

Concord

City News and Activity Guide



Fall 2017



50 & Better
pages 33-39



Making downtown sparkle
page 4



Reuse workshop
page 5



Zumba classes
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Concord, An Award-Winning City

Concord has reason to celebrate. In the past year, the City has been recognized with a number of prestigious awards.

Stemming the tide of domestic violence

Concord won a prestigious League of California Cities Helen Putnam Award for the Central County Family Justice Center, established in 2015 at 2150 Salvio St. The FJC is a one-stop center offering assistance to victims of domestic violence, sexual assault, child abuse, elder abuse and human trafficking. The award recognizes outstanding achievements by California's 482 cities.

Attracting businesses to Concord

Concord received three International Davey Awards, two Telly Awards and an American Planning Association Award of Excellence for its Better Fit for Business economic development campaign.

- Davey Awards were presented for the design of two ads used in print and in BART station displays that cleverly encourage businesses to consider Concord as a prime spot to relocate and grow a business.
- Telly Awards honor excellence in local, regional and cable TV commercials. The City's "A Better Fit for Business" and "East Bay Athletics" videos were recognized with Tellys.
- Donald E. Hunter Excellence in Economic Development Planning Award recognized the campaign for innovative ideas, leveraging Concord's strengths and advantages, using entrepreneurs as the spokespeople in campaign videos, and creative ads.

Improving quality of life

The California Parks and Recreation Society District 3 presented Concord with two awards:

- Outstanding New Recreation Program Award recognized the revamped one-week Swim Lesson Program at Concord Community Pool, which greatly increased registrations.
- Outstanding Facility Award recognized new Willow Pass Park pickleball courts for excellence in design.

Caring for City vehicles

The City received the 2017 Leading Fleets award from Government Fleet Magazine, a national award recognizing operations that are performing at a high level in fleet innovation and leadership.

Recognition of financial excellence

Concord received the Government Financial Officer's Association (GFOA) Certificate of Achievement in Financial Reporting, the GFOA Distinguished Budget Award, and the National Procurement Institute's Achievement of Excellence in Procurement Award.

Caring for the urban forest

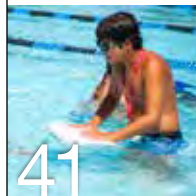
The Arbor Day Foundation designated Concord as a Tree City USA for the 36th consecutive year, and presented Concord with the Growth Award for the 19th consecutive year. The City celebrated Earth Day on Saturday April 22 with tree plantings, path restoration, creek clean-up, trash pick-up and the planting of a butterfly garden at Hillcrest Community Park.



City of Concord

- Laura M. Hoffmeister Mayor
- Edi E. Birsan Vice Mayor
- Ronald E. Leone Councilmember
- Timothy A. McGallian Councilmember
- Carlyn S. Obringer Councilmember
- Valerie J. Barone City Manager
- Leslye Asera Community Relations Manager and Editor

On the cover: Clockwise from top left
(1) Ladies enjoy a festive Tea event at the senior center; **(2)** New signs in downtown Concord mark the Todos Santos historic district; **(3)** Over 60 people participated in a demonstration of Zumba in the park promoted by Parks & Recreation. A new Zumba in the Park class is offered in the Fall; **(4)** Residents participate in a workshop June 17 on the Reuse Plan for the Concord Naval Weapons Station.



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CONTACT

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

Americans with Disabilities Act (ADA) Coordinator 671-3031
 Building 671-3107
 Business Licenses 671-3307
 Cable TV
 Astound Broadband 459-1000
 Comcast 1-800-945-2288
 City Clerk 671-3390
 City Council 671-3158
 City Manager 671-3150
 Code Enforcement Hotline 671-3075
 Concord Community Pool 671-3480
 Concord Naval Weapons Station Reuse Project 671-3001
 Concord Pavilion Information 676-8742
 Resident Hotline 363-5701
 Downtown Hotline 671-3464
 Economic Development 671-3355
 Engineering 671-3361
 Flood Zone Inquiries 671-3425
 Garbage Collection 682-9113
 Graffiti Hotline 671-3080
 Housing 671-3370
 Mayor 671-3158
 Permit Center 671-3454
 Picnic Site Reservations 671-3404
 Planning 671-3152
 Police and Fire Emergencies 911
 Police/Information 671-3220
 Pothole Hotline 671-3228
 Public Works 671-3448
 Park Maintenance 671-3444
 Recreation/Registration 671-3404
 Sewer Problems 671-3099
 Shopping Cart Hotline 1-800-252-4613
 Street Light Outages Hotline 671-3213
 Street Sweeping 671-3448
 Street Trees 671-3445
 Traffic Safety and Signals 671-3132

Recreation Program Locations

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 671-3474
 Concord Library – 2900 Salvio St. 646-5455
 Concord Senior Center – 2727 Parkside Circle 671-3320
 Concord Skate Park – Cowell Road/San Miguel Road
 Diablo Creek Golf Course – 4050 Port Chicago Highway 686-6262
 Markham Nature Park – 3915 Cowell Road (Babel/Cowell)
 Newhall Park – 1351 Newhall Parkway
 Willow Pass Community Center and Park – 2748 E.Olivera Road... 671-3423
 Parks & Recreation Class Registration
 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
 Clayton Valley Little League www.cvll.org
 Concord American Little League www.callbaseball.org
 Concord Lady Hawks www.concordladyhawks.com
 JOBL Baseball & Softball www.joblconcord.com
 Payless Batting Cages 825-7526

Youth Football / Cheerleading

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

Youth Soccer

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

Adult Soccer

Concord AYSO www.concordayso.org
 Contra Costa Mixed Soccer www.eteamz.com/ccmsl
 East Bay Senior Soccer www.ebssl.com

Adult Pickleball / Softball

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

Bocce

Concord Bocce Federation www.concordbocce.org

Swimming

Terrapins Swim Team 680-8372

Tennis

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



Concord at a Glance

Concord at a Glance

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

Community Profile

Population 127,493
 Households 49,483
 Household average income... 91,651
 Median home value..... \$549,800
 Median age 38.7

Business Profile

Total working residents.... 63,200
 Education beyond high school... 53.4%

By the Numbers

- Largest city in Contra Costa County
- 8th largest city in the Bay Area
- 46th largest city in California
- 29 miles east of San Francisco
- 27 parks and playfields
- 379 acres of developed parkland
- 1,080 acres of open space
- 8,091 licensed businesses
- 4 million square feet of Class A office space
- Ranked as one of America's 50 greenest cities
- Ranked as one of the 100 best places to raise a family.

Letter to Residents

City leaders are proud to present this year's Annual Report to Concord residents and business owners. As the economy turns around, the City looks forward to continued partnerships with residents and local businesses that improve the quality of life in Concord for everyone.

During the 2016-17 fiscal year, the City welcomed two new City Councilmembers and a new City Treasurer. Councilmember Carlyn Obringer was elected in November 2016. In the same election, sitting Councilmember Tim Grayson was successful in his run for the State Assembly, leaving a vacant Council seat. Treasurer Tim McGallian was selected to replace Tim Grayson, joining Mayor Laura Hoffmeister, Vice Mayor Edi Birsan and Councilmembers Ron Leone and Carlyn Obringer on the dais. The Council then selected Patti Barsotti to the Treasurer position.

City Council members, whether long-serving or brand new, are always interested in learning what residents think about a variety of issues so that their policy decisions reflect the community. With that in mind, a Community Satisfaction Survey was conducted earlier this year. Of those surveyed, nearly three-quarters (73 percent) rated the quality of life in Concord as good or excellent. More than three quarters (78 percent) said they were satisfied or extremely satisfied with services they receive from the City. Councilmembers studied all the survey results in detail to assist them in allocating resources in the two-year City budget passed in June.

A good sign that the economy is recovering in Concord is the increased interest in major construction projects. The highlight of the past year was the start of construction on The Veranda on Diamond Boulevard, the first new shopping center to be built on the I-680 corridor in several decades. This 375,000 square foot project will have room for 50 stores and restaurants when it is completed. Star attractions include a luxury IMAX theatre, chef-driven restaurants and a Whole Foods 365 plus public gathering spaces for relaxation and out-door entertainment.

We thank residents for their continued support of local businesses and City programs, which has helped Concord recover from the recession. We present this Annual Report to the residents and business owners of Concord as part of the City's on-going commitment to transparency and accountability.

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

2016-17 Project Highlights

Measure Q street repair projects

Voters passed a half-cent sales tax called Measure Q in 2010 and extended it in 2014 to preserve necessary City services and improve the City's infrastructure. Recent infrastructure projects funded with Measure Q dollars include:

- Pavement rehabilitation and curb improvements on Hillsborough Drive between St. George Drive and Labrador Street; E. Olivera Road from Port Chicago Highway to Wexford Drive; Walters Way from Detroit Avenue to Monument Boulevard and at the intersection of Monument Boulevard/Detroit Avenue.
- Pothole and base road repairs were completed at a dozen sites throughout the city.

Fixing streets by the numbers

Approximately 352,000 square feet of pothole/base failure repairs were completed on an estimated 9.5 miles of city streets, and 231,744 square yards of slurry and/or cape seal pavement maintenance improvements were completed on residential streets and at the Diablo Creek Golf Course.

Safety improvements

Bicycle and pedestrian improvements were completed on Detroit Avenue between Clayton Road and Monument Boulevard, Farm Bureau Road between Willow Pass Road and Wren Avenue, and Cowell Road at St. Francis Drive.

Bicycle trail repair

Bicycle trail improvements were made along Meadow Lane and Market Street to the tunnel under Hwy 242, to Franquette Avenue. This trail project continued along Franquette Avenue towards Willow Pass Road with the installation of bike route signage and construction of sidewalk improvements.

Traffic signal projects

Three new signals were installed at Treat Boulevard/San Miguel Road, Oak Grove Road/Smith Lane, and Oak Grove Road/Sierra Road, and improvements were completed to existing traffic signal systems at ten intersections. In addition, more than 30 traffic signal heads were upgraded from the existing 8" signal heads to new energy efficient 12" signal heads with LED lights.



A crew works on one of the many streets improved last year as part of the Measure Q Pavement Repair Project

Park additions

A new playground was built at Meadow Home Park. A new restroom facility was installed at Ellis Lake Park and a new playground is under construction. While resurfacing the eight tennis courts at Willow Pass Park, four of the courts were transformed into 14 pickleball courts. Three tennis courts at Concord Community Park were also resurfaced.

Making downtown sparkle

Improvements in the downtown during the past year include replacing the old decorative lighting in the trees around the plaza, resuming operation of the water fountain near the stage, and planting of a new holiday tree and installing new holiday decorations. In addition, a project was completed to install specially designed street signs to designate this historic district of the City. The distinctive signs let visitors know that they are travelling through Concord's oldest district.

Downtown events

The 28 events produced by the City at Todos Santos Plaza, such as the popular Thursday Night Music and Market series, attracted 110,000 people to the downtown. Nearly \$150,000 in sponsorships and donations were raised to fund the events.

Project Highlights continued on page 8

Economic Development Spotlight



A robot by Starship Technologies goes for a test drive and will be rolling through downtown Concord sometime soon

Leading the way with new autonomous technology

Concord is home to one of every eight jobs in Contra Costa County, making Concord the job center of the county, and now the City is cementing its place in the autonomous technology industry by becoming a hub for autonomous vehicle and device testing.

Concord is already the home of the GoMentum Station on the former Concord Naval Weapons Station. Through this public-private partnership between Concord, the Contra Costa Transportation Authority and Stantec, companies such as Honda, EasyMile and FirstGroup have tested private vehicles, trucks and shuttles on the site, which is the largest secure testing facility in the U.S.

City leaders recently passed a new pilot program with the autonomous delivery technology company Starship Technologies, Inc. Launched by Skype co-founders Ahti Heinla and Janus Friis in 2014, Starship is an autonomous delivery company that utilizes sidewalk-roving personal delivery devices to transport parcels, groceries and food orders to customers in about 30 minutes. These fun little robots will be coming to downtown Concord soon.

This latest news comes on the heels of recent technology investments in Concord including an agreement with Marin Clean Energy to provide solar and wind-based green energy to residents, and a \$3.5 million state budget appropriation to continue support of the GoMentum Station.

