical blending, cross hatching and color blending. We will also touch on tone, form, composition, color theory, tools, papers and products. $10 Material fee due to instructor on first day of class.

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<tr>
<th>Age: 18+ ■ Centre Concord ■ Laura Schofield</th>
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<tbody>
<tr>
<td>Sep 7  Sa 10:00a–12:00p $44 R/$49 NR #110218</td>
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</table>

## Drawing with Pen, Brush and Ink
Join us for a fun and easy workshop as we explore the wonders of drawing with Pen, Brush and Ink! Students will learn how to create beautiful drawings using a variety of techniques such as dry brush, ink wash, stippling, splatter, cross hatching, contour and linear lines, and scumbling. We will touch on tone, form, composition, tools, papers and products. $10 Material fee due first day to instructor.

<table>
<thead>
<tr>
<th>Age: 18+ ■ Centre Concord ■ Laura Schofield</th>
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<tbody>
<tr>
<td>Oct 12  Sa 10:00a–12:00p $44 R/$49 NR #110219</td>
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</table>

## Drawing with Charcoal
Explore drawing with charcoal! Students will learn blending techniques and how to create beautiful drawings using a variety of papers and charcoal (including vine, white and colored charcoal, compressed and pencil). Students are challenged with various art projects using the subtractive method, tonal values, gradating tones, highlights and contrasting. $10 Material fee due to instructor on first day of class.

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<tr>
<th>Age: 18+ ■ Centre Concord ■ Laura Schofield</th>
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<tbody>
<tr>
<td>Nov 16  Sa 10:00a–12:00p $44 R/$49 NR #110221</td>
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</table>

## Drawing with Oil Pastels
Create beautiful drawings working with oil pastels! Students will apply a variety of new drawing techniques such as stippling, layering, shading, cross hatching, warm and cool colors and color blending to their drawings. We will also touch on tone, form, composition, color theory, tools, papers and products. $10 Material fee due to instructor on first day of class.

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<thead>
<tr>
<th>Age: 18+ ■ Centre Concord ■ Laura Schofield</th>
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<tbody>
<tr>
<td>Dec 7  Sa 10:00a–12:00p $44 R/$49 NR #110222</td>
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</table>

## Fun Drawings Made Easy
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 pencil, water color and Japanese brush painting. Supply list will be provided the first meeting. You may bring your own supplies.

<table>
<thead>
<tr>
<th>Age: 18+ ■ Senior Center ■ Ann Nakatani</th>
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<tr>
<td>Sep 11–Oct 30  W 10:30a–11:30a $68 R/$73 NR #110233</td>
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<tr>
<td>Nov 6–Dec 18  W 10:30a–11:30a $60 R/$65 NR #110234</td>
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R = Concord Resident NR = Concord Non-Resident

*Concord City News & Activity Guide Fall 2019 www.ConcordReg.org*
K.O. Taekwondo – Adult/Advanced
This Traditional Style Taekwondo class helps focus on core values and is good for all ages and abilities. Emphasis is on learning useful self-defense techniques, increased flexibility and stamina, improving overall muscle tone, and also a great cardiovascular workout. 2 or 3 day a week options. $35 required uniform fee due the first day of class.

**Age: 13+  ■  Baldwin Park Dance Studio  ■  Kevin Oliver**
Sep 4–Sep 27  W,F  7:00p–8:00p  $105 R/$110 NR  #110465
Sep 4–Sep 27  W,F  7:00p–8:00p
and Sa  1:00p–2:00p  $115 R/$120 NR  #110469
Oct 2–Oct 30  W,F  7:00p–8:00p
and Sa  1:00p–2:00p  $115 R/$120 NR  #110466
Nov 1–Nov 22  W,F  7:00p–8:00p  $94 R/$99 NR  #110470
Nov 1–Nov 23  W,F  7:00p–8:00p
and Sa  1:00p–2:00p  $105 R/$110 NR  #110467
Dec 4–Dec 20  W,F  7:00p–8:00p
and Sa  1:00p–2:00p  $94 R/$99 NR  #110472

K.O. Taekwondo – Family Class
Is your young child interested in the martial arts? Train and have fun together as a family. Participate in fun activities designed to increase their attention span, focus and coordination. You will learn some basic skills to prepare for more disciplined training as you progress. For each fully paid registration the second family member is 50% off. $35 required uniform fee due the first day of class.

**Age: 5+  ■  Baldwin Park Dance Studio  ■  Kevin Oliver**
Sep 4–Sep 27  W,F  7:00p–8:00p  $105 R/$110 NR  #110457
Sep 4–Sep 28  W,F  7:00p–8:00p
and Sa  12:00p–1:00p  $115 R/$120 NR  #110461
Oct 2–Oct 30  W,F  7:00p–8:00p
and Sa  12:00p–1:00p  $115 R/$120 NR  #110458
Nov 1–Nov 22  W,F  7:00p–8:00p  $94 R/$99 NR  #110462
Nov 1–Nov 23  W,F  7:00p–8:00p
and Sa  12:00p–1:00p  $105 R/$110 NR  #110459
Dec 4–Dec 20  W,F  7:00p–8:00p
and Sa  12:00p–1:00p  $94 R/$99 NR  #110464

Pocket Sketch Anywhere!
Stimulate your creative thinking with Pocket Sketch On The Go! This versatile pen and watercolor quick sketch technique is easy to use by beginners or seasoned travelers with step by step demos, using pocket sized, portable equipment. Learn perspective, composition, color mixing. A one time $40 materials fee is payable to instructor.

**Age: 18+  ■  Senior Center  ■  Paulette Lagana**
Sep 10–Oct 30  Th  9:00a–11:30a  $88 R/$93 NR  #110171
Nov 5–Dec 17  Th  9:00a–11:30a  $77 R/$82 NR  #110172

**NEW** Sewing Therapy
Have you ever heard of Sewing Therapy? Teach your brain new skills while making new friends, and having fun too. Computerized machines and all small materials provided through $25 materials fee. Max of 6 students allows individual instruction with Certified Sewing Instructor Debbie Madison. Build on what you already know. No class November 28.

**Age: 18+  ■  Senior Center  ■  Debbie Madison**
Sep 12–Oct 31  Th  9:00a–11:00a  $204 R/$209 NR  #110191
Nov 7–Dec 19  Th  9:00a–11:00a  $155 R/$160 NR  #110192

**DANCE, MUSIC & PERFORMING ARTS**

**Fit With Bands**
Get fit with resistance bands. Join in on the latest fitness craze with this low impact workout set to music, to help strengthen and define your entire body. Improves flexibility, balance and posture. Special introductory price! No class November 26.

**Age: 18+  ■  Baldwin Park Dance Studio  ■  Luana Nietschy**
Oct 29–Dec 17  T  6:30p–7:15p  $39 R/$44 NR  #110391

**Hula Fundamentals**
Learn the basic hand and foot movement of Hula. It’s a great workout for mind, body and spirit. Pa’u skirt or Sarong (optional). No class November 28.

**Age: 18+  ■  Baldwin Park Dance Studio  ■  Rosemarie Ramos**
Sep 12–Oct 31  Th  6:00p–6:30p  $36 R/$41 NR  #110253
Nov 7–Dec 19  Th  6:00p–6:30p  $28 R/$33 NR  #110254

**NEW** Hula Kane (Men) Beginners
Join in the simple hula experience using your hand & foot for coordination, body toning, flexibility. Learn a Hula to traditional or modern Hawaiian music. Wear comfortable clothing, bring water and pareo/Sarong (Optional).

**Age: 18+  ■  Senior Center  ■  Rosemarie Ramos**
Sep 11–Oct 30  W  5:00p–6:00p  $60 R/$65 NR  #110257
Nov 6–Dec 18  W  5:00p–6:00p  $53 R/$58 NR  #110258

**Hula On!**
Enjoy the hula experience. Learn hand and foot coordination, body toning and flexibility. Dance to the traditional or modern Hawaiian music, great for the mind and spirit. Wear comfortable clothing; bring water and pareo/Sarong (optional). No class November 28.