Honor Homecare, a startup tech company, has also chosen to locate in Concord and signed a lease downtown at Salvio Pacheco Square. The company will initially be housing approximately 50 employees, with a majority being young

professionals that are seeking tech careers outside of San Francisco and the Peninsula. Honor is a company that provides on-demand, nonmedical, in-home care for physically and mentally impaired seniors. The San Francisco-based startup uses technology that enables seniors or their families to hire a caregiver using the company app or by logging onto its website.

Residential development ongoing in downtown Concord

The 180-unit Renaissance Square Phase II apartment complex, at 1825 Galindo St., started construction and is slated to open in summer 2018. Additional projects in discussion or in the pipeline include Town Center II, a 300-unit mixed use apartment complex across from Renaissance Square fronting Galindo Street between Concord Boulevard and Clayton Road; Argent Concord, a 170-unit development at the former Blockbuster Video site at 2400 Willow Pass Road; and Concord Village, a 230-unit complex at 2400 Salvio St.

Concord Reuse Brief

Plans for the redevelopment of the former Concord Naval Weapons station moved forward with monthly meetings of the Community Advisory Committee and two public workshops to provide input on the creation of a specific plan for the area. Meetings continued with the Navy and regulatory agencies in preparation for the transfer of the property. For more information on the Concord Reuse Project, go to: www.concordreuseproject.org.

Feel the Vibe

The City launched a new program called Concord Vibe to spread the word among young professionals about the city's amenities and activities such as craft beer, Eichler homes, global cuisine, trendy barbershops, fitness opportunities, hiking and food trucks, and entertainment. Concord VIBE held its launch party in January and has sponsored several sports and entertainment events.

With more new and innovative businesses locating in Concord, the City is working to attract young professionals, entrepreneurs, business owners, new residents and those looking to work in an environment with a special VIBE while retaining its talented workforce in a community that is still affordable by Bay Area standards. For more information on Concord VIBE, visit: www.concordfirst.com/concord-vibe.

Budget Overview

At the June 27 meeting, the City Council passed the Biennial Operating Budget for Fiscal Years (FY) 2017-18 and 2018-19 and the Ten-Year Forecast for FY 2017-18 through 2026-27. Next year at budget time, the City Council will consider the two-year Capital Budget.

Biennial Operating Budget

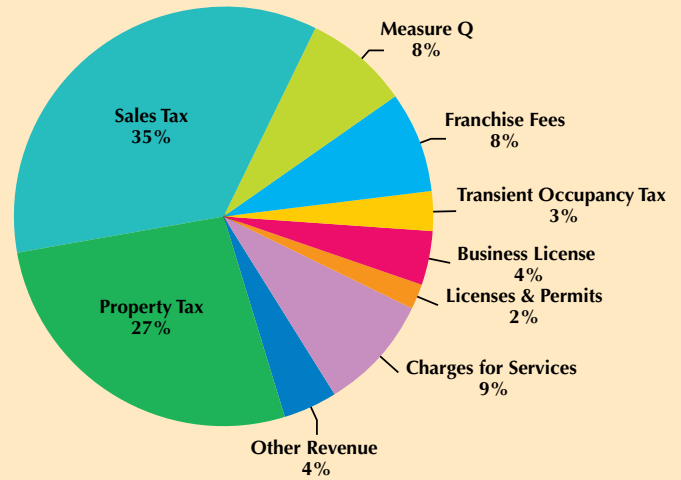
The Biennial Operating Budget, which includes the General Fund (the part of the budget that pays for day-to-day operations), continues all programs and services at current or enhanced levels. A net of two new positions are added in this budget and other positions have been reassigned. These staffing changes are in support of the City Council’s priorities, including code enforcement and police protection, the Concord Naval Weapons Station Reuse Project, housing programs and organizational efficiency. The net impact on the General Fund from these staffing changes is minimal as the majority of the changes are paid for through new revenue or cost reductions elsewhere.

In FY 2017-18, the first year of this balanced two-year budget, City’s revenues of \$97.3 million cover expenditures. In the second year, FY 2018-19, revenues are projected at \$100.3 million. In both years, the City limits its use of Measure Q revenues to \$7.5 million and maintains a 30 percent reserve level.

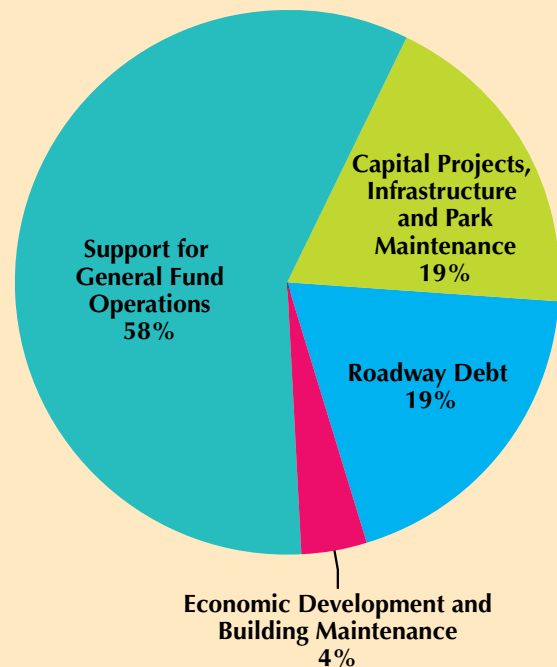
During the recession, Concord voters approved Measure Q, a half-cent use and transaction tax, that provides revenue to the City to protect and maintain Concord’s city services, including 911 emergency response times, police officers, gang prevention, crime investigation, neighborhood police patrols, city streets and pothole repair, senior services and nutrition programs, youth and teen programs, and other general city services.

Measure Q is projected to bring in approximately \$13 to \$14 million each year. While \$7.5 million is budgeted to the General Fund each year to support basic City services, the remainder is appropriated to the Capital Budget to be spent on infrastructure needs, such as street and road repair, and economic development support to bring additional jobs and tax-paying customers to Concord.

FY 2017-18 General Fund Revenue Total \$97.4 Million



Measure Q Revenue Total \$12,987,000



10-Year Forecast

The City of Concord has prepared an annual 10-Year Forecast that projects expenditures and revenues into the future to assist the City Council in making decisions. Proposed projects and programs approved today by the City Council may have ongoing costs. By looking at the 10-Year Forecast, City leaders can assess whether the City is in a position to add new staff, provide additional maintenance services or fund other costs associated with proposals for new projects or programs. This tool was instrumental in ensuring that the City remained solvent during the Great Recession.

The newly passed 10-Year Forecast has updated projections for revenues and expenditures, including a significant increase in costs over the next ten years. As directed by the City Council, the 10-Year Forecast maintains a 30 percent reserve in each of the ten years and assumes a gradual decrease in reliance on Measure Q revenue in the City's operating budget. The 10-Year Forecast identifies an ongoing structural budget deficit which increases significantly when Measure Q expires. To address this shortfall, the 10-Year Forecast assumes \$6.2 million in budget stabilization in FY 2019-20 increasing to \$13.4 million in FY 2026-27, the last year of the 10-Year Forecast.

Budget stabilization refers to measures taken to close the gap between revenues and expenditures and may consist of new revenue, expenditure reductions, cost transfers, or combinations of all three. The City has been working towards long-term fiscal stability since 2008 and has already implemented many budget stabilization strategies, including significant changes to employee benefits to reduce costs, downsizing staffing by 25 percent, decreasing service levels, and creating new revenue. Measure Q, which was explicitly passed by voters to avoid additional cuts to core services within the City, is a budget stabilization measure.

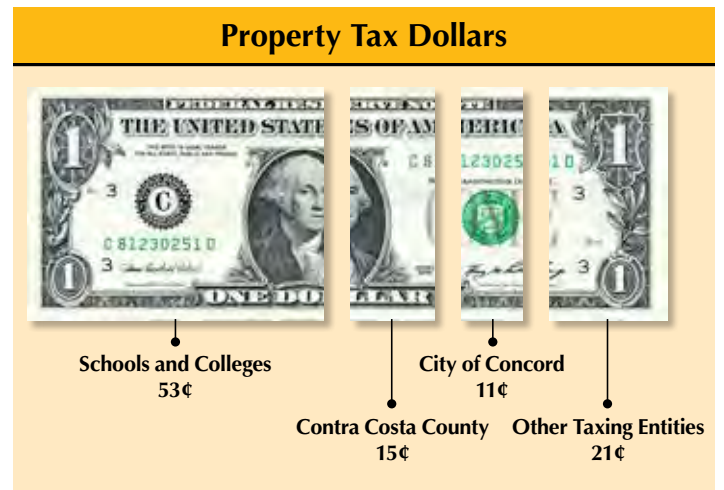
Looking forward

The City continues to tightly control budget increases so that revenue from the economic recovery can be used to pay for increasing costs. It is good news for the City that this biennial budget projects that the City's sales and property tax revenues will continue to grow.

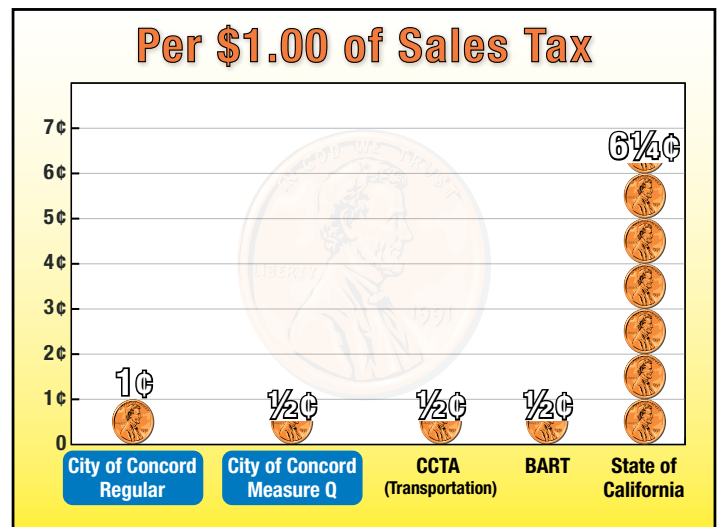
To address the City's continuing financial challenges and identify next budget stabilization strategies, the City Council

has directed the preparation of a fiscal stability plan. The plan will identify a range of strategies that can be used to close the gap between revenues and expenditures. The plan will also propose measures that will help the City address the shortfall in funding for infrastructure maintenance and capital projects. The plan is anticipated to be complete in early 2018, allowing the City Council and the community time to evaluate options and choose which strategies to implement during Year 2 of this budget.

While fiscal challenges remain, the City should celebrate the successes it has had and the economic growth it is currently experiencing.



For every \$1 residents pay in property tax, the City receives 11 cents.



Although shoppers in Concord pay 9 cents in sales tax on every dollar spent, the City only receives one-and-a-half cents.

2016-17 Project Highlights *(continued)*

New program for old sidewalks

The Sidewalk Inspection and Repair Policy was adopted to encourage the maintenance and repair of sidewalks by private property owners. The policy formalized some of the informal programs that were already occurring whereby the City offers property owners the opportunity to participate in the City's sidewalk repair activities in order to take advantage of lower costs (due to the size of the contracts) and elimination of City inspection fees.

Providing energy choice

The City Council voted to join Marin Clean Energy, a nonprofit community choice energy agency to provide solar and wind-generated electricity to Concord residents and businesses over existing transmission lines owned by PG&E and other utilities. The program will launch later in the year and help the City meet conservation goals included in Concord's Climate Action Plan.

Enhancing quality of life

A series of planning documents to enhance the quality of life in Concord were adopted by the City Council, including the Downtown Corridors Plan, the Bicycle, Pedestrian, and Safe Routes to Transit Plan, Todos Santos Design Guidelines and the Park & Shop Design Guidelines. In addition, the updated Economic Vitality Strategy was approved, setting forth the City's business attraction, retention and expansion objectives for the next five years.

New bike and pedestrian committee

A new Bicycle and Pedestrian Advisory Committee was established to review transportation related capital projects including roadway, pedestrian and bicycle improvements and provide input to staff on Complete Street features and for conformity with the City's Bicycle, Pedestrian and Safe Routes to Transit Plan.

Ensuring safe construction

The Permit Center processed 4,206 building permit applications with a total valuation of \$165.3 million and issued 4,188 building permits with a total valuation of \$108.7 million. In addition, 9,528 building inspections were completed. Staff averaged 38 building inspection stops per City work day.



New crosswalks improve safety at intersections on Willow Pass Road as part of the Central Concord Pedestrian Improvements and Streetscape project

Communications expansion

New online advances helped the City improve communication with residents. The City revised its main website so that it is more user-friendly. The Concord Naval Weapons Station Reuse Plan and Economic Development websites were also reinvented to include more information and additional functions. Social media expanded beyond the City, Police and Parks & Rec Facebook pages to include Instagram, Twitter and postings to the neighborhood news site Nextdoor.

Assisting at-risk youth


The Police Department, Monument Crisis Center and the Mt. Diablo Unified School District collaborated on establishing the Community Partners for Gang Prevention 180 Degrees program, targeting at-risk youth and their families with the goal of reducing gang violence.

Recognizing employees

The City established the quarterly Daniel C. Helix Award of Excellence, recognizing an individual in the Public Works Department who stands out among his or her peers by showing initiative and creativity, by providing excellent customer service to city departments and the community, or by demonstrating leadership. The City also established three annual Exceptional Employee Awards, recognizing employees from all departments for excellence in customer service, leadership, innovation and going 'above and beyond.'

ACTIVITY GUIDE



 Fun Drawings Made Easy
See page 33

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

2017-18 PRESCHOOL CLASSES

Walk-In Registration Only

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

Preschool Age 2

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



Preschool Age 3

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

Preschool Age 4

Your child will be exposed to learning concepts such as the alphabet, numbers, science, rhyming, understanding patterns, art and cooking through fun activities. By the time they graduate, they will have also developed life and social skills which will carry them on into Kindergarten.



NEW 5-Day Program

Your child will learn the same concepts as the 2- or 3-day classes. However, it allows children to learn and put these concepts to practice daily.

Requirements:

2-year-olds must be age 2 by September 1, 2017.
 3-year-olds must be age 3 by September 1, 2017.*
 4-year-olds must be age 4 by September 1, 2017.*
 *3 and 4-year-olds must be toilet trained.

Monthly and Additional Fees:

2-day class	\$129 R/\$159 NR
3-day class	\$194 R/\$225 NR
5-day class	\$365 R/\$375 NR

A \$110* non-refundable registration fee and a non-refundable first month's tuition payment are due at the time of registration. The remaining 8 tuition installments are due by the 20th of each month from September 2017-April 2018.

*\$75 will be applied to the April 2018 payment for students that complete the school year.

Parent Involvement: Parents are asked to bring a healthy snack for the whole class once every other month.

BALDWIN PARK 2790 PARKSIDE CIRCLE

3 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102885
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102884

4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102891
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102890

4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 6-May 18	M, W, F	12-2:30 p.m.	#102892

CENTRE CONCORD 5298 CLAYTON ROAD

2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102879
Sep 5-May 17	Tu, Th	12-2:30 p.m.	#102880
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102877
Sep 6-May 18	M, W, F	12-2:30 p.m.	#102878

3 Year Olds – Shannon Cervantes

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102883
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102881
Sep 6-May 18	M, W, F	12-2:30 p.m.	#102882

3 Year Olds – TBD

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	12-2:30 p.m.	#102886

4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 5-May 17	Tu, Th	9-11:30 a.m.	#102889
Sep 6-May 18	M, W, F	9-11:30 a.m.	#102887

NEW 4 Year Olds – 5-Day Program

Session	Days	Time	Course
Sep 5-May 18	M-F	12-2:30 p.m.	#103071

R = Concord Resident NR = Concord Non-Resident

DANCE, MUSIC AND PERFORMING ARTS



Beginning Ballet 1

Beginning ballet students will learn the fundamentals and the vocabulary of ballet, basic technique, coordination, barre exercises, and ballet positions. The instructor has more than 20 years of dance experience. Appropriate attire: ballet shoes, tights or leggings and leotards. No class November 11 and 25.

Age: 4-6 ■ Baldwin Park Dance Studio ■ Luana Nietschy				
Sep 9-Oct 14	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#104779
Oct 28-Dec 16	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#104780
Sep 12-Oct 17	Tu	5-5:45 p.m.	\$72 R/\$77 NR	#104954
Nov 7-Dec 12	Tu	5-5:45 p.m.	\$72 R/\$77 NR	#104955
Sep 9-Oct 17	Tu	5-5:45 p.m.		
	and Sa	9:30-10:15 a.m.	\$108 R/\$113 NR	#105332
Oct 28-Dec 16	Tu	5-5:45 p.m.		
	and Sa	9:30-10:15 a.m.	\$108 R/\$113 NR	#105333

NEW Kinder Hip Hop Dance

Kinder Hip Hop dancers learn a variety of creative movements and rhythms to age appropriate music. Dancers will also learn hip hop style movements and steps. This class will prepare your Kinder Hip Hop dancer for their in-class performance at the end of the 7-week session. No class September 25.

Age: 4-5 ■ Willow Pass Community Center Special K Productions Mobile Dance Studio				
Sep 11-Oct 30	M	5:30-6:20 p.m.	\$121 R/\$126 NR	#104980
Nov 6-Dec 18	M	5:30-6:20 p.m.	\$121 R/\$126 NR	#104983

Pre-Dance

Preschool dancers will be introduced to the world of dance through creative movement, rhythm, and improvisation. Dancers will focus on body positioning, balance, body isolation and fundamental dance vocabulary. The instructor has more than 20 years of dance experience. Appropriate attire: ballet shoes, tights or leggings, and leotards.

Age: 3-4 ■ Baldwin Park Dance Studio ■ Luana Nietschy				
Sep 9-Oct 14	Sa	9-9:30 a.m.	\$55 R/\$60 NR	#104841
Oct 28-Dec 16	Sa	9-9:30 a.m.	\$58 R/\$63 NR	#104842
Sep 12-Oct 17	Tu	4:30-5 p.m.	\$58 R/\$63 NR	#104843
Nov 7-Dec 12	Tu	4:30-5 p.m.	\$58 R/\$63 NR	#104969

ENRICHMENT

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 fee is required and payable at the first class. No class November 23, December 21 and 28.



Age: 2-5 ■ Baldwin Park Dance Studio ■ Kevin Oliver				
Sep 7-Oct 12	Th	5-5:40 p.m.	\$85 R/\$90 NR	#104827
Oct 19-Nov 30	Th	5-5:40 p.m.	\$85 R/\$90 NR	#104828
Dec 7-Jan 25	Th	5-5:40 p.m.	\$85 R/\$90 NR	#104970

Tiny Tumblers Gymnastics

All young boys and girls tumble over this one! This class is designed to enhance coordination, agility, and confidence. Your child will develop beginning gymnastic skills in a fun, social environment. Equipment incorporated includes bars, low beams, ladders, trampoline, barrel, incline mats, tunnels, rings and music games.

Age: 3-5 ■ Willow Pass Community Center ■ CGS Gymnastic Services				
Sep 11-Oct 9	M	12:15-1 p.m.	\$83 R/\$88 NR	#102902
Oct 16-Nov 13	M	12:15-1 p.m.	\$83 R/\$88 NR	#104858

PRESCHOOL SPORTS

Mommy/Daddy and 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 will receive a Kidz Love Soccer jersey!



Age: 2-3 1/2 ■ Concord Community Park ■ Kidz Love Soccer				
Sep 14-Oct 19	Th	5:15-5:45 p.m.	\$79 R/\$84 NR	#105125

Age: 2-3 1/2 ■ Newhall Park ■ Kidz Love Soccer				
Sep 18-Nov 13	M	9:30-10 a.m.	\$113 R/\$118 NR	#105124
Sep 23-Nov 18	Sa	9:00-9:30 a.m.	\$113 R/\$118 NR	#105126
Sep 23-Nov 18	Sa	9:35-10:05 a.m.	\$113 R/\$118 NR	#105127

Kidz Love Soccer-Tot Soccer

Little tykes enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 3 1/2-4 ■ Newhall Park ■ Kidz Love Soccer
Sep 23-Nov 18 Sa 10:10-10:45 a.m. \$113 R/\$118 NR #105114

Kidz Love Soccer-Tot/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 Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 3 1/2-5 ■ Newhall Park ■ Kidz Love Soccer
Sep 18-Nov 13 M 10:10-10:45 a.m. \$113 R/\$118 NR #105118
Sep 18-Oct 16 M 5:10-5:45 p.m. \$68 R/\$73 NR #105119

Age: 3 1/2-5 ■ Concord Community Park ■ Kidz Love Soccer
Sep 14-Nov 9 Th 3:45-4:20 p.m. \$113 R/\$118 NR #105120

Kidz Love Soccer-Pre Soccer

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. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 4-5 ■ Newhall Park ■ Kidz Love Soccer
Sep 23-Nov 18 Sa 10:45-11:20 a.m. \$113 R/\$118 NR #105117

Skyhawks Parent and Me

This multi-sport tot program was designed to give kids a positive first step into athletics. The fundamentals of baseball, basketball, and soccer are taught in a structured environment filled with lots of encouragement and a big focus on fun! Through fast paced games and activities, participants explore balance, body movement, coordination, and skill development at their own pace.

Age: 2-3 ■ Newhall Park ■ Skyhawks Sports Academy
Sep 21-Nov 23 Th 3:30-4 p.m. \$133 R/\$138 NR #105093

Age: 2-3 ■ Concord Community Park ■ Skyhawks Sports Academy
Sep 23-Nov 25 Sa 9:30-10 a.m. \$133 R/\$138 NR #105094



Young Rembrandts Art Classes

See page 14.



Skyhawks Tot Sports

This multi-sport tot program was designed to give kids a positive first step into athletics. The fundamentals of soccer, baseball, basketball, track & field are taught in a structured environment filled with lots of encouragement with a big focus on fun! Through fast paced games and activities, participants explore balance, body movement, coordination and skill development at their own pace.

Age: 3-5 ■ Newhall Park ■ Skyhawks Sports Academy
Sep 21-Nov 23 Th 4:15-5 p.m. \$133 R/\$138 NR #105099

Age: 3-5 ■ Concord Community Park ■ Skyhawks Sports Academy
Sep 30-Dec 10 Sa-Su 10:15-11 a.m. \$133 R/\$136 NR #105100



Skyhawks Pre-School Academy

Sports provide a fun, safe and positive environment where future athletes can take their first step towards an active and healthy lifestyle. Using a progressive curriculum and modified equipment, participants learn athletic fundamentals and social skills through a series of fast-paced games and activities. Sports include Soccer, Baseball, Basketball, and Track & Field. All participants receive a Skyhawks T-shirt and Merit Award

Age: 4-6 ■ Concord Community Park ■ TLR Sports INC
Sep 30-Dec 2 Sa 11:15 a.m.-12 p.m. \$133 R/\$138 NR #105112

R = Concord Resident NR = Concord Non-Resident

Camp Concord 50 and Better

Enjoy a special Lake Tahoe getaway for adults 50 years or older. Camp Concord, in South Lake Tahoe, is the perfect place for a relaxing and/or adventurous vacation – your choice! You choose activities ranging from Hiking, Canoeing and Kayaking, to Arts & Crafts and Bingo. Price includes all meals featuring fresh fruits and vegetables, ribs, pasta and chicken. Accommodations are cabins with electricity and convenient access to restrooms and hot showers. For complete details, pick up a 50 and Better camp brochure or visit our website: www.campconcord.org. Cabins sleep up to 3 people, so be sure to include the names of friends you want to bunk with at the time of registration.



Age: 50+ ■ Camp Concord, South Lake Tahoe

Aug 21-25 M-F \$225 R/\$250 NR #103193

Aug 28-Sep 1 M-F \$225 R/\$250 NR #103194

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.



Camp Concord's 50th Anniversary Weekend Celebration

You don't want to miss this! Come celebrate with us for the 50th Anniversary of Camp Concord. What were you doing at Camp Concord from 1967-2017? We will reminisce. We welcome Staff, Alumni, Friends of Camp Concord, Family and Youth Campers that have attended Camp Concord in the last 50 years. There is no better way to spend your summer than spending it at the Happiest Place on Dirt! Meals, accommodations, and activities will be provided so you don't have to worry about a thing. Your favorite Camp Concord activities include archery, canoeing, campfires and skits, a dance and a 50 years of review-slideshow. It's a weekend for memories that will last a lifetime!