**Age: 18+  ■  Baldwin Park Dance Studio  ■  Rosemarie Ramos**
Sep 12–Oct 31  Th  6:45p–7:45p  $60 R/$65 NR  #110255
Nov 7–Dec 19  Th  6:45p–7:45p  $46 R/$51 NR  #110256
**NEW Improvisation for Beginners**

Improvis helps you think quickly, concentrate, increase mental agility, eliminate “brain freeze” and learn to take risks. It is a skill that absolutely must be learned, and it’s fun! This class focuses on fun and laughter. No class November 11 and December 13.

**Age: 15+ ■ Senior Center ■ Alice Kwong-Van Dusen**

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<th>Date</th>
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<tr>
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<td>5:15p–6:15p</td>
<td>$60 R/$65 NR</td>
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<td>Nov 6–Dec 18</td>
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<td>Nov 8–Dec 20</td>
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<td>5:15p–6:15p</td>
<td>$46 R/$51 NR</td>
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**Line Dancing**

Line dancing is a fun-filled, low-impact activity that helps keep you in shape without feeling like exercise. Learning step sequences helps to improve your memory, gives you a mood-lifting sense of accomplishment, all while dancing to popular music! Bring your friends. Beginners welcome! No class September 20; November 29 and December 6.

**Age: 18+ ■ Senior Center ■ Susan Dodge**

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<tr>
<td>Sep 13–Oct 25</td>
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<td>$46 R/$51 NR</td>
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<td>Nov 1–Dec 20</td>
<td>F</td>
<td>9:15a–10:30a</td>
<td>$40 R/$45 NR</td>
<td>#110194</td>
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**Ukulele Beginners**

Join us and begin to play the ukulele! Learn to strum chords with ease and play familiar tunes, from Jambalaya to Hukilau! Bring: your ukulele, a tuner, a folder for music, a pencil, and ukulele strap. 13-17 year-olds may register by agreement with teacher (and must be accompanied by an adult). No class November 11.

**Age: 13+ ■ Senior Center ■ Dianna Dumelle**

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<td>$32 R/$37 NR</td>
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<td>M</td>
<td>4:00p–5:00p</td>
<td>$46 R/$51 NR</td>
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**Ukulele Intermediate**

Continue understanding how to play the ukulele. Learn to read music, pick melodies; new strums, chords and more advanced songs. Bring your ukulele (strap recommended), a tuner, folder for the music and a pencil. 13-17 year olds may register by agreement with teacher (and must be accompanied by an adult). No class November 11.

**Age: 13+ ■ Senior Center ■ Dianna Dumelle**

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<tr>
<td>Nov 4–Dec 16</td>
<td>M</td>
<td>5:00p–6:00p</td>
<td>$46 R/$51 NR</td>
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**Ukulele Advanced Intermediate**

Continue learning to read music on staff and TABS; fingerpicking; and more complex chords. Bring: your ukulele, tuner, folder/binder for music, pencil, and strap. Requirements: Intermediate Ukulele level, or comfortable with chord changes, and the ability to read music for ukulele.

No class on November 28.

**Age: 18+ ■ Senior Center ■ Don Rollins**

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<tr>
<th>Date</th>
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<tr>
<td>Oct 3</td>
<td>Th</td>
<td>7:00p–9:00p</td>
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<td>#110250</td>
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</table>
French for Beginners
This class will teach you the French language in a fun and easy way, while covering grammar fundamentals including gender, nouns, verbs, and more. We will explore the French language and culture using interactive games and specific learning techniques, and you’ll be speaking and understanding everyday French in no time!

Age: 13+  Centre Concord  Hope Izabelle
Oct 7–Oct 28  M  6:30p–7:30p  $66 R/$71 NR  #110227

French for Continuing Beginners
A continuation of French for Beginners, this class is for anyone who would like to brush up on or improve their French skills. Students should have a basic understanding of gender, nouns, adjectives and verbs. We will review fundamentals, then cover simple prepositions, tenses, vocabulary, and more, with a different focus for each session. No class on November 11.

Age: 13+  Centre Concord  Hope Izabelle
Sep 9–Sep 30  M  6:30p–7:30p  $66 R/$71 NR  #110298
Nov 4–Dec 2  M  6:30p–7:30p  $66 R/$71 NR  #110226

Scams, Cons and Frauds
Receive a free packet of information and material on how to safeguard yourself and family against illegal activities. Millions of dollars are lost to scams each year. Anyone can be a victim. Attend this class to be more aware of how to identify and report a scam.

Age: 18+  Senior Center  Randy Horton
Oct 19  Sa  10:00a–11:30a  $4 R/$9 NR  #110259

HEALTH & FITNESS

Balance Mat Pilates
Are you having trouble standing up and picking up things from the floor? This class is for you. With a complete series of floor and standing positions, Balance Mat Pilates focuses on engaging the mind and body. This class will help improve breathing, it will strengthen core, improve balance, coordination and it will decrease stress. This class is safe low impact and appropriate for everyone. This class focuses on learning to move better so the benefits are felt in everyday life. Bring a mat and towel to class. No class October 29 and November 26.

Age: 18+  Centre Concord  Elisa Borges
Sep 3–Dec 17  T  10:45a–11:45a  $57 R/$62 NR  #110261

Ballet Fit
Enjoy a ballet inspired workout with barre dance routines set to music. This is a great way to help lift, tone and lengthen your body while improving your posture and flexibility. Focus is on endurance and grace. Workout attire, ballet shoes or socks. No class November 25 and 29.

Age: 18+  Baldwin Park Dance Studio  Luana Nistechy
Sep 6–Oct 18  F  4:45p–5:45p  $54 R/$59 NR  #110385
Sep 6–Oct 21  M  6:30p–7:30p  and F  4:45p–5:45p  $64 R/$69 NR  #110386
Sep 9–Oct 21  M  6:30p–7:30p  $54 R/$59 NR  #110384
Oct 25–Dec 20  F  4:45p–5:45p  $59 R/$64 NR  #110388
Oct 25–Dec 20  M  6:30p–7:30p  and F  4:45p–5:45p  $64 R/$69 NR  #110389
Oct 28–Dec 16  M  6:30p–7:30p  $54 R/$59 NR  #110387

New Detoxify, Hydrate, Rejuvenate
Time to hit the Reset Button! Cleanse, hydrate and rejuvenate as we revamp your nutrition, lifestyle and habits to reverse chronic issues and attain optimal wellness. Are you ready to lose weight, feel better, look younger?

Age: 18+  Senior Center  Elena Pratte
Sep 12–Oct 10  Th  6:00p–7:30p  $113 R/$118 NR  #110287
Oct 17–Nov 14  Th  6:00p–7:30p  $113 R/$118 NR  #110290

Age: 18+  Centre Concord  Elena Pratte
Sep 10–Oct 8  T  6:00p–7:30p  $113 R/$118 NR  #110294
Oct 15–Nov 12  T  6:00p–7:30p  $113 R/$118 NR  #110295
Nov 19–Dec 16  T  6:00p–7:30p  $113 R/$118 NR  #110296
Fit & Low Stretches

Are you an older adult seeking a total body workout? Increase flexibility, balance, joint coordination, agility, muscular strength and cardiovascular endurance with a complete series of seated standing positions, which assist to heal, prevent damage to your joints and reverse pain caused by bad standing and walking postures. End with restorative relaxation breathing exercises to promote stress reduction and mental clarity. Bring a mat and towel to class. No class November 28.

Age: 18+  Centre Concord  Elisa Borges
Sep 5–Dec 19  Th  10:15a–11:15a  $57 R/$62 NR  #110260

NEW Guided Meditation for Self Healing (Yoga Nidra)

Also known as Yogic Sleep, Yoga Nidra is a powerful practice of guided relaxation that offers unlimited healing potential for the body, mind & spirit. While lying down, we surrender and experience complete relaxation as your brain enters Theta and Delta brain waves states, a state where total self-healing can take place. Bring yoga mat & eye cover.