All Ages ■ Camp Concord, South Lake Tahoe

Aug 11-13 F-Su #104414

Age 16 and older: \$169 R/\$198 NR

Age 11-15: \$131 R/\$154 NR

Age 6-10: \$96 R/\$112 NR

Age 3-5: \$57 R/\$66 NR

Age 2 and Under: FREE

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, programming 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

Sep 1-4 F-M \$195 R/\$210 NR

#103190

How do I register?

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

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



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

ARTS AND CRAFTS

FUNdamental Drawing for Kids

Children learn the skills necessary to draw complex images which helps grow their self-confidence. With a step-by-step method, children develop observation skills, increase their fine motor skills, handwriting readiness and attention to detail. Children learn how to follow directions, hold and use a pencil, and increase their attention span.

Age: 4-7 ■ Centre Concord ■ Young Rembrandts
 Sep 15-Oct 13 F 3-4 p.m. \$103 R/\$108 NR #104803
 Oct 20-Nov 24 F 3-4 p.m. \$103 R/\$108 NR #104804

NEW Young Rembrandts Drawing-Jr. Card Making

Create your own special greeting cards while learning to draw a wonderful variety of still life drawings themed for the upcoming holidays. Highlights and shading will enhance each drawing. Join us for five days of challenging lessons as we refine our drawing skills and create one card each class. No prior experience needed. All supplies provided. No class November 25.

Age: 4-6 ■ Centre Concord ■ Young Rembrandts
 Nov 11-Dec 23 Sa 10-11 a.m. \$90 R/\$95 NR #104974

COMPUTERS



NEW Coding for Kids

Are you looking for your child to be a 'code-ey', a movie maker, to build games, or create 3D objects? We strive to build love for the programming language by introducing technology concepts in scratch, 3D printing, java and python to build a program. Technology education expands creativity and emphasizes logical reasoning. Kids will create, build and learn. \$45 materials fee is payable to the instructor the first class.


Age: 5-8 ■ Centre Concord ■ siliconvalley4u
 Sep 6-Nov 8 W 3:30-4:30 p.m. \$361 R/\$361 NR #104986



NEW Coding for Girls- Supergirl Adventures!

Get your 'Hour of Code' right here! Experiment with Digital Art and Technology simultaneously! Learn how to create simple animated storylines using SCRATCH! Join SuperGirl on her quest to search for the crystal of power! Create an animation script for each adventure, express your creativity and make programming fun! Exclusive curriculum, easy to understand instructions and a computer is provided to each student.

Age: 8-11 ■ Centre Concord ■ Tiny Techs Club
 Sep 5-Oct 24 Tu 4:30-5:30 p.m. \$217 R/\$222 NR #104978



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HOURS OF OPERATION

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Winter:	Noon-7 p.m.	10 a.m.-6 p.m.
Spring/Fall:	Noon-8 p.m.	10 a.m.-6 p.m.
Summer:	Noon-9p.m.	10 a.m.-6 p.m.

Camps and Professional Instruction
 For more information call
 (925) 825-7526 (SLAM)

R = Concord Resident NR = Concord Non-Resident

DANCE AND MUSIC

Beginning Ballet 2

Increase your strength, flexibility and body coordination while building on the techniques from Ballet 1. Ballet 2 will concentrate on the dancer's ability to connect steps and create fluidity in their movement. The instructor has more than 20 years of dance experience. Appropriate attire: ballet shoes, tights, and leotards. No class November 11 and 25.

Age: 6-10 ■ Baldwin Park Dance Studio ■ Luana Nietschy				
Sep 9-Oct 14	Sa	10:15-11 a.m.	\$72 R/\$77 NR	#104781
Oct 28-Dec 16	Sa	10:15-11 a.m.	\$72 R/\$77 NR	#104782
Sep 12-Oct 17	Tu	5:45-6:30 p.m.	\$72 R/\$77 NR	#104952
Nov 7-Dec 12	Tu	5:45-6:30 p.m.	\$72 R/\$77 NR	#104953
Sep 9-Oct 17	Tu	5:45-6:30 p.m.		
	and Sa	10:15-11 a.m.	\$108 R/\$113 NR	#105330
Oct 28-Dec 16	Tu	5:45-6:30 p.m.		
	and Sa	10:15-11 a.m.	\$108 R/\$113 NR	#105331

NEW Hip Hop Dance/Break-Dance

Learn street dance styles primarily performed to Hip-Hop music or that have evolved as part of Hip-Hop culture. Dance to current Hip-Hop music and learn current styles and steps which are introduced in an upbeat environment. Dancers will also learn the 7 elements of Break-Dance Top Rock, FeetWork, Freezes, Spins, Drops, Treading and Swipes. Dancers will have an in-class performance at the end of the session. No class September 25.

Age: 6-12 ■ Willow Pass Community Center Special K Productions Mobile Dance Studio				
Sep 11-Oct 30	M	6:30-7:30 p.m.	\$161 R/\$166 NR	#104981
Nov 6-Dec 18	M	6:30-7:30 p.m.	\$161 R/\$166 NR	#104982

NEW Folk Dance

Students will learn dance steps and dances from Latin America, Spain, and the Middle East. Begin with warm up exercises and some simple dances to perform. This is an excellent way to relieve stress and can greatly benefit many people both physically and mentally. No class November 23.

Age: 10+ ■ Senior Center ■ Jaime Cader				
Sep 14-Oct 26	Th	6-7:30 p.m.	\$38 R/\$43 NR	#105339
Nov 2-Dec 28	Th	6-7:30 p.m.	\$43 R/\$48 NR	#105340

NEW Ukulele for Beginners

So you have an ukulele. Come join us and gain the basic understanding of this wonderful instrument. Soon you'll be strumming your favorite melodies for your family and friends. Bring your ukulele, a tuner and folder for music sheet.

Age: 10+ ■ Senior Center ■ Nola-Joy Boyd				
Sep 11-Oct 23	M	5-6 p.m.	\$38 R/\$43 NR	#105341
Nov 6-Dec 11	M	5-6 p.m.	\$33 R/\$38 NR	#105342



ENRICHMENT

NEW 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 ■ Lava Learning Inc				
Sep 20-Nov 8	W	1:30-2:30 p.m.	\$199 R/\$204 NR	#104979



Chess Wizards

Our interactive, discovery-based curriculum inspires students to think ahead, visualize their goals; treat others with respect and to learn from mistakes. Geared to suit children of all skill levels from chastling to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more! We make learning chess fun! Your brain is your superpower...are you ready to use it?

Age: 6-12 ■ Centre Concord ■ Wizards Chess				
Sep 19-Dec 5	Tu	3:30-4:30 p.m.	\$279 R/\$284 NR	#104956
Age: 6-12 ■ Willow Pass Community Center ■ Wizards Chess				
Sep 20-Dec 6	W	3:30-4:30 p.m.	\$279 R/\$284 NR	#104959

NEW Cooking Round the World: A Cultural Exploration!

New understandings about cultures and traditions around the world will be presented with food and cooking as the conduit to get there! Kids will learn basic cooking skills, new ingredients, an international folktale, and language acquisition from a new country every week. Some classes provide a map education and a picture slideshow of where we are "visiting". \$30 materials fee due to instructor at first class.

Age: 6-13 ■ Centre Concord ■ Cooking Round The World				
Sep 18-Oct 23	M	3-4:30 p.m.	\$123 R/\$128 NR	#105037
Age: 6-13 ■ Willow Pass Community Center ■ Cooking Round The World				
Oct 25-Nov 29	W	3-4:30 p.m.	\$123 R/\$128 NR	#105038

NEW Little Medical School-Nursing School

Little Nursing School brings medicine, science and the importance of health to children in an entertaining and engaging way. Students will have the chance to learn about blood, immunizations, and administering shots. \$20 materials fee due to the instructor on first day of class.



Age: 6-11 ■ Centre Concord ■ Little Medical School
Sep 21-Oct 26 Th 3:30-4:30 p.m. \$113 R/\$118 NR #104976

NEW Little Medical School-Sports Medicine

Explore the exciting world of sports medicine. Wear a white coat, reflex a hammer, and learn how doctors do an assessment for sports injuries. Learn about common problems from playing sports and how doctors diagnosis and treat them. Make a model of the hand and see how the tendons and ligaments work and what can go wrong. \$20 materials fee due to the instructor on first day of class. No class November 23.

Age: 6-11 ■ Centre Concord ■ Little Medical School
Nov 2-Dec 14 Th 3:30-4:30 p.m. \$123 R/\$128 NR #104977

NEW Sewing By Machine

Learn machine sewing techniques. Create new projects each session. Actual projects are chosen from large fashion, small projects, or alterations and repairs. Make a sample notebook to keep. Maximum six students allows individual instruction with a certified sewing instructor. Computerized machines and all materials are provided except large project fabrics. \$25 materials fee due to instructor on first day of class.



Age: 8+ ■ Centre Concord ■ Debbie Nelson
Sep 20-Nov 8 W 2-4 p.m. \$242 R/\$247 NR #105001

NEW We Teach Your Kids to Cook a Mexican Dinner

Have fun with Chef Lynda. Your children are guided in how to make delicious, healthy food that builds their self-esteem and supports their body. Kids eat what they cook. Your family will spend more time in the kitchen eating your children's creations. There is a nonrefundable \$17 materials fee payable at the first class. No class November 24.

Age: 6-10 ■ Centre Concord ■ Cooking with Kids Foundation
Nov 16-Dec 21 Th 5:30-7 p.m. \$204 R/\$209 NR #104864

R = Concord Resident NR = Concord Non-Resident

HEALTH AND FITNESS



K.O. Taekwondo

A traditional style Taekwondo class focuses on core values and is good for all ages and abilities. Learn useful self-defense techniques, increased flexibility and stamina. Improves overall muscle tone, and is also a great cardiovascular workout. \$35 uniform cost is required on the first day of class. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code must pay full price. No class November 22-25, 29 and December 22-30

Age: 6-13 ■ Baldwin Park Dance Studio ■ Kevin Oliver				
Sep 6-29	W, F	6-7 p.m.	\$80 R/\$85 NR	#104819
Oct 4-27	W, F	6-7 p.m.	\$80 R/\$85 NR	#104820
Nov 1-29	W, F	6-7 p.m.	\$70 R/\$75 NR	#104821
Dec 1-20	W, F	6-7 p.m.	\$65 R/\$70 NR	#104822
Sep 6-30	W, F and Sa	6-7 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104823
Oct 4-28	W, F and Sa	6-7 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104824
Nov 1-29	W, F and Sa	6-7 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104825
Dec 1-20	W, F and Sa	6-7 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104826

NEW Zumba Dance

Our bodies are designed to be strong, healthy, and fit. We will get your kids off the couch, and prevent obesity. Each week we will learn rhythms, culture and some unique songs and sounds from a different country. Dance to a variety of world rhythms, move, dance, play, and play instruments from each country. Combined with calisthenics, it is like a kid's boot camp. No class November 23.

Age: 6-12 ■ Willow Pass Community Center ■ Elisa Borges
Sep 5-Oct 19 Tu, Th 3:30-4:30 p.m. \$48 R/\$53 NR #104972
Nov 2-Dec 21 Th, Tu 3:30-4:30 p.m. \$48 R/\$53 NR #104973

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YOUTH SPORTS

Make Me A Pro Basketball

Make Me a Pro Basketball is a great class taught by enthusiastic coaches who will teach techniques of shooting, dribbling and passing from the triple threat position. Each day is concluded with game play. Make Me a Pro Basketball is a fun and educational way to learn about this great team sport and become a great player.

Age: 5-7 ■ Baldwin Park ■ Make Me a Pro Sports
Sep 15-Oct 20 F 4-4:45 p.m. \$117 R/\$122 NR #105014

Age: 8-12 ■ Baldwin Park ■ Make Me a Pro Sports
Sep 15-Oct 20 F 4:50-5:35 p.m. \$120 R/\$120 NR #105015

Make Me A Pro Soccer

Learn the basic skills of soccer through fun games and drills. Bring your friends and learn the techniques of kicking and dribbling. Come join us and have a ball!



Age: 5-7 ■ Baldwin Park ■ Make Me a Pro Sports
Sep 14-Oct 19 Th 4-4:45 p.m. \$117 R/\$122 NR #105002

Make Me A Pro Soccer Magic

Learn shooting, passing, dribbling and some soccer MAGIC techniques and moves from our well trained coaches. With fun drills and activities, each class concludes with game play. Come join us and have a ball!

Age: 8-12 ■ Baldwin Park ■ Make Me a Pro Sports
Sep 14-Oct 19 Th 4:50-5:35 p.m. \$117 R/\$122 NR #105006

One On One Basketball

Become a better basketball player through drills, contests, and game competition. You and your friends can join us and learn from skilled and experienced basketball instructors.

Age: 7-14 ■ Baldwin Park ■ One on One Basketball
Sep 16-Oct 21 Sa 11 a.m.-12 p.m. \$113 R/\$118 NR #105036

One on One Flag Football

Age: 7-14 ■ Baldwin Park ■ One on One Basketball
Sep 16-Oct 21 Sa 12:15-1:15 p.m. \$113 R/\$118 NR #105044

Skyhawks All-Girls Multi-Sport

No boys allowed!!! We combine soccer, softball, and volleyball into one fun-filled week, allowing young female athletes to discover and develop a passion for a variety of sports in one setting. Participants will learn the essential rules, strategies and skills of each sport, along with vital life lessons such as teamwork and sportsmanship. Program is instructed by Skyhawks highly trained local female coaches.

Age: 6-10 ■ Newhall Park ■ TLR Sports INC
Sep 21-Nov 23 Th 5:15-6:15 p.m. \$149 R/\$154 NR #105105

**Kidz Love Soccer-Soccer 1
 Technique & Teamwork**

Perfect for first time players and kids with some soccer experience, with fun skill games played at every session where every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a Kidz Love Soccer Jersey! Shin guards are required after the first meeting.

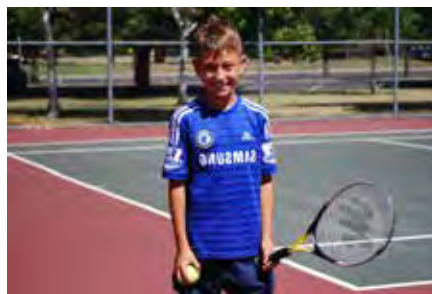
Age: 5-6 ■ Newhall Park ■ Kidz Love Soccer
Sep 18-Nov 13 M 3:40-4:25 p.m. \$113 R/\$118 NR #105121
Sep 23-Nov 18 Sa 11:20 a.m.-12:05 p.m. \$113 R/\$118 NR #105123

Age: 5-6 ■ Concord Community Park ■ Kidz Love Soccer
Sep 14-Nov 9 Th 4:20-5:05 p.m. \$113 R/\$118 NR #105122

**Kidz Love Soccer 2
 Skillz and Scrimmages**

Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world's most popular game! All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 7-10 ■ Newhall Park ■ Kidz Love Soccer
Sep 18-Nov 13 M 4:25-5:10 p.m. \$113 R/\$118 NR #105115



Tennis-Junior Development Program

The Junior Development Program is for the new or improving player ages 5-13. 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. \$40 sibling discount available – please call (925) 671-3423 for details.

Age: 5-13 ■ Willow Pass Park ■ Calvin McCullough
Sep 12-Nov 2 Tu, Th 4:30-5:30 p.m. \$208 R/\$213 NR #104854

Tennis-Junior Excellence Program

The Junior Excellence Program is for beginning tournament level players and junior varsity high school players ages 7-15. The program emphasizes ball control, court position, and fitness. Sessions are taught by Calvin McCullough, a USNTA/USPTR certified instructor with over 20 years coaching experience. \$49 sibling discount available – please call (925) 671-3423 for details.

Age: 7-15 ■ Willow Pass Park ■ Calvin McCullough
Sep 12-Nov 2 Tu, Th 5:30-7 p.m. \$248 R/\$253 NR #105045

COMPUTERS

NEW Basics of 3D Printing

Learn the basics of 3D modeling and printing, digitizing your design in Photoshop CC, converting images to 3D models using Tinkercad, and critical basic concepts in computer aided design (CAD). One of the most powerful capabilities of the 3D printing revolution is that it's accessible to anyone. Printing will be done through Sculpteo.

Age: 10-17 ■ Centre Concord ■ siliconvalley4u
 Sep 7-Nov 9 Th 3:30-4:30 p.m. \$361 R/\$366 NR #104987

DANCE, MUSIC AND PERFORMING ARTS

NEW Hula Level 1-Beginners

Hula with Heart. For the hula enthusiast who has never taken a class before. Learn basic hand and foot movement with Hawaiian music. Tone muscles, increase flexibility and improve cardio. Wear comfortable clothes and bring water and Sarong or Pa'u skirt (optional). Dance in bare feet or socks.

Age: 15+ ■ Senior Center ■ Rosemarie Ramos
 Sep 12-Oct 31 Tu 6:15-7:15 p.m. \$45 R/\$50 NR #105343
 Nov 7-Dec 19 Tu 6:15-7:15 p.m. \$45 R/\$50 NR #105344

Beginning Keyboard/Piano

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

Age: 10+ ■ Centre Concord ■ Ted Crowley
 Sep 18-Nov 20 M 7-7:45 p.m. \$153 R/\$158 NR #104783

Guitar Beginning

From the Beatles to Taylor Swift, did you know that most popular songs consist of only three or four basic chords? In just a few weeks, this fun and easy class teaches the chord progressions necessary to quickly learn to play your favorite songs. No prior experience needed. Even Bass players welcome! Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). A \$10 materials fee is payable to the instructor for CD and handouts.

Age: 12+ ■ Centre Concord ■ Ted Crowley
 Sep 18-Nov 20 M 7:45-8:30 p.m. \$153 R/\$158 NR #104806

R = Concord Resident NR = Concord Non-Resident



NEW Teen Hip Hop Dance/Break-Dance

Learn street dance styles primarily performed to Hip-Hop music or that have evolved as part of Hip-Hop culture. Dance to current Hip-Hop music and learn current styles. Steps are introduced in an upbeat environment. Dancer will also learn the 7 elements of Break-Dance Top Rock, FeetWork, Freezes, Spins, Drops, Treading and Swipes. Dancers will have an in-class performance at the end of the session. No class September 25.

Age: 13-17 ■ Willow Pass Community Center
 Special K Productions Mobile Dance Studio
 Sep 11-Oct 30 M 7:30-8:30 p.m. \$161 R/\$166 NR #104984
 Nov 6-Dec 18 M 7:30-8:30 p.m. \$161 R/\$166 NR #104985

SPECIAL INTEREST



Online Driver's Ed for Teens

DMV allows teens to receive their Learner's Permit at age 15½ and a license at age 16. This class is the FIRST, required step that must be completed. This is 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 much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time. Registration is ongoing.

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

September	\$43 R/\$48 NR	#104836
October	\$43 R/\$48 NR	#104837
November	\$43 R/\$48 NR	#104838
December	\$43 R/\$48 NR	#104839

ARTS AND CRAFTS



Drawing with color pencils and water colors

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.

Age: 18+ ■ Senior Center ■ Ann Nakatani
Sep 13-Oct 25 W 9:30-10:30 a.m. \$52 R/\$57 NR #104595
Nov 1-Dec 20 W 9:30-10:30 a.m. \$59 R/\$64 NR #104596

Mixed Media Art: European Style Sketching

Create classical-style black and white and color drawings from life, step-by-step. Students will learn 'Old Masters' drawing techniques such as proportion measuring, color mixing and shading, combining diverse media such as graphite, charcoal and watercolor pencils and pastels. Class is suited for beginners as well as advanced students and the instructor will individualize assignments according to students' abilities. No experience needed. No class November 23.

Age: 18+ ■ Senior Center ■ Tatyana Yurkhova
Sep 14-Oct 26 Th 10 a.m.-12:00 p.m. \$59 R/\$64 NR #104967
Nov 2-Dec 21 Th 10 a.m.-12:00 p.m. \$59 R/\$64 NR #104968

DANCE, MUSIC AND PERFORMING ARTS

Ballet Fit

Enjoy a ballet inspired low impact workout with dance routines set to music that encourage fun and artistry. This is a great way to help lift, tone and lengthen your entire body while improving your posture and flexibility. Focus is on endurance and grace. No class November 24.

Age: 18+ ■ Baldwin Park Dance Studio ■ Luana Nietschy
Sep 18-Oct 23 M 6:30-7:30 p.m. \$54 R/\$59 NR #104777
Nov 6-Dec 11 M 6:30-7:30 p.m. \$54 R/\$59 NR #104778
Sep 22-Oct 27 F 4:45-5:45 p.m. \$54 R/\$59 NR #104997
Nov 10-Dec 22 F 4:45-5:45 p.m. \$54 R/\$59 NR #104998

Beginning Tap Dance

This class is for the beginner who wants to learn tap and have a low impact workout. You will learn fun dances that focus on basic tap steps. These steps are repeated weekly. No class November 27.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis
Sep 11-Dec 18 M 5:45-6:30 p.m. \$78 R/\$83 NR #104686

Intermediate Tap 2

This class is for the adult student with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching tap dance for over 20 years at various dance studios in the Bay Area. No class November 27.

Age: 18+ ■ Baldwin Park Dance Studio ■ Terry Davis
Sep 11-Dec 18 M 5-5:45 p.m. \$78 R/\$83 NR #104688

NEW Hip Hop Dance Adults

Learn dance styles performed to Hip-Hop music or that have evolved as part of Hip-Hop culture. Steps are introduced in an upbeat environment. This class will help to develop you as a Hip Hop dancer and develop your own unique Hip Hop dance style that can be demonstrated at a family event or a night out dancing with friends. No class September 25.

Age: 18+ ■ Centre Concord ■ Special K Productions Mobile Dance Studio
Sep 11-Oct 30 M 8:30-9:30 p.m. \$161 R/\$166 NR #104989
Nov 6-Dec 18 M 8:30-9:30 p.m. \$161 R/\$166 NR #104990

NEW Folk Dance

Students will learn dances from Latin America, Spain, and the Middle East. Begin with warm up exercises. This is an excellent way to relieve stress and can greatly benefit many people both physically and mentally. No class November 23.

Age: 18+ ■ Senior Center ■ Jaime Cader
Sep 14-Oct 26 Th 6-7:30 p.m. \$38 R/\$43 NR #104706
Nov 2-Dec 28 Th 6-7:30 p.m. \$43 R/\$48 NR #104707



Hula Level 1 – Beginners

Hula with Heart. For the hula enthusiast who has never taken a class before. Learn basic hand and foot movement with Hawaiian music. Tone muscles, increase flexibility and improve cardio. Wear comfortable clothes and bring water and Sarong or Pa'u skirt (optional). Dance in bare feet or socks. No class September 26.

Age: 18+ ■ Senior Center ■ Rosemarie Ramos
Sep 12-Oct 31 Tu 6:15-7:15 p.m. \$45 R/\$50 NR #104607
Nov 7-Dec 19 Tu 6:15-7:15 p.m. \$45 R/\$50 NR #104608

Hula Level 2 – Intermediate

Advance hand and foot movement from traditional to modern Hawaiian music increase toning, cardio, flexibility and relieve stress. Learn simple Hawaiian words, phrases, songs and choreographed hula. Wear comfortable clothing and bring water. Sarong or Pa'u skirt. No class November 23.

Age: 18+ ■ Baldwin Park Dance Studio ■ Rosemarie Ramos				
Sep 14-Oct 26	Th	6-6:30 p.m.	\$24 R/\$29 NR	#104718
Sep 14-Oct 26	Th	6:45-7:45 p.m.	\$45 R/\$50 NR	#104719
Nov 2-Dec 21	Th	6-6:30 p.m.	\$24 R/\$29 NR	#104721
Nov 2-Dec 21	Th	6:45-7:45 p.m.	\$51 R/\$56 NR	#104722



Ukulele 1-Beginners

Join us and gain the basic understanding of the ukulele. Soon you'll be playing chords and strumming your favorite melodies from Jambalaya to Sweet Leilani. You will be making sweet music in no time. Bring your ukulele, a tuner, and a folder for music sheets. Open to children 10 and older and must be accompanied by an adult.

Age: 18+ ■ Senior Center ■ Nola-Joy Boyd				
Sep 11-Oct 23	M	5-6 p.m.	\$38 R/\$43 NR	#104597
Nov 6-Dec 11	M	5-6 p.m.	\$33 R/\$38 NR	#104598

Ukulele Advanced-Kanikapila

Join this easy going class with other advanced ukulele players! Formerly known as 'Jam' class. It is still the same 'easy going' feeling. Come play, sing and jam with us. Add some music to your life! Come learn and know what 'Ohana' feels like. A materials fee of \$40 for the song book is payable to instructor the first day of class.