Age: 16+  Centre Concord  Elena Pratte
Sep 10–Oct 8  Th  7:30p–8:30p  $108 R/$113 NR  #110291
Oct 15–Nov 12  Th  7:30p–8:30p  $108 R/$113 NR  #110292
Nov 19–Dec 17  Th  7:30p–8:30p  $108 R/$113 NR  #110293

Age: 30+  Senior Center  Elena Pratte
Sep 12–Oct 10  Th  7:30p–8:30p  $108 R/$113 NR  #110288
Oct 17–Nov 14  Th  7:30p–8:30p  $108 R/$113 NR  #110289

Jazzercise Class

Jazzercise is the original dance and party workout. Blending dance and Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. No class October 31, November 11, 28 and December 26.

Age: 18+  Centre Concord  Teri Crippen
Sep 5–Sep 26  Th  5:15p–6:15p  $28 R/$33 NR  #110417
Sep 5–Sep 30  M, Th and Sa  5:15p–6:15p  $76 R/$81 NR  #110420
Sep 7–Sep 28  Sa  8:30a–9:30a  $28 R/$33 NR  #110419
Sep 9–Sep 30  M  5:15p–6:15p  $76 R/$81 NR  #110418
Oct 5–Oct 28  M, Th and Sa  8:30p–9:30p  $76 R/$81 NR  #110424
Oct 5–Oct 26  Sa  8:30a–9:30a  $28 R/$33 NR  #110422

Multi-Session Discount
Sep 5–Oct 28  M, Th and Sa  5:15p–6:15p  $134 R/$139 NR  #110425
Nov 4–Nov 30  M, Th and Sa  5:15p–9:30a  $64 R/$69 NR  #110429
Nov 7–Nov 21  Th  5:15p–6:15p  $21 R/$26 NR  #110427
Nov 9–Nov 30  Sa  8:30a–9:30a  $28 R/$33 NR  #110428
Dec 2–Dec 30  M  5:15p–6:15p  $34 R/$39 NR  #110430
Dec 2–Dec 28  M, Th and Sa  8:30p–9:30p  $76 R/$81 NR  #110433
Dec 5–Dec 19  Th  5:15p–6:15p  $21 R/$26 NR  #110431
Dec 7–Dec 28  Sa  8:30a–9:30a  $28 R/$33 NR  #110432

Multi-Session Discount
Nov 4–Dec 30  M, Th and Sa  5:15p–6:15p  $123 R/$128 NR  #110434

Jazzercise Lo

This low impact, full body workout, blending dance basics with muscle-strengthening moves, is designed to help you burn fat, increase stamina and elevate mood. All classes are taught by a Certified Jazzercise Instructor, combining sweat, fun and safety all in one rockin’ class. Please bring a mat and hand held weights. No class September 2, 4, October 14, November 11, 27, 29 and December 23, 25, and 27, 2019.

Age: 18+  Willow Pass Community Center  Donell Allen
Sep 6–Sep 30  M, W, F  9:30a–10:30a  $54 R/$59 NR  #110531
Oct 2–Oct 30  M, W, F  9:30a–10:30a  $58 R/$63 NR  #110532
Nov 1–Nov 25  M, W, F  9:30a–10:30a  $49 R/$54 NR  #110533
Dec 2–Dec 30  M, W, F  9:30a–10:30a  $49 R/$54 NR  #110534

NEW Line Dance Social

This is an opportunity for line dance students/friends to get together and make new friends, for a fun afternoon of dancing. A chance to practice dances we have learned during class and to learn a few new ones as well. This social can help with memory retention and provides physical activity.

Age: 21+  Senior Center  Susan Dodge
Oct 6  S  1:00p–4:00p  $10 R/$15 NR  #110152
Dec 1  S  1:00p–4:00p  $10 R/$15 NR  #110153
Meditation 1 – 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 has practiced and taught meditation for over 30 years. Optional CD $10.

Age: 18+ ● Centre Concord ● Mary Bruns
Sep 10–Oct 8 T 7:00p–8:45p $69 R/$74 NR #110408

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. Prerequisite: Meditation 1. $5 Materials fee due instructor on first day of class. Optional CD $10.

Age: 18+ ● Centre Concord ● Mary Bruns
Nov 12–Dec 10 T 7:00p–8:45p $79 R/$84 NR #110409

Meditation 3 – Ongoing Meditation
In Meditation 3, we apply what we have learned to improve our response to current life experiences, healing the negative impact of the past, learning to communicate at a higher level, and becoming an instrument of peace and wisdom. Pre-requisite: Meditation 1 and 2. No class November 28.

Age: 16+ ● Centre Concord ● Mary Bruns
Sep 12–Oct 10 Th 7:00p–8:45p $79 R/$84 NR #110410
Nov 14–Dec 19 Th 7:00p–8:45p $79 R/$84 NR #110411

Pilates
Engage in a unique set of low impact exercises that strengthen and tone the body’s core muscles, improves posture and flexibility, and creates 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. No class October 31, November 26 and 28.

Age: 18+ ● Willow Pass Community Center ● David Henry
Sep 3–Oct 22 T 5:30p–6:20p $96 R/$101 NR #110535
Sep 5–Oct 24 Th 6:30p–7:20p $96 R/$101 NR #110538
Oct 29–Dec 10 T 5:30p–6:20p $73 R/$78 NR #110536
Nov 7–Dec 5 Th 6:30p–7:20p $50 R/$55 NR #110539

Multi-Session Discount
Sep 3–Dec 10 T 5:30p–6:20p $152 R/$157 NR #110537
Sep 5–Dec 5 Th 6:30p–7:20p $131 R/$136 NR #110540

Rejuvenating Yoga
This class uses Asanas (poses) and Pranayama (breath-work) in fluid, physically challenging manner that engages the practitioner, and brings them into balance. Energizing and amazingly relaxing! Yoga increases vitality, improves health, well-being, and calms the mind while developing flexibility, increasing strength, and freedom of movement. Bring sticky mat, block, and strap. No class November 26.

Age: 18+ ● Willow Pass Community Center ● David Henry
Sep 3–Oct 22 T 6:30p–7:20p $96 R/$101 NR #110541
Oct 29–Dec 10 T 6:30p–7:20p $73 R/$78 NR #110542

Multi-Session Discount
Sep 3–Dec 10 T 6:30p–7:20p $152 R/$157 NR #110543

Super Brain Yoga: Introduction to Pranic Healing
SuperBrain Yoga® a simple technique to energize and recharge the brain. Through this simple, powerful exercise you can experience mental clarity, emotional calmness, razor sharp focus and increased learning ability. With Pranic Healing® you can learn to harness energy to remove stress, boost vitality and accelerate healing common health problems!

Age: 18+ ● Senior Center ● Lynd Gera
Sep 10 T 6:30p–8:30p $10 R/$15 NR #110283
Oct 8 T 6:30p–8:30p $10 R/$15 NR #110285

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. For all levels. No class November 26.

Age: 18+ ● Centre Concord ● Amy Erez
Sep 10–Oct 22 T 6:00p–7:30p $115 R/$120 NR #110300
Oct 29–Dec 17 T 6:00p–7:30p $115 R/$120 NR #110301

Multi-Session Discount
Sep 10–Dec 17 T 6:00p–7:30p $178 R/$183 NR #110299

Yoga for Lunch
Make the most of your lunch hour with this Yoga for Lunch class! We use ASANAS (POSES) and PRANAYAMA (breath-work) in a fluid physical manner that brings the practitioner into balance which is both energizing and relaxing! Yoga increases energy, vitality and improves ones health and well-being! Bring a sticky mat, block and strap. No class October 14, November 11 and 25.

Age: 18+ ● Concord Library ● David Henry
Sep 9–Oct 21 M 12:10p–1:00p $73 R/$78 NR #110544
Oct 28–Dec 9 M 12:10p–1:00p $62 R/$67 NR #110545

Multi-Session Discount
Sep 9–Dec 9 M 12:10p–1:00p $121 R/$126 NR #110546

R = Concord Resident     NR = Concord Non-Resident

Yoga – Beginning
Everyone can practice yoga! You will gain strength and flexibility and leave your stress behind in this iyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat. No class October 21, 23, November 11 and 27.