Age: 18+ ■ Senior Center ■ Nola-Joy Boyd				
Sep 11-Oct 23	M	6:30-8 p.m.	\$38 R/\$43 NR	#104609
Nov 6-Dec 11	M	6:30-8 p.m.	\$33 R/\$38 NR	#104610

Beginning Keyboard/Piano-Adult

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

Age: 18+ ■ Centre Concord ■ Ted Crowley				
Sep 18-Nov 20	M	7-7:45 p.m.	\$153 R/\$158 NR	#104785

Guitar Beginning-Adults

From the Beatles to Taylor Swift, did you know that most popular songs consist of only three or four basic chords? In just a few weeks, learn the chord progressions necessary to play your favorite songs. No prior experience needed, even Bass players welcome! Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). \$10 materials fee payable to instructor for CD and handouts.

Age: 18+ ■ Centre Concord ■ Ted Crowley				
Sep 18-Nov 20	M	7:45-8:30 p.m.	\$153 R/\$158 NR	#104808



Intro to Filipino Banduria

Discover the passion of Filipino Rondalla. Learn to play traditional and contemporary Filipino and American music using the 14-stringed banduria, the Filipino version of the Spanish mandolin. Learning is easy using simple Do-Re-Mi notation. Celebration recital at session's end for family and friends. Bring own instrument or one can be rented from instructor for \$50.

Age: 16+ ■ Centre Concord ■ Rhu Bigay				
Sep 14-Nov 2	Th	7-8:30 p.m.	\$128 R/\$133 NR	#104810

ENRICHMENT

NEW You Can Learn to Cook at Any Age

Attention Young Adults! Learn to cook delicious and healthy food. Have fun and meet new friends. You leave with your own cookbook so you can go home to recreate you're cooking masterpieces for your family and friends. We will make appetizers, soups, breads, salads, main courses and of course dessert. \$17 materials fee is payable to instructor first day of class. Please let the instructor know before class if you have any food allergies. Instructor has taught for 20 years.

Age: 18-30 ■ Centre Concord ■ Cooking with Kids Foundation				
Sep 11-Oct 9	M	7-9 p.m.	\$203 R/\$208 NR	#104787

R = Concord Resident NR = Concord Non-Resident

HEALTH AND FITNESS

Jazzercise Class

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh music and moves will ignite your energy and bring the intensity to transform your body. The new Jazzercise features Dance Mixx, Interval, Fusion, Core, Strike, and Strength. Please bring a mat and hand weights. No class September 4, October 26, November 4, 11, 23 and December 14, and 18-30.

Age: 18+ ■ Centre Concord ■ Teri Crippen					
Sep 11-25	M	5:15-6:15 p.m.	\$21 R/\$26 NR	#104918	
Oct 2-30	M	5:15-6:15 p.m.	\$33 R/\$38 NR	#104919	
Nov 6-Dec 11	M	5:15-6:15 p.m.	\$40 R/\$45 NR	#104920	
Sep 7-28	Th	5:15-6:15 p.m.	\$27 R/\$32 NR	#104922	
Oct 5-19	Th	5:15-6:16 p.m.	\$21 R/\$26 NR	#104923	
Nov 2-Dec 7	Th	5:15-6:15 p.m.	\$33 R/\$38 NR	#104924	
Sep 2-30	Sa	8:30-9:30 a.m.	\$33 R/\$38 NR	#104926	
Oct 7-28	Sa	8:30-9:30 a.m.	\$27 R/\$32 NR	#104927	
Nov 18-Dec 16	Sa	8:30-9:30 a.m.	\$39 R/\$44 NR	#104928	
Sep 2-30	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$75 R/\$80 NR	#104930	
Oct 2-30	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$75 R/\$80 NR	#104931	

Multi-Session Discount					
Sep 2-Oct 30	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$133 R/\$138 NR	#104995	
Nov 2-Dec 16	M, Th and Sa	5:15-6:15 p.m. 8:30-9:30 a.m.	\$89 R/\$94 NR	#104996	



Jazzercise Lite

Come dance with us! You'll have fun dancing to current music using your whole body without hopping. You'll love how this dance-based aerobic and strength building workout boosts your mood and increases your energy, metabolism, balance and flexibility. Irene Larson has been a certified Jazzercise Instructor for 38 years. Hand weights optional. No class September 4 and 6.

Age: 18+ ■ Senior Center ■ Irene Larson					
Sep 11-25	M	5:45-6:45 p.m.	\$21 R/\$26 NR	#104698	
Sep 13-27	W	5:45-6:45 p.m.	\$21 R/\$26 NR	#104699	
Oct 2-30	M	5:45-6:45 p.m.	\$33 R/\$38 NR	#104700	
Oct 4-25	W	5:45-6:45 p.m.	\$27 R/\$32 NR	#104701	
Sep 11-Oct 30	M	5:45-6:45 p.m.	\$51 R/\$56 NR	#104702	
Sep 13-Oct 25	W	5:45-6:45 p.m.	\$45 R/\$50 NR	#104703	
Nov 6-Dec 11	M	5:45-6:45 p.m.	\$39 R/\$44 NR	#104704	
Nov 1-Dec 13	W	5:45-6:45 p.m.	\$45 R/\$50 NR	#104705	

Jazzercise Lite at Willow Pass

Get real Results with a powerfully fun, and effective workout that will lift your spirits and strengthen your heart, muscles, and core. Each class, led by a Certified Jazzercise Instructor with more than 30 years' experience, includes warm-up, low impact aerobics, strength training and stretching. Bring a mat for toning. Hand weights are optional. Students can attend one to three times a week. No class September 4 and November 24.

Age: 18+ ■ Willow Pass Community Center ■ Irene Larson					
Sep 1-29	F, M, W	9:30-10:30 a.m.	\$51 R/\$56 NR	#105023	
Oct 2-30	M, W, F	9:30-10:30 a.m.	\$55 R/\$60 NR	#105024	
Nov 1-29	W, F, M	9:30-10:30 a.m.	\$51 R/\$56 NR	#105025	
Dec 1-18	F, M, W	9:30-10:30 a.m.	\$35 R/\$40 NR	#105026	

NEW K.O. Self Defense

Self-defense program by K.O. Taekwondo is designed to provide fun, interactive classes, where you will learn basic safety, self-awareness and physical protection. All ages are welcome, families included. There is a \$25 equipment fee payable to the instructor on the first day of class. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code must pay full price. No class November 22.

Age: 8+ ■ Baldwin Park Dance Studio ■ Kevin Oliver					
Sep 6-Oct 11	W	5-5:45 p.m.	\$90 R/\$95 NR	#104965	
Oct 18-Nov 29	W	5-5:45 p.m.	\$90 R/\$95 NR	#104966	

K.O. Taekwondo-Adults

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. A \$35 required uniform fee is payable to the instructor on the first day. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code must pay full price. No class November 22, 24, 25, and December 22-30.

Age: 14+ ■ Baldwin Park Dance Studio ■ Kevin Oliver					
Sep 6-29	W, F	7-8 p.m.	\$80 R/\$85 NR	#104811	
Oct 4-27	W, F	7-8 p.m.	\$80 R/\$85 NR	#104812	
Nov 1-29	W, F	7-8 p.m.	\$70 R/\$75 NR	#104813	
Dec 1-27	W, F	7-8 p.m.	\$65 R/\$70 NR	#104814	
Sep 9-30	W, F and Sa	7-8 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104815	
Oct 4-28	W, F and Sa	7-8 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104816	
Nov 1-29	W, F and Sa	7-8 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104817	
Dec 1-27	W, F and Sa	7-8 p.m. 12-1 p.m.	\$79 R/\$84 NR	#104818	

K.O. Taekwondo-Family Class

Is your young child interested in the martial arts? Try this class and benefit with your children. Allow everyone in your family to train and have fun together in fun activities designed to increase attention span, focus and coordination. Learn some basic skills that will prepare for more disciplined training as you progress. An additional cost of \$35 for uniform is required and can be purchased on the first class. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code must pay full price. No class November 22, 24 and 25 and December 22, 23, 29 and 30.

Age: 5+ ■ Baldwin Park Dance Studio ■ Kevin Oliver				
Sep 8-30	F	7-8 p.m.		
	and Sa	1-2 p.m.	\$80 R/\$85 NR	#104960
Oct 6-28	F	7-8 p.m.		
	and Sa	1-2 p.m.	\$80 R/\$85 NR	#104961
Nov 3-18	F	7-8 p.m.		
	and Sa	1-2 p.m.	\$80 R/\$85 NR	#104962
Dec 1-16	F	7-8 p.m.		
	Sa	1-2 p.m.	\$80 R/\$85 NR	#104963
Sep 6-30	W, F	7-8 p.m.		
	and Sa	1-2 p.m.	\$90 R/\$95 NR	#105085
Oct 4-28	W, F	7-8 p.m./		
	and Sa	1-2 p.m.	\$90 R/\$95 NR	#105086
Nov 1-29	W, F	7-8 p.m./		
	and Sa	1-2 p.m.	\$80 R/\$85 NR	#105087
Dec 1-20	W, F	7-8 p.m./		
	and Sa	1-2 p.m.	\$75 R/\$80 NR	#105088

Meditation 1 for Health and Well-Being

Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, health, and a deeper spiritual connection. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. Optional CD \$10.

Age: 18+ ■ Centre Concord ■ Mary Bruns				
Sep 14-Oct 12	Th	7-8:45 p.m.	\$63 R/\$68 NR	#104831

Meditation 2 Continuing the Journey

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

Age: 18+ ■ Centre Concord ■ Mary Bruns				
Oct 19-Nov 16	Th	7-8:45 p.m.	\$78 R/\$83 NR	#104832

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 & 2.

Age: 16+ ■ Centre Concord ■ Mary Bruns				
Sep 13-Oct 11	W	7-8:45 p.m.	\$78 R/\$83 NR	#104833
Oct 18-Nov 15	W	7-8:45 p.m.	\$78 R/\$83 NR	#104834

NEW Tai Chi for Arthritis-Beginning

Want to get up and move but not ready for strenuous exercise? Then wear comfortable clothes and flat shoes (sandals not recommended) and join us for Beginning Tai Chi for Arthritis. It can improve balance, reduce stress and offer arthritis pain relief.

Age: 18+ ■ Senior Center ■ Eileen Ladarre				
Sep 13-Nov 29	W	5-6 p.m.	\$83 R/\$88 NR	#104621

Tai Chi Gong

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. New just released Tai Chi Gong DVD!



Age: 18+ ■ Centre Concord ■ Amy Erez				
Sep 12-Oct 24	Tu	6-7:15 p.m.	\$82 R/\$87 NR	#104937
Oct 31-Dec 12	Tu	6-7:15 p.m.	\$82 R/\$87 NR	#104938

Multi-Session Discount				
Sep 12-Dec 12	Tu	6-7:15 p.m.	\$148 R/\$153 NR	#104939

Push Hands-Partner's Exercise

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

Age: 18+ ■ Centre Concord ■ Amy Erez				
Sep 12-Oct 24	Tu	7:15-8 p.m.	\$59 R/\$64 NR	#104934
Oct 31-Dec 12	Tu	7:15-8 p.m.	\$59 R/\$64 NR	#104935

Multi-Session Discount				
Sep 12-Dec 12	Tu	7:15-8 p.m.	\$105 R/\$110 NR	#104936

Pilates

Engage in a unique set of low impact exercises that strengthen and tone your body's core muscles, improve posture and flexibility, and create a more streamline figure. Pilates increase your inner strength, complementing almost all physical activities and enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. A 3' foam roller is optional. Discounted rate is available for students registering for the entire season. No class November 23.