Age: 16+ Willow Pass Community Center Susan Killoran
Sep 4–Oct 30 W 6:00p–7:00p $40 R/$45 NR #110549
Sep 9–Oct 28 M 5:30p–6:30p $53 R/$58 NR #110547
Nov 4–Dec 16 M 5:30p–6:30p $46 R/$51 NR #110548
Nov 6–Dec 18 W 6:00p–7:00p $46 R/$51 NR #110550

Yoga – Intermediate
Continue to go deeper into your yoga practice in this iyengar style class. The benefits are too numerous to list. Bare feet are essential. Prerequisite: One year of yoga experience is a must. No class October 21 and November 11.

Age: 16+ Willow Pass Community Center Susan Killoran
Sep 9–Oct 28 M 6:35p–7:45p $53 R/$58 NR #110551
Nov 4–Dec 16 M 6:35p–7:45p $46 R/$51 NR #110552

Zumba
If you love to dance, this Zumba class is for you! Take the “work” out of workout and burn calories, while you travel the world and dance like you’ve never danced before! It takes super fun dance rhythms and incorporate low-intensity and high-intensity moves to provide your body with a total workout. All you need is to bring your water bottle and sneakers. No class September 14 and November 30.

Age: 18–59 Centre Concord Meskerem (Sepi) Teferra
Sep 7–Oct 19 Sa 10:00a–11:00a $40 R/$45 NR #110302
Nov 9–Dec 14 Sa 10:00a–11:00a $34 R/$39 NR #110303

Zumba and Tone
Take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective and super fun rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Resistance added by using Toning Sticks (light weights), keeps your muscles engaged! No class October 14, 17, 21 and November 11 and 28.

Age: 18+ Centre Concord Cynthia Ryan
Sep 5–Oct 24 Th 6:30p–8:00p $44 R/$49 NR #110406
Oct 24–Dec 19 Th 11:30a–12:30p $53 R/$58 NR #110407

Zumba Gold
Zumba Gold involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. You will increase flexibility, balance, join coordination, agility, muscular strength and cardiovascular endurance. But most of all you will have fun. No class November 28.

Age: 18+ Centre Concord Zelia Santos
Sep 5–Oct 24 M,Th 6:30p–8:00p $86 R/$91 NR #110438
Nov 4–Dec 19 M,Th 6:30p–8:00p $94 R/$99 NR #110444

Zumba and More
With an extra 30 minutes, we continue to mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective and super fun rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Resistance added by light weights and body weight will keep your muscles engaged! No class October 14, 17, 21 and November 11 and 28.

Age: 18+ Centre Concord Cynthia Ryan
Sep 5–Oct 24 Th 6:30p–8:00p $64 R/$69 NR #110439
Sep 9–Oct 24 M,Th 6:30p–8:00p $86 R/$91 NR #110440

SPECIAL EVENTS

Gift and Craft Fair Vendor
Help support the Concord’s Senior Center’s Volunteer Program by purchasing a space. Over 40 vendors and 300+ customers shop during our Gift and Craft Fair. Fulfill all your holiday shopping needs with unique handcrafted gift items. Free to attend fair. Vendors sign up now for a 5-foot table and two chairs. Your racks/display items should not exceed 5 feet or beyond your table. If you need space, please purchase 2 tables. For more information call (925) 671-3320 or email concordsc@cityofconcord.org

Age: 18+ Senior Center Volunteer Or Staff
Dec 6 F 9:00a–2:00p $40 #110223

Alternative Care for Stress and Pain
Vendors/Businesses who provide services or disciplines that are alternative and complimentary care techniques for stress and pain should sign up for this fair. The fair will allow people the opportunity to find more information about alternate/complimentary care options. For ex. Herbalism, acupuncture, reflexology, healing, Chinese Medicine, Biofeedback and more. For more info, call 925-671-3320.

Age: 18+ Senior Center Volunteer Or Staff
Oct 19 Sa 10:00a–4:00p $45 #109356
**Adult Tennis for Beginners**
This is a fun social class that will have you outdoors in the sun, meeting new friends, learning the fundamentals, and preparing you to rally and keep score. No racquet, no problem, just show-up and play! Sessions are taught by Calvin McCullough a USNTA/USPTR certified instructor with over 20 years coaching experience.

**Age: 16+ • Willow Pass Community Park • Calvin McCullough**

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**Pickleball – Learn to Play**
This class is designed for first-time players or anyone interested in learning what this funny-named sport is all about. Learn every aspect of the game including basic shot techniques, rules, court positioning, equipment and strategy. Start your lifelong enjoyment of the game now!

**Age: 18+ • Willow Pass Community Park • Marcia Neishi**

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**Pickleball Skills – Beyond the Basics**
Improve your game. This ‘beyond the basics’ class will help sharpen your skills. Learn more effective dinking, volleying, serving, lobbing, the 3rd shot drop, and more. Experience fun and helpful practice drills that will take your game to the next level.

**Age: 18+ • Willow Pass Community Park • Marcia Neishi**

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**Pickleball – Intermediate I**
A class designed for the intermediate player. Escalate your game to a new standard of play. Master high level drills and drill games to enhance basic skills. Build better court sense, shot selection, and basic strategies to keep you winning. Guaranteed to make you a better player. Participant’s skill level will be evaluated for class appropriateness.

**Age: 18+ • Willow Pass Community Park • Marcia Neishi**

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**Pickleball – Intermediate II**
A class designed for the higher level intermediate player. Instructor approval is required for all players interested in participating.

**Age: 18+ • Willow Pass Community Park • Marcia Neishi**

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AN ADDICTIVE SPORT, PERFECT FOR ALL AGES!
CLASSES, CLINICS, LESSONS, OR LEAGUES
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Check out VisitConcordCA.com to plan your next family adventure.
Concord Adult Softball

“I met my husband playing ball through the Concord Parks & Recreation. I love it and am out in the park four days a week. I get a chance to hang out with my friends, socialize and have a great time!”

— Shari McAneney
Concord Softball Player

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Willow Pass Park
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www.paylessbattingcages.com

NEW NETS!
Better Hitting Experience with the Same Low Rates
TOKEN $3.00 (20 Balls)
Rent Batting Cages by the Hour or ½ Hour

HOURS OF OPERATION

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<th>Mon–Fri</th>
<th>Sat &amp; Sun</th>
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<td>Noon–7 p.m.</td>
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<td>Spring/Fall:</td>
<td>Noon–8 p.m.</td>
<td>10 a.m.–6 p.m.</td>
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<td>Summer:</td>
<td>Noon–9 p.m.</td>
<td>10 a.m.–6 p.m.</td>
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PROFESSIONAL INSTRUCTION
2019 Fall–Winter Baseball Camps
For more information call
(925) 825-7526 (SLAM)

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- 6 Weeks of Instruction

New course sessions begin monthly. Please visit our Online Instruction Center to see exact start dates for the courses that interest you.

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$99

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www.ed2go.com/concordleisure
INCLUSIVE RECREATION

Inclusive Recreation–Community Dance
Come one and all and have a good time dancing the night away! Pay $7 at the door. Exact change is much appreciated. Credit card payment not accepted at the door.

Age: 18+ ■ Senior Center ■ Volunteer Or Staff
Nov 8 F 7:00p-9:00p $7 #110521

Inclusive Recreation
Community Dance
“I like coming to the dances because they are a lot of fun. I hope more friends will decide to join in!”
— Megan M.

INCLUSIVE RECREATION
DANCE
$7 AT THE DOOR, EXACT CHANGE APPRECIATED.

LOCATIONS
Concord Senior Center
2727 Parkside Circle, Concord

Pleasant Hill Senior Center
233 Gregory Lane, Pleasant Hill

Walnut Creek Heather Farm
301 N. San Carlos Avenue, WC

DANCE DATES - FRIDAYS 7P-9P
August 9 - Concord
September 13 - Walnut Creek
October 18 - Pleasant Hill
November 8 - Concord
December 13 - Walnut Creek

CONTACTS FOR MORE INFORMATION
Concord: Caryl Tynan * 925-671-3321
caryl.tynan@cityofconcord.org
Pleasant Hill: Holly Frates * 925-798-8788
hfrates@plasanthillrec.com
Walnut Creek: Preston Jones * 925-671-8788
jonesp@walnut-creek.org
Trip Difficulty Rating System
Our Trip Difficulty Rating System ranks each trip from 1 to 3 according to the degree of activity and general travel rigors. For example, 1 is the easiest and 3 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 30 passenger bus. Wheelchair users need to be able to propel self in wheelchair and care for self or bring a paid caregiver.