Age: 18+ ■ Willow Pass Community Center ■ David Henry				
Sep 5-Oct 24	Tu	5:30-6:20 p.m.	\$83 R/\$88 NR	#105058
Oct 31-Dec 19	Tu	5:30-6:20 p.m.	\$83 R/\$88 NR	#105059
Sep 7-Oct 26	Th	6:30-7:20 p.m.	\$83 R/\$88 NR	#105063
Nov 2-Dec 14	Th	6:30-7:20 p.m.	\$63 R/\$68 NR	#105064

Multi-Session Discount				
Sep 5-Dec 19	Tu	5:30-6:20 p.m.	\$147 R/\$152 NR	#105062
Sep 7-Dec 14	Th	6:30-7:20 p.m.	\$129 R/\$134 NR	#105067



Rejuvenating Yoga

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

Age: 18+ ■ Willow Pass Community Center ■ David Henry				
Sep 5-Oct 24	Tu	6:30-7:20 p.m.	\$83 R/\$88 NR	#105068
Oct 31-Dec 19	Tu	6:30-7:20 p.m.	\$83 R/\$88 NR	#105069
Multi-Session Discount				
Sep 5-Dec 19	Tu	6:30-7:20 p.m.	\$147 R/\$152 NR	#105072

Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap. No class November 7.

Age: 18+ ■ Concord Library ■ David Henry				
Sep 11-Oct 30	M	12:10-1 p.m.	\$80 R/\$85 NR	#104865
Nov 6-Dec 18	M	12:10-1 p.m.	\$70 R/\$75 NR	#104866
Multi-Session Discount				
Sep 11-Dec 18	M	12:10-1 p.m.	\$135 R/\$140 NR	#104869

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 16, 18, 23, 25 and November 22.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran				
Sep 11-Oct 30	M	5:30-6:30 p.m.	\$45 R/\$50 NR	#105052
Nov 6-Dec 18	M	5:30-6:30 p.m.	\$52 R/\$57 NR	#105053
Sep 6-Oct 11	W	6:10-7:10 p.m.	\$45 R/\$50 NR	#105054
Nov 1-Dec 20	W	6:10-7:10 p.m.	\$52 R/\$57 NR	#105055

Yoga-Intermediate

This Iyengar style intermediate class will take you deeper into the poses, as well as introduce the practice of inverted poses bringing together mind and body. Prerequisite: Must have completed at least one year of yoga. No class October 16 and 23.

Age: 16+ ■ Willow Pass Community Center ■ Susan Killoran				
Sep 11-Oct 30	M	6:35-7:45 p.m.	\$45 R/\$50 NR	#105056
Nov 6-Dec 18	M	6:35-7:45 p.m.	\$52 R/\$57 NR	#105057



Zumba instructors: Rosy Straka, Sepi Teferra, Cynthia Ryan, Elisa Borges, Zelia Santos, and Mia Said

ZUMBA

We take 'work' out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Travel the world with dance movements to salsa, merengue, cumbia, reggaeton, soca, afrobeat, bollywood, and rock-n-roll music and see why Zumba Fitness classes are called exercise in disguise. No class October 14 and November 24.

Age: 18+ ■ Centre Concord ■ Meskerem Teferra (Sepi)				
Sep 9-Oct 28	Sa	10-11 a.m.	\$38 R/\$43 NR	#104940
Nov 11-Dec 15	Sa	10-11 a.m.	\$33 R/\$38 NR	#104941
Age: 18+ ■ Willow Pass Community Center ■ Meskerem Teferra (Sepi)				
Sep 6-Oct 18	W	6:15-7:15 p.m.	\$38 R/\$43 NR	#105050
Nov 1-Dec 13	W	6:15-7:15 p.m.	\$38 R/\$43 NR	#105051

Zumba at Noon

No class November 24.

Age: 16+ ■ Concord Library ■ Zelia Santos				
Sep 8-Oct 13	F	12:00-1 p.m.	\$33 R/\$38 NR	#104946
Oct 20-Dec 1	F	12:00-1 p.m.	\$33 R/\$38 NR	#104947

NEW Zumba in the Park

Age: 16+ ■ Baldwin Park ■ Zelia Santos				
Sep 15-Nov 3	F	10:00 a.m.-11:00 a.m.	\$43 R/\$48 NR	#105083
Nov 10-Dec 15	F	10:00 a.m.-11:00 a.m.	\$28 R/\$33 NR	#105084

Zumba and Tone

We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Zumba is super effective and super fun. The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! No class October 9.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan				
Sep 11-Oct 30	M	6:30-7:30 p.m.	\$38 R/\$43 NR	#104944
Nov 6-Dec 18	M	6:30-7:30 p.m.	\$38 R/\$43 NR	#104945

R = Concord Resident NR = Concord Non-Resident

Zumba Step

Zumba Step is a lower-body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms. It offers a balance of traditional fitness, dance and step aerobic moves to encourage participants to use more energy to lift their body weight against gravity. It combines the fun and energy of Zumba fitness parts you love. Steps will be provided! Just bring your gym attire, bottle of water and a small towel. No class October 12 and 26.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan
 Sep 7-Nov 2 Th 6:30-7:30 p.m. \$43 R/\$48 NR #104950

NEW STRONG by Zumba

You will love this high intensity interval training class that uses many traditional fitness moves for a more athletic, conditioning-style workout. STRONG by Zumba, characterized by a unique system of progression, uses your own body weight as resistance to achieve muscle definition. Led by music, you will feel every beat, sync every move, and work every muscle. This intense workout is perfect for anyone that loves high impact. No class October 10, November 24, December 15 and 22.

Age: 16+ ■ Centre Concord ■ Elisa Borges
 Sep 8-Oct 20 F 10-11 a.m. \$59 R/\$64 NR #104991
 Nov 17-Dec 29 F 10-11 a.m. \$35 R/\$40 NR #104992

Age: 18+ ■ Willow Pass Community Center ■ Cynthia Ryan
 Sep 5-Oct 24 Tu 6:30-7:30 p.m. \$59 R/\$64 NR #105047
 Nov 7-Dec 19 Tu 6:30-7:30 p.m. \$59 R/\$64 NR #105048

The 29th Annual Music & Market Series

Thursdays, 6:30-8 p.m.
Todos Santos Plaza in Downtown Concord

AUGUST 10
Soul Power
Soul, Funk, Dance and R&B Horn Band


AUGUST 17
Orquesta Borinquen
Acclaimed Powerhouse Salsa Band from SF

AUGUST 24
 50th Anniversary of Sgt. Pepper
The Sun Kings
A Beatles Tribute as Nature Intended

AUGUST 31
Foreverland
An Electrifying 14-Piece Tribute to Michael Jackson

SEPTEMBER 7
 Co-bill: **The Next of Kin**
Rustic Sounds with a Modern Flair
 plus **Whirl** *The Future of Pop/Rock*

SEPTEMBER 14
Annie Sampson
Concord's Blues and Soul Diva

SPECIAL INTEREST

NEW Frauds, Scams and Cons

Have you ever been the victim of a scam? Wondered if it was too good to be true? Don't be the victim of a scam, a con, or a fraudulent act. Protect yourself by attending this class which will educate you to avoid these schemes which are designed to steal your money.

Age: 18+ ■ Senior Center ■ Randy Horton
 Oct 9 M 5:30-7:30 p.m. \$3 #104568

MCKS Pranic Healing® Introduction: MCKS SuperBrain Yoga®

Learn MCKS SuperBrain Yoga® - simple exercises to increase brain-power. An ancient Indian technique is used that maximizes the brain's function by activating the body's energy centers to help improve your memory/concentration/focus. These exercises are beneficial for adults and children, and are especially recommended for those with memory loss, autism and ADD/ADHD.

Age: 18+ ■ Senior Center ■ Ellie Riley
 Sep 30 Sa 1-3:30 p.m. \$8 R/\$13 NR #104695

MCKS Pranic Healing® Introduction: Twin Hearts Meditation®

Will your story become a glowing testimonial of personal healing and positive life transformation? Learn the Twin Meditation® - a simple powerful method of accessing Divine Force for self-healing, self-empowerment, spiritual development, and for serving the Planet... and more! Note: A non-denominational meditation works with your chakras to heal.

Age: 18+ ■ Senior Center ■ Ellie Riley
 Oct 21 Sa 1-3:30 p.m. \$8 R/\$13 NR #104697



MCKS Pranic Healing® Introduction: Improve Your Relationships

Are you carrying stress? Resentment? Unhappiness? Learn how the combination of the Twin Hearts Meditation® and the healing of the negative calcified thoughts, emotions and attitudes that are stuck in your energetic anatomy (chakras and aura) can improve your relationships and your overall health. Learn about energy and your health.

Age: 18+ ■ Senior Center ■ Ellie Riley
 Dec 2 Sa 1-3:30 p.m. \$8 R/\$13 NR #104696

ADULT SPORTS

Pickleball Leagues

Organized by skill level, this Round Robin structured league is designed so teams play against teams of roughly equal ability, making league play fun and equitable for everyone. Round Robin matches are played over a two-hour time span with teams playing 6 games each night. The league season is 6 weeks, with qualifying teams advancing to one night of playoffs. Teams can consist of 2 to 5 players. Choose your team's skill level (either competitive or recreational) at the time of registration. Competitive is generally for players 3.0 and above.

The Team Captain should register under their name and designate a team name in the registration process. Team game schedules will be posted on our sports website at www.teamsideline.com/concord approximately one week prior to the start of the league. Players looking to join a team should contact the Sports Office at (925) 671-3423 to be added to our Pickleball Free Agent List.

Age: 13+	Willow Pass Park	Mixed Doubles		
Sep 12-Oct 24	Tu	6-8 p.m.	\$65 per team	#105077
Age: 13+	Willow Pass Park	Women's Doubles		
Sep 14-Oct 26	Th	6-8 p.m.	\$65 per team	#105081
Age: 13+	Willow Pass Park	Men's Doubles		
Sep 14-Oct 26	Th	6-8 p.m.	\$65 per team	#105082



Pickleball Spooktacular Tournament

Come dressed in costume and enjoy this fun, recreational event. This tournament is open to ALL levels of play and has a 6 game guarantee. Players will play round robin style with a different partner for each game. Lunch is provided for all registered participants. The tournament will begin on Saturday and will extend into Sunday if the number of teams registered warrants the extra day.

Age: 16+	Willow Pass Park	Staff		
Oct 28-29	Sa-Su	9 a.m.-6 p.m.	\$40	#105073

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! No class September 4.

Age: 18+	Willow Pass Park	Marcia Neishi		
Sep 18-Oct 23	M	9-10 a.m.	\$63 R/\$68 NR	#105018
Nov 6-Dec 11	M	9-10 a.m.	\$63 R/\$68 NR	#105019

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. No class September 4.

Age: 18+	Willow Pass Park	Marcia Neishi		
Sep 18-Oct 23	M	10-11 a.m.	\$63 R/\$68 NR	#105027
Nov 6-Dec 11	M	10-11 a.m.	\$63 R/\$68 NR	#105028
Sep 18-Oct 30	M	6:30-7:30 p.m.	\$63 R/\$68 NR	#105030
Nov 6-Dec 18	M	6:30-7:30 p.m.	\$63 R/\$68 NR	#105031

NEW Pickleball Private Lessons

Willow Pass Park is now offering private lessons to those individuals looking to improve their skills. For more information please call 925-671-3423.

More Pickleball classes, clinics and activities are being added all the time. Go to www.concordreg.org for a complete listing of all Pickleball programs offered.

All players
3rd SATURDAY
— MISH MASH —
Join us every 3rd Saturday of the month for Mish Mash Pickleball.
Themed days
Game & rule variations
Fun for everyone
Drop-in tournaments
Mish Mash Pickleball gives an opportunity for all players, no matter what your level is, to mix and have fun!
CONCORD California
PICKLEBALL
September 16th
October 21st
November 18th
9:00am-12:00 pm
\$5 per person
Cash only
925-671-3423 sports@cityofconcord.org
Willow Pass Pickleball Courts
2748 E. Olivera Road, Concord



> Instructor-Facilitated Online Courses

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 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.

Enroll Now!

(925) 671-3118

Courses as Low as:

\$99

Concord Parks & Recreation

Introduction to Microsoft Excel

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Creating Web Pages

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

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Microsoft Excel

Work faster and more productively with Excel's most powerful tools.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

**MORE COURSES AVAILABLE
AT OUR ONLINE INSTRUCTION CENTER
www.ed2go.com/concordleisure**

SPECIAL RECREATION

Special Recreation offers inclusive and specialized programs for people with disabilities. Access to recreation provides accommodation to recreational classes and programs for people with disabilities (developmental, physical, ADD/ADHD, mental, etc.) Programs are designed for people 18 years of age or older. It is our goal to ensure that individuals with disabilities have access to our programs and that the experience is successful and meaningful.