DEFINE FITNESS LEVEL
Fitness level is important to define. Overestimating your physical ability may affect the quality of your experience or impede others. Escorts are not responsible for assisting seniors in walking or access issues.

1 Level 1 is EASY
Light walk (under 2 blocks). Wheelchair, canes and walker accessible.

2 Level 2 is MODERATE
Medium walking with stairs/inclines. Long standing periods may apply. NO wheelchairs, canes or walkers.

3 Level 3 is STRENUOUS
Person should be strong with good cardio. Heavy walking or hiking on uneven terrain, with more than 1 hour standing period. NO wheelchairs, canes or walkers.

Trip Parking
For registrant(s) going on a trip, please park at the farthest lot past the Concord Senior Center building.

1 Hamilton at the Orpheum Theatre
The story of America then, as told by America now. Featuring a score that blends hip-hop, jazz, blues, rap & R&B. The story of America’s Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington’s right-hand man during the Revolutionary War and was the new nation’s first Treasury Secretary. No refunds available.

Age: 5+ ■ Senior Center ■ Volunteer Or Staff
Sep 4
W 5:00p–11:00p $177 R/$182 NR #110154

1 Thunder Valley
Close to home and designed for fun! Try your luck at this casino. Receive $15 Slot free play and $5.00 food credit. No refunds August 30.

Age: 21+ ■ Kelly Madge
Sep 12 Th 9:00a–5:00p $45 R/$50 NR #110155

1 Greek Festival
Leave the parking to us and simply enjoy the food, dancing, shopping and entertainment at this year’s Greek Festival. You’ll be dropped off near the center of the activities and will have the opportunity to tour the beautiful St. Demetrios Greek Orthodox Church. No refunds or cancellations after August 30.

Age: 10+ ■ Senior Center ■ Volunteer Or Staff
Sep 14 Sa 11:45a–3:30p $24 R/$29 NR #110276

2 A Day In Carmel
Enjoy a luxury commercial motor coach ride to Carmel and spend the day on your own shopping, sightseeing or enjoying a lunch on the waterfront (not included). No refunds or cancellations after August 30.

Age: 18+ ■ Senior Center ■ Mary Rae Lehman
Sep 22 S 7:30a–6:30p $60 R/$65 NR #110273

1 Apple Hill Tour
Can you smell those fresh Apple Pies? Explore the Hill and load up on fresh tree-picked apples and homemade delicacies. You will have plenty of time to shop and grab lunch, on your own. No refunds of cancellations after September 19.

Age: 18+ ■ Senior Center ■ Mary Rae Lehman
Oct 3 Th 9:00a–5:00p $74 R/$79 NR #110157
### 1 Fleet Week Cruise
Enjoy spectacular views of the Fleet Week festivities from the Red and White Fleet. See the Blue Angels and others perform their amazing air show acrobatics. Enjoy some light bites, which are included in your ticket, along with drinks that you can purchase from the bar. Included in your ticket: 1 free drink for adults. No refunds or cancellations after September 27.

**Age:** 18+
- **Senior Center**
- **Volunteer Or Staff**

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### 2 Pumpkin Time in Pumpkin Town
Picturesque Half Moon Bay bursts into a brilliant sea of orange and buzzes with excitement and activity to celebrate its bountiful and beautiful fall harvest. It’s the perfect time of year and the perfect place to celebrate the beauty and bounty of the fall season. No refunds or cancellations after October 4.

**Age:** 5+
- **Senior Center**
- **Mary Rae Lehman**

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### 3 SF Movie Tour
Three hour comprehensive tour where guests see 70 movie clips from 55 different movies filmed all over San Francisco. The movie clips are shown on a large screen on the bus as the driver is passing the exact location of the clip. Visit Mel’s Diner on Geary (lunch of your own). No refunds or cancellations after August 30.

**Age:** 18+
- **Senior Center**
- **Volunteer Or Staff**

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### 4 Greystone Experience
Enjoy a public tour of the California Institute of Academy Greystone building and grounds in St. Helena. Includes a 30-minute tour of Greystone, one lunch entrée from The Bakery Café and more. No refunds or cancellations after October 17.

**Age:** 18+
- **Senior Center**
- **Mary Rae Lehman**

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**Trips & Tour: Things To Know**

Full payment is required for all day trips at the time of registration.

Customers have the following ways to register:
- Walk in to the Senior Center Reception Desk, Mon.–Fri., 9 a.m.–noon
- Phone in to (925) 671-3320 Mon.–Fri., 9 a.m.–noon
- Register online at www.ConcordReg.org

**CANCELLATIONS**

All trips and tours will have defined cancellation dates. There is a $5.00 cancellation fee for withdrawing a reservation prior to the published cutoff date. NOTE: No refunds will be issued if a cancellation request is made after the cutoff date.

**TRANSPORTATION**

Seating in the transport vehicles will be on a first-come, first-serve basis. We have a 10 passenger van, 26 passenger bus and on occasion use a commercial motor coach.

**PARKING AT THE SENIOR CENTER**

Please park in the east parking lot (2nd parking lot) before checking in with your escort.

For more information, pick up a Trips & Tours brochure at the reception desk.
1 Golden Gate Fields Bingo Night
Let’s play Bingo in the Turf Club at the Golden Gate Fields. We’ll do the driving and you can enjoy the views in the largest seating capacity bingo hall in California. There is a $50 Buy-in, onsite security, food and beverage service. Operated by Blue Devil Performing Arts. No refunds or cancellations after October 22.

Age: 21+ Senior Center Mary Rae Lehman
Nov 5 T 5:00p–11:30p $29 R/$34 NR #110278

1 Colusa Casino
Just a short drive up I-5. Package $10 Slot Pay. No refunds or cancellations after October 24.

Age: 21+ Kelly Madge
Nov 14 Th 9:00a–5:00p $45 R/$50 NR #110199

2 Gift N Tyme Craft Fair
Get a start on your holiday shopping at the Gifts N Tyme Craft Fair in Napa. Plenty of time to grab a lunch (not included) at a local restaurant. No refunds or cancellations after November 8.

Age: 18+ Senior Center Mary Rae Lehman
Nov 22 F 9:30a–3:00p $35 R/$40 NR #110275

2 The Great Dickens Christmas Fair
Step into Victorian London and party with hundreds of costumed performers as you shop and eat your way through London Town. Be thrilled by theatrical music halls, pubs and cries from street vendors. It’s a splendid way to celebrate the holidays. No refunds or cancellations after November 22.

Age: 12+ Senior Center Mary Rae Lehman
Dec 7 Sa 9:30a–4:00p $50 R/$55 NR #110274

2 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. This magical spoof has been a San Francisco standard holiday tradition for decades. No refunds or cancellations after November 22.

Age: 15+ Volunteer Or Staff
Dec 8 S 3:30p–8:30p $70 R/$75 NR #110279

2 San Francisco Holiday Visit
Enjoy the holiday displays, shopping or just a dinner outing near Union Square San Francisco. No refunds or cancellations after December 6.

Age: 18+ Senior Center Mary Rae Lehman
Dec 12 Th 3:30p–9:30p $50 R/$55 NR #110277

See your photo in our Activity Guide!

We are happy to show real people participating in Concord programs.

Submit your high resolution (300 dpi) photo to Caryl Tynan at caryl.tynan@cityofconcord.org or call 925-671-3321 (Waiver Release Required)
The City of Concord has reservable picnic sites at:

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

www.cityofconcord.org/picnic  ■  (925) 671-3404
1. John F. Baldwin Park
2. BART Linear Park
3. BART Park
4. Bayview Circle Park
5. Boatwright Youth Sports Complex
6. Brazil Quarry
7. Cambridge Park
8. Concord Community Park
9. Concord Skate Park
10. Dave Brubeck Park
11. Diablo Creek Golf Course
12. El Dorado Middle School Play Fields
13. Ellis Lake Park
14. Len Hester Park
15. Highlands Park
16. Hillcrest Community Park
17. Iron Horse Park
18. Krueger Fields
19. Lime Ridge Open Space
20. Greater Lime Ridge Open Space
21. Markham Nature Park and Arboretum
22. Meadow Homes Park
23. Newhall Community Park
24. Rick Seers Park
25. Sun Terrace Park
26. Todos Santos Plaza
27. Willow Pass Community Park
28. Ygnacio Valley Park
### DANCE, MUSIC & PERFORMING ARTS

#### Hula for Your Health – Kupuna (Senior)
Bring your hand and foot movement to a great workout for mind, body and spirit. Learn simple Hawaiian words, phrases, songs and a choreographed hula that you will enjoy. Wear comfortable clothing and bring water. Sarong or Pa’u skirt optional. No class on November 29 and December 6.

**Age: 50+**
- **Senior Center**
- **Rosemarie Ramos**

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<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
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<th>End Time</th>
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### ENRICHMENT & SPECIAL INTEREST

#### Loteria
**Spanish:** Lotería Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de $3 incluye ocho juegos. Todos son bienvenidos!

**English:** Lotería Mexicana and Bingo is a bilingual senior memory enhancement and gathering activity in a fun atmosphere. Eight games are included in the fee. Everyone is welcome.

**Age: 50+**
- **Senior Center**
- **Volunteer Or Staff**

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<tr>
<th>Start Date</th>
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<td>$3</td>
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#### Momentos de Baile Latino
Todas las persona de 50 anos y mas estan cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino de 1:15pm a 3:30pm. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rafas. Contribucion es de $3.

**Age: 50+**
- **Senior Center**
- **Volunteer Or Staff**

<table>
<thead>
<tr>
<th>Start Date</th>
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<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Fee</th>
<th>Registration Code</th>
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<td>$3</td>
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</table>

#### Tap Dance I – Beginning
Are you new to tap dance? Learn tap and have a low impact workout. You will learn fun dances that focus on basic steps. These steps are repeated weekly. No class October 11 and November 29.

**Age: 50+**
- **Baldwin Park Dance Studio**
- **Terry Davis**

<table>
<thead>
<tr>
<th>Start Date</th>
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<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Fee</th>
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<tbody>
<tr>
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<td>11:00a-11:45a</td>
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</table>

#### Tap Dance II – Beginning
This class is for the beginning tap dancer who knows basic tap steps and has completed three sessions of Beginning Tap I or equivalent. No class October 11 and November 29.

**Age: 50+**
- **Baldwin Park Dance Studio**
- **Terry Davis**

<table>
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<th>Start Date</th>
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<td>9:15a-10:00a</td>
<td>$69 R/$74 NR</td>
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</table>

#### Tap Dance II – Intermediate
This class is for students 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 October 11 and November 29.

**Age: 50+**
- **Baldwin Park Dance Studio**
- **Terry Davis**

<table>
<thead>
<tr>
<th>Start Date</th>
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<th>End Time</th>
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<td>10:15a-11:00a</td>
<td>$69 R/$74 NR</td>
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</table>

### Medicare Open Enrollment: What’s New for 2020?
It’s time to review your Medicare coverage for next year. Even if you like your current plan, it may have changed its copays, drugs or providers or your needs may have changed. HICAP will discuss the options for 2020 and how to potentially save lots of money. No sales, just information.

**Age: 50+**
- **Senior Center**
- **Pam Brown**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Start Time</th>
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Private Help with eDevices

**Shout out to Cliff Ellis who teaches eDevices at the Concord Senior Center.**

**Cliff has helped me with my cell phone. He assisted me with the phone to go from one area to another. He taught me how to send and receive messages. Most importantly, he taught me to take pictures and send them from my phone. Excellent person.**

---

_Oscar Tellez_
Private Help with eDevices
Is your smart phone or device making you feel dumb?
Receive 1 on 1 assistance with your tech device; tablet, cell phone or laptop. A monitor will attempt to troubleshoot 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. Call for appointment (925) 671-3320.

Age: 50+ • Senior Center • Cliff Ellis
Sep 13–Dec 20  F  9:30a-12:30p  $15  #110524

Reverse Mortgages and Retirement Planning
62 or older? Learn how many financial planners and homeowners use home equity to extend retirement assets. Age in the comfort of your home and eliminate monthly mortgages, credit cards or other debt. Fund health care, in-home care, and home improvements. Downsizing or moving? Consider reverse purchase.

Age: 50+ • Senior Center • Jon Carlson
Sep 19  Th  3:00p-4:30p  $4  #110161
Nov 7  Th  3:00p-4:30p  $4  #110162

Trust and Estate Planning Made Easy
Have your questions answered by an experienced attorney who will explain why and how Trusts/Wills work in a way that is easy to understand. Revocable Living Trusts can help avoid probate. There are different kinds of Revocable Living Trusts.

Age: 50+ • Senior Center • Raymond McFalone
Oct 18–Oct 25  F  1:30p-3:30p  $20 R/$25 NR  #110200

Volunteer Orientation
Learn about volunteer opportunities at the Concord Senior Center. Volunteer positions include: Data Entry, Special Events, Technology Instructor, Front Desk position 4 hours a day, 1 day a week and more. For more information visit www.cityofconcord.org/437/volunteer-and-donate.

Age: 50+ • Senior Center • Volunteer Or Staff
Sep 24  T  10:30a-11:30a  Free  #110181
Oct 29  T  10:30a-11:30a  Free  #110182
Nov 19  T  10:30a-11:30a  Free  #110183

Welcome to Medicare
The session covers what Parts A,B, C and D of Medicare are; when and how to enroll; supplemental insurance; prescription drug plans; Medicare advantage plans; and how Medicare coordinates with retiree or veterans’ benefits. Presented by Contra Costa Health Insurance Counseling and Advocacy Program (HICAP). No insurance products sold or endorsed.

Age: 50+ • Senior Center • Pam Brown
Dec 2  M  9:30a-12:00p  Free  #110170

Wills, Powers of Attorney and AHCD
In this workshop, each student will receive a ‘fill in the blanks’ Will, Durable of Power of Attorney and Advanced Health Care Directive (AHCD) 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: 50+ • Senior Center • Raymond McFalone
Oct 4–Oct 11  F  1:30p-3:30p  $20 R/$25 NR  #110200

HEALTH & FITNESS

NEW Back in Shape
Learn how to exercise safely to protect your back and build functional strength and mobility. Brandon Glass, CPT, PTA, teaches proper body mechanics, core strengthening, stretching and movement modification to empower you to get the most out of life.

Age: 18+ • Senior Center • Brandon Glass
Sep 10–Oct 29  T  10:00a-10:45a  $83 R/$88 NR  #110262

Chair Yoga and Wellness
Yoga can improve health, muscle strength, flexibility and sleep. If you want these benefits but prefer not to get on the floor this is a great class for you. A chair or a wall is used for balance assist. Liz taylors poses to individual needs. Appropriate for those with arthritis/osteoporosis.

Age: 50+ • Baldwin Park Dance Studio • Elizabeth Bronson
Sep 10–Oct 29  T  11:15a-12:15p  $84 R/$89 NR  #110237
Nov 12–Dec 17  T  11:15a-12:15p  $64 R/$69 NR  #110238

Gentle Yoga
This class is an eclectic mix of yoga postures for better structural alignment, flexibility, mindful stress reduction, breath and healthy! Maxine has been doing yoga since the 1970’s, a yoga hippy.

Age: 50+ • Baldwin Park Dance Studio • Maxine Davis
Sep 10–Oct 29  T  10:00a-11:00a  $92 R/$97 NR  #110239
Nov 5–Dec 17  T  10:00a-11:00a  $81 R/$86 NR  #110240
Qigong – Gentle Movements
Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality and foster creativity. Practices vary from the soft internal styles such as Tai Chi. Qigong forms can be easily adapted, even for the physically challenged. No class November 11.

| Age: 50+ ■ Senior Center ■ Angela & Han Ong |
|---|---|---|
| Sep 9-Oct 28 M 9:30a-10:30a | $52 R/$57 NR | #110195 |
| Sep 9-Oct 28 M 10:45a-11:45a | $52 R/$57 NR | #110196 |
| Nov 4-Dec 16 M 9:30a-10:30a | $40 R/$45 NR | #110197 |
| Nov 4-Dec 16 M 10:45a-11:45a | $40 R/$45 NR | #110198 |

T’ai Chi Chih
T’ai Chi Chih, an appropriate form for all ages, 19 gentle movements and 1 pose. Slow gentle flowing movements which calms mind, and body, improves balance, coordination and endurance, corrects posture; reduce pain and stress. Wear comfortable clothing, flat shoes (sandals not recommended). No class November 28.

| Age: 18+ ■ Baldwin Park Dance Studio ■ Ursula Smith |
|---|---|---|
| Sep 12-Oct 24 Th 9:15a-10:30a | $74 R/$79 NR | #110241 |
| Nov 7-Dec 19 Th 9:15a-10:30a | $64 R/$69 NR | #110242 |

Yoga for Wellness
Enjoy life more! Physical changes are inevitable as we age, however Yoga practice can improve your ability to stay strong and flexible both physically and mentally. Floor, wall and chair work will be done. Poses are modified based on individual needs. Bring a yoga mat and a thick towel or blanket.

| Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson |
|---|---|---|
| Sep 9-Oct 28 M 12:45p-1:45p | $84 R/$89 NR | #110235 |
| Nov 18-Dec 16 M 12:45p-1:45p | $54 R/$59 NR | #110236 |

Zumba Gold
Zumba is a safe way to stay active and healthy with minimal risk of injury. Zumba improves cardio, toning, flexibility, increases circulation and promotes an active healthy lifestyle.

| Age: 50+ ■ Senior Center ■ Zelia Santos |
|---|---|---|
| Sep 10-Oct 29 T 11:00a-12:00p | $44 R/$49 NR | #110265 |
| Nov 5-Dec 17 T 11:00a-12:00p | $39 R/$44 NR | #110266 |

Carlton Senior Living’s 55+ retirement living community is a senior living community in the truest sense – seniors are enjoying life with lots of friends, laughter and a sense of belonging! Please call today to schedule a visit, enjoy a complimentary Sunday brunch and reserve your new home.

CarltonSeniorLiving.com  
1700 Broadway St.  
Concord  
(925) 686-1700  
Lic. No. 5005347
Gift and Craft Fair
Friday, December 6, 2019
9:00am–2:00pm
Concord Senior Center
2727 Parkside Circle
FREE ADMISSION
Vendor tables available for $40.
Vendors can register online at www.concordreg.org #110223  NO FOOD SALES.
Hand crafted goods are preferable, but not exclusive.
For more information call 925-671-3320 or concordsc@cityofconcord.org

Alternative Care for Stress & Pain
Explore, Share and Learn – Alternative care for managing stress and pain to help heal the body, mind and spirit.
Resources, Information, Products and Presentations
Saturday, October 19, 2019  Admission is free!
10:00 am – 4:00 pm  Register at
Concord Senior Center  www.ConcordReg.org
2727 Parkside Circle  #110435
For more information contact the senior center at 925-671-3320 opt. 1
or email concordsc@cityofconcord.org
AARP Driver Safety. This course is taught on the 1st and 2nd Wednesday on even months from 9:00 a.m.–1:00 p.m. Cost for AARP members: $15; cost for non members: $20. Call to register.

Alzheimer’s Support Group by Senior Helpers & Alzheimer’s Association. Support group meets on the 4th Wednesday from 2:00 p.m.–4:00 p.m. No appointment necessary.

Care Management by Meals on Wheels Diablo Region (MOWDR) for Adults 60+ Discover a wide variety of assistance and resources available to you in the community. Staff is at the senior center on Monday and Wednesday from 9:30 a.m.–3:00 p.m. and Thursday from 9:30 a.m.–11:30 a.m. Contact the center to schedule an appointment with a care manager.

CC Café Hot Lunch Program by Meals on Wheels Diablo Region (MOWDR) for Adults 60+ 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 9:00 a.m.–11:30 a.m. for more information and a menu.

Get Around Taxi Program by Concord Commission on Aging – Program is available to Concord residents and 65 years and older. Applications will be accepted weekdays from 10:00 a.m.–noon at the center. There is a processing fee of $5. Registered seniors may purchase a maximum of 2 books per month. Each book is $15 with a scrip value of $30. Limited books available each year.

Health Insurance Counseling and Advocacy Program (HICAP) – Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO’s and Nursing Home Insurance. Advisors are available on the 2nd, 3rd and 4th Friday from 1:00 p.m.–4:00 p.m.; 1st & 2nd Tuesdays from 1:00 p.m.–4:00 p.m. Call (925) 602-4168 for an appointment.

Home Match by Covia – This program matches senior homeowners, who need affordable housing in order to remain in the area. Assist with housing agreements for all parties involved. Mediation and referral services are available. Provide interviews, applications, background screening. Call (925) 956-7385 to make an appointment.

Legal Assistance – for legal assistance call Contra Costa Senior Legal Services at (925) 609-7900 or email legalhelp@ccsls.org. CCSLS is a private, non-profit agency that has been providing free legal services to seniors since 1976. CCSLS provides free Advance Care Directive Clinic 2nd Thursday at the Concord Senior Center. Attorneys will prepare an AHCĐ for you. Call the center to make an appointment.

Memory Screening by Senior Helpers & Alzheimer’s Association – Screenings are held on the 4th Monday of each month from 1:00 p.m.–3:00 p.m. with the exception of May (holiday).

Notary Services by Volunteers for Adults 50+. Services are provided one signature page free of charge from 10:00 a.m.–11:00 a.m. every Wednesday. Fee for each additional signature page. No appointment necessary. A prior contact check is recommended.

Pranic Healing is a simple yet powerful and effective system of no-touch energy healing. Meets monthly on the 3rd Friday from 7:00 p.m.–9:00 p.m. Donation for healings go to the Senior Center. No appointment necessary. Call the center for meeting dates.

Senior Center Scholarship Program. Scholarship Program is available to adults 50+ residing in Concord who wish to participate in the Senior Center 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.

Vision Support Group by Lions Center for Visually Impaired – FREE monthly support group for the visually impaired meets on the 2nd Wednesday of the month at 1:00 p.m. No registration necessary.
**LAP & RECREATIONAL SWIM**

**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 $5.50 R/$6.50 NR
- Daily (Senior 65+) $4.75 R/$5.75 NR
- Monthly $75 R/$80 NR
- 15 Swims $66 R/$76 NR
- 30 Swims $123 R/$133 NR
- 45 Swims $171 R/$181 NR

**Lap Swim September 9 – 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

**Fall Recreational Swim**
- September 7–29 Sa & Su 1–4 p.m.

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<td>Adult (18+)</td>
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<tr>
<td>Child (3–17)</td>
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<tr>
<td>Senior (65+)</td>
<td>$4.75 R/$5.75 NR</td>
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| Inflatables | $2 |

**SWIMMING**

**Deep Water Workout**
Deep water is an enjoyable and effective non-impact aquatic training medium for a full range of exercise challenges. Be suspended in 12 feet of water so a flotation device is strongly recommended. These flotation options will be addressed on the first day of class.

**Age: 18+ ** Concord Community Pool Andrea Legault
- Aug 26–Sep 16 M 10:00a–11:00a $32 R/$37 NR #110140
- Aug 27–Sep 24 T 10:00a–11:00a $39 R/$44 NR #110142
- Aug 29–Sep 26 Th 10:00a–11:00a $39 R/$44 NR #110144
- Sep 30–Oct 28 M 10:00a–11:00a $39 R/$44 NR #110525
- Oct 1–Oct 29 T 10:00a–11:00a $39 R/$44 NR #110526
- Oct 3–Oct 31 Th 10:00a–11:00a $39 R/$44 NR #110529
- Nov 5–Dec 3 T 10:00a–11:00a $39 R/$44 NR #110527
- Dec 10–Jan 14 T 10:00a–11:00a $39 R/$44 NR #110528
- Dec 12–Jan 16 Th 10:00a–11:00a $32 R/$37 NR #110530

**Private Swim Lessons**
1 on 1 swim instruction.

**Age: 3+ ** Concord Community Pool
- Sep 7–Sep 28 Sa 10:00a–10:30a $107 R/$112 NR #110360
- Sep 7–Sep 28 Sa 10:35a–11:05a $107 R/$112 NR #110361
- Sep 7–Sep 28 Sa 11:10a–11:40a $107 R/$112 NR #110362
- Sep 7–Sep 28 Sa 11:45a–12:15p $107 R/$112 NR #110363
- Sep 9–Sep 12 M–Th 3:45p–4:15p $107 R/$112 NR #110344
- Sep 9–Sep 12 M–Th 4:20p–4:50p $107 R/$112 NR #110348
- Sep 9–Sep 12 M–Th 5:30p–6:00p $107 R/$112 NR #110356
- Sep 16–Sep 19 M–Th 3:45p–4:15p $107 R/$112 NR #110345
- Sep 16–Sep 19 M–Th 4:20p–4:50p $107 R/$112 NR #110349
- Sep 16–Sep 19 M–Th 5:30p–6:00p $107 R/$112 NR #110357
- Sep 23–Sep 26 M–Th 3:45p–4:15p $107 R/$112 NR #110346
- Sep 23–Sep 26 M–Th 4:20p–4:50p $107 R/$112 NR #110350
- Sep 23–Sep 26 M–Th 4:55p–5:25p $107 R/$112 NR #110354
- Sep 23–Sep 26 M–Th 5:30p–6:00p $107 R/$112 NR #110358
- Sep 30–Oct 3 M–Th 5:30p–6:00p $107 R/$112 NR #110359

**Aquatot-Parent & Me**
Ages: (10 Months–36 Months) 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.

**At least 10m but less than 4y** Concord Community Pool
- Sep 7–Sep 28 Sa 12:10p–12:40p $38 R/$43 NR #110383
- Sep 10–Sep 19 T, Th 12:00p–12:30p $38 R/$43 NR #110382
### PRESCHOOL SWIM CLASSES AGE: 6-13

#### Preschool Level 1 Alligators Alley
Submerge Head – 10 Seconds, Front Float, Back Float, Front Glide, Back Glide

<table>
<thead>
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<th>Age: 6–13</th>
<th>Concord Community Pool</th>
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<tr>
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<td>Sep 23–Oct 2</td>
<td>M,W 3:45p-4:15p</td>
</tr>
<tr>
<td>Sep 24–Oct 3</td>
<td>T,Th 3:45p-4:15p</td>
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#### Preschool Level 2 Seal’s Rock
Beginner Stroke Fin and Kick on Back Glide with flutter kick, Jump in 2-3 feet of water

<table>
<thead>
<tr>
<th>Age: 3–5</th>
<th>Concord Community Pool</th>
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<tbody>
<tr>
<td>Sep 7–Sep 28</td>
<td>Sa 10:35a-11:05a</td>
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<tr>
<td>Sep 9–Sep 18</td>
<td>M,W 4:20p-4:50p</td>
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<td>Sep 10–Sep 19</td>
<td>T,Th 4:20p-4:50p</td>
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<tr>
<td>Sep 23–Oct 2</td>
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<tr>
<td>Sep 24–Oct 3</td>
<td>T,Th 4:20p-4:50p</td>
</tr>
</tbody>
</table>

#### Preschool Level 3 Seaweed Patch
Flutter Kick, Front Crawl, Side Breathing

<table>
<thead>
<tr>
<th>Age: 3–5</th>
<th>Concord Community Pool</th>
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<tbody>
<tr>
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<td>Sa 11:10a-11:40a</td>
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<tr>
<td>Sep 9–Sep 18</td>
<td>M,W 4:55p-5:25p</td>
</tr>
<tr>
<td>Sep 10–Sep 19</td>
<td>T,Th 4:55p-5:25p</td>
</tr>
<tr>
<td>Sep 23–Oct 2</td>
<td>M,W 4:55p-5:25p</td>
</tr>
<tr>
<td>Sep 24–Oct 3</td>
<td>T,Th 4:55p-5:25p</td>
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</table>

#### Preschool Level 4 Otter’s Cove
Back Float and Kick Backstroke, Arms Backstroke

<table>
<thead>
<tr>
<th>Age: 3–5</th>
<th>Concord Community Pool</th>
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<tbody>
<tr>
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<td>Sep 9–Sep 18</td>
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</tr>
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<td>T,Th 5:30p-6:00p</td>
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### ELEMENTARY SWIM CLASSES AGE: 6–13

#### Elementary Level 1
Submerge Head, Front Float with KickBack, Float with Kick, Beginner Stroke

<table>
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<tbody>
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</tr>
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**TERRAPINS SWIM TEAM**

Developmentally appropriate competitive swimming for all ages and abilities "One of the Best in the USA"

2019 Fall Programing

- Fall Technique Development Program (September 16th through December 13th)
- High School Pre-Season Program (November 18th - January 24th)
- Year-Round competitive swim team membership open throughout the year.
- Private Competitive Lessons available

Check out our website for more information on all our programs

WWW.TERRAPINSWIM.COM

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

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R = Concord Resident     NR = Concord Non-Resident

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Concord Library
Children’s Programs
2900 Salvio • (925) 646-5455

Baby & Toddler Time
Books, songs, bounces and finger plays for children 6 months to 3 ½ years old
Tuesdays at 10:15 a.m.

Preschool Storytime
Stories, songs and finger plays for children 3 ½ - 5 and caregiver
Wednesdays 10:30 - 11:00 a.m.
Check with library for dates.

Monthly Movie Night
Monthly Movie Night for Adults
4th Thursday of each month
Contact the library for titles.

National Night Out
Tuesday, August 6, 6-8pm
Come join us for fun and treats with the Concord Community.
Free for all ages.

Lunch in the Library
Children 18 and younger may get a free lunch at the library! Please call or stop by for the days and times.
All programs subject to change

All events subject to change without notice.
No smoking. No dogs.
www.concordfirst.org
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 (In Willow Pass Park)
   Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m.

   Centre Concord
   5298 Clayton Road, Concord
   (In the Clayton Fair Shopping Center next to Clayton Valley Bowl)
   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, including fees and locations, 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. Fees and locations are subject to change.

**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 ________________________________

<table>
<thead>
<tr>
<th>Head of Household</th>
<th>❑ Concord Resident ❑ Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>❑ If you or your child have a special need or disability, please check here.</td>
</tr>
<tr>
<td>City</td>
<td>State Zip</td>
</tr>
<tr>
<td>Email</td>
<td>Phone (Day) Phone (Eve)</td>
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**ACTIVITY REGISTRATION:** This is for (check one) ❑ Winter ❑ Spring ❑ Summer ❑ Fall

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Date of Birth</th>
<th>Course #</th>
<th>Course Title</th>
<th>Fee</th>
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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 assigns 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.

(Chief one) ❑ Self ❑ Parent ❑ Guardian

Signature __________________________ Date __________

**Method of payment:** ❑ Check payable to: Concord Parks & Recreation

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<tr>
<th>Amount $</th>
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</table>

<table>
<thead>
<tr>
<th>Card #:</th>
<th>3 or 4 Digit Security Code:</th>
<th>Exp. Date Month/Day/Year / /</th>
</tr>
</thead>
</table>

Print name as it appears on card __________________________

Signature __________________________
Concord Senior Citizens Club and Senior Center

HAWAIIAN FUSION FUNDRAISER

Scholarships for Underprivileged Senior Citizens

Concord Senior Center
2727 Parkside Circle
Saturday, Sept. 7, 2019
5:00–8:30 p.m.

Featuring: HAOPINKA
Hawaiian Music and Dance

Dinner, Entertainment, Raffle and Fun
Tickets: $50, $450 Table/10
Activity #109361
www.ConcordReg.org
City of Concord Preschool
OPEN HOUSE
SATURDAY, FEBRUARY 22, 2020  10 a.m.–Noon
TWO LOCATIONS: Baldwin Park and Centre Concord

For more information call 925-671-3324
www.cityofconcord.org/preschool