Special Recreation-Bowling

Meet new people, make new friends or hang out with old friends. Play three games of bowling. Shoes are included. This recreation is for adults with disabilities. It is designed for people 18 years of age or older.

Age: 18+ ■ Clayton Valley Bowl
Sep 5-26 Tu 3:30-5:30 p.m. \$28 #104727

Bowling – Award Night Party

Join us at the awards night as we share this special time. Celebrate the highlights and achievements of our bowling team, the Strikers! Awards will be presented. Please remember to register attending family and friends.

Age: 16+ ■ Clayton Valley Bowl
Sep 26 Tu 5:30-7:30 p.m. \$10 #104729



Special Recreation-Community Dances

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

Age: 18+ ■ Walnut Creek Heather Farms ■ 301 N. San Carlos Drive
September 15 F 7-9 p.m. \$7

Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane
October 20 F 7-9 p.m. \$7

Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle
November 3 F 7-9 p.m. \$7

Age: 18+ ■ Walnut Creek Heather Farms ■ 301 N. San Carlos Drive
December 15 F 7-9 p.m. \$7



DIABLO CREEK GOLF COURSE
 4050 Port Chicago Highway, Concord
 (925) 686-6267 ■ www.diablocreekgc.com

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

Custom Club-Fitting Center

Come try out the newest golf product and be personally fit by one of our certified instructors with the latest FlightScope technology which measures all facets of the ball flight. We carry all major brands. Call today to set an appointment.

Group Classes

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

Cost per person:

- Five (5) or more adults – \$ 99 per person
- Four (4) adults – \$119 per person
- Three (3) adults – \$135 per person

Private Lessons

- 30-minute sessions are \$50 per lesson or \$250 for six (6) lessons
- Seniors 55 & up are \$40 per lesson or \$200 for six (6) lessons
- Four (4) private lessons and 1 on course playing lesson for \$250 (cart and green fees included)

Lighted driving range open until 10p.m, Monday-Saturday and 8:30p.m. on Sundays and full-service Pro Shop. Call for inclement weather conditions. (925) 686-6267.

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.

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

- **Fall Session: Week of September 11-November 4**
- **Fall Session: \$99* with early bird discount (1 day/week, 1.5 hour lessons)**
- **Target Program – Boys & Girls 5-6 years old**
Fee \$89* with early bird discount (1 day/week 1 hour lessons)
- **Players Club Membership** (Includes Youth On Course) \$20* for the calendar year.
- **Registration opens August 1. Earlybird discount ends August 25**
- **Fee assistance available.*

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

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



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

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.



Level 1 is EASY

Light walk (under 2 blocks. Wheelchair, canes and walker accessible.



Level 2 is MODERATE

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



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.



Follow us on Facebook

www.facebook.com/CityofConcordCA.ParksRecreation



You can find us on YouTube

www.youtube.com/concordfirst



3 Tour of SS Red Oak Victory Ship and Rosie the Riveter

Experience the history of World War II with a docent-led tour of the SS Red Oak Victory Ship. This ammunition ship launched on November 9th, 1944 in the Kaiser Permanente shipyard, and was the 558th ship built in Richmond California for World War II. After a box lunch on-board the ship, we're off to the Visitor Center to learn all about Rosie the Riveter and see the Rosie Memorial before coming home. No cancellations or refunds after August 31.

All Ages ■ Senior Center ■ Mary Rae Lehman

Sep 14 Th 9 a.m.-4 p.m. \$45 #104677



3 Coppola Family Napa Winery

Treat yourself to a visit to Director of The Godfather, Francis Ford Coppola's newest Family Complex Winery. Enjoy a wine tasting of one white and three red wines (they are noted for their reds), then visit their Hollywood Museum. Afterward, stroll through their grounds and visit the two large Family Pools where you can have lunch at the Pool Cafe, sitting in the sun, watching the families at play or at the esteemed Rustic Restaurant on site. No refunds or cancellations after September 5.

All Ages ■ Senior Center ■ Mary Ann Sams

Sep 18 M 9:30 a.m.-5 p.m. \$61 #104694



3 Tour the di Rosa Galleries and Grounds

Enjoy a 2-hour guided tour of the di Rosa Gatehouse, Main Gallery, Historic Residence, Courtyard and North Lawn and have plenty of time to browse the over 800 piece collection of Northern California art. A late lunch will be at a surprise location (not included) at under \$20 price point. Wear comfortable walking shoes and clothing. No cancellations or refunds after September 7.



All Ages ■ Senior Center ■ Mary Rae Lehman

Sep 21 Th 9 a.m.-4 p.m. \$35 #104671



California Highway Patrol Academy

Here's your opportunity to visit the California Highway Patrol Training Academy in Sacramento. Sit back, we'll do the driving and provide a light lunch. No refunds or cancellations after September 14.

All Ages ■ Senior Center ■ Mary Rae Lehman
 Sep 28 Th 11 a.m.-5 p.m. \$40 #104672



Treasure Island and Its Treasures

We are off to Treasure Island again! Learn about its history and current treasures with a knowledgeable Docent who will guide us, via our van with some stops along the way. Lunch at the Culinary Corps is included. No refunds or cancellations after September 21.

All Ages ■ Senior Center ■ Mary Ann Sams
 Oct 5 Th 9 a.m.-4:30 p.m. \$67 #104691

Muir Woods, Muir Overlook and Tiburon

Engaging in the Fall, Muir Woods is host to Coast Redwood growth, birds and animals. Muir Woods is a great place to see the Tallest Trees in the world, visit the meditative Cathedral Grove, and refresh yourself with the new burst of life. It will be a time for memories and an amazing view of the harbor and San Francisco skyline. No refunds or cancellations after September 26.

All Ages ■ Senior Center ■ Mary Ann Sams
 Oct 10 Tu 9:15 a.m.-4 p.m. \$44 #104708



Graton Casino & Resort

Close to home and designed for fun! Try your luck at this Lincoln, California casino. Receive \$10 slot play and \$5 food credit or \$15 match play. Register by September 28. No refunds or cancellations after September 28.

All Ages ■ Senior Center ■ Kelly Madge
 Oct 12 Th 9 a.m.-5 p.m. \$33 #104554
 Wheelchair patron only \$33 #104555



Half Moon Bay Art & Pumpkin Festival

Every autumn, Half Moon Bay bursts into a resplendent sea of orange and holds a world-famous festival to celebrate its bountiful fall festival. The Half Moon Bay Art and Pumpkin Festival is a season signature event with plenty to do and eat. This is a great family get-a-way! No cancellations or refunds after September 30.

All Ages ■ Senior Center ■ Mary Rae Lehman
 Oct 14 Sa 8 a.m.-4 p.m. \$25 #104673



Tours of Sanitation District / Black Diamond Brewing Co.

Tour Central Contra Costa Sanitary District Wastewater Treatment Plant and the Black Diamond Brewing Company. Get first-hand knowledge of where it goes after you flush, and how your favorite beverage actually gets bottled. Lunch location to be determined (not included in price). No cancellations or refunds after October 4.

All Ages ■ Senior Center ■ Mary Rae Lehman
 Oct 18 W 8:30 a.m.-3:30 p.m. \$35 #104674



Apple Hill

Can you smell those fresh apple pies? Here's your chance to explore the hill and load up on fresh tree-picked apples. We'll visit High Hill Ranch, Mill View Ranch, Bodhaine Ranch and time permitting will head to Goyett's North Canyon Ranch which gives you plenty of choices for lunch (on your own). No cancellations or refunds after October 5.

All Ages ■ Senior Center ■ Mary Rae Lehman
 Oct 19 Th 8 a.m.-5:30 p.m. \$25 #104678



Western Railway Museum Train Ride with Lunch

Enjoy the display of over 50 historic rail cars and a private 90-minute train ride staffed with uniformed attendants who will serve a lunch of assorted finger sandwiches, fruit, veggies, cookies, water and lemonade. Don't miss the historic railway museum with its vintage streetcars, the museum store and library of archives plus the annual Pumpkin Patch Festival with additional train ride opportunities every 30 minutes. There is lots to do and see. All ages welcome! A minimum of 20 people is required. No cancellations or refunds after September 30.



All Ages ■ Senior Center ■ Mary Rae Lehman
 Oct 21 Sa 10 a.m.-4 p.m. \$57 #104675



Mt. Tamalpais Docent Driving Tour

By popular request, see the spectacular fall colors and amazing vistas as Ranger Greg tells us stories and information of the Mountain. Circle-walk around the mountain and delve into the Visitor's Center. We begin with a stop at Starbucks for coffee on your own, then proceed to drive up the Eastern Park. Upon our return, we travel to the jewel of the Bay, Sausalito, for lunch on your own. Must register by October 3. Limited to first 10 registered. No refunds or cancellations after October 3.

All Ages ■ Senior Center ■ Mary Ann Sams
 Oct 24 Tu 9 a.m.-4 p.m. \$85 #104692



Federal Reserve Bank of San Francisco

Grab your BART card and let's go to the Federal Reserve Bank of San Francisco. View the bills, tour the galleries, watch the cash operations and see the most comprehensive collection of historical currency in the county. High demand requires at least 15 participants or the trip will be cancelled. Tight Security requirements are in place. Must have your photo ID to enter the building and surrender cell phones, cameras, recorders at the door. No cancellations or refunds after October 4.

All Ages ■ Concord BART ■ Mary Rae Lehman
 Oct 25 W 10:30 a.m.-5 p.m. \$40 #104676

Golden Gate Fields "A Day at The Races"

We went last year and had so much fun. Folks want to go again. Place your bets and have fun, even if you don't win at all. We are off to the Races and will be seated in the elegant



Turf Club where we'll enjoy a delicious Prime Rib Buffet Luncheon. Plan to remain to the end of the sixth race before heading home. No refunds or cancellations after October 12.

All Ages ■ Senior Center ■ Mary Ann Sams
Nov 28 Tu 9 a.m.-4:30 p.m. \$46 #104711

Rosicrucian Park and Egyptian Museum

The Rosicrucian Park Gardens expands your understanding of Egyptian and Moorish architecture, statuary and sparkling fountains. The Egyptian Museum houses the largest collection of ancient Egyptian artifacts on display in Western North America. After your self-guided tour of this stunning area you will take a short jaunt to Santana Row where you can grab lunch (on your own) and browse a variety of higher end retail stores before coming home. No cancellations or refunds after October 19.

All Ages ■ Senior Center ■ Mary Rae Lehman
Nov 2 Th 8 a.m.-5 p.m. \$40 #104680

Lodi Sand Hill Crane Flyover

By special arrangement for Concord Seniors only: A Ranger will talk about the Sand Hill Cranes while in a private viewing area for us to watch an incredible Crane Fly Over that occurs at dusk. A Fish and Game Naturalist will guide us to viewing these bright red forehead cranes vocalizing, feeding, dancing, flying or resting in a 2.5 hours adventure. Have lunch on your own in Lodi prior to the dusk viewing. No refunds or cancellations before October 26.

All Ages ■ Senior Center ■ Mary Ann Sams
Nov 9 Th 11 a.m.-7 p.m. \$50 #104693

Performing Arts Center Tours-San Francisco

Grab your BART card and let's go to San Francisco to enjoy guided tours of the Louise M. Davies Symphony Hall, the War Memorial Opera House, and the Herbst Theatre. While we are in the City we will scout the sites near the Performing Arts Center and find a nice spot to get a bite to eat (not provided). No cancellations or refunds after October 30.

All Ages ■ Concord BART – Platform 2 ■ Mary Rae Lehman
Nov 13 M 10 a.m.-4:40 p.m. \$25 #104682

McHenry Mansion & Poinsettia Farm

Visit the exceptional Holiday decorated Victorian McHenry Mansion in Modesto. Travel to Concetta's famous Italian restaurant for lunch on your own, with a full range of entrees to select from. We conclude with our visit to Duarte Nursery for a tour of this poinsettia capital and a chance to purchase plants at a very good price. No refunds or cancellations after November 14.

All Ages ■ Senior Center ■ Mary Ann Sams
Nov 28 Tu 9 a.m.-4:30 p.m. \$46 #104711

Steinbeck Museum and Pacific Grove Monarch Butterfly

Remember John Steinbeck's 'Of Mice and Men' and 'Travels with Charley'? We're stopping in Old Town Salinas to visit the Steinbeck Museum before heading to Pacific Grove, one of the largest monarch overwintering sites in America where we will see the largest population of monarch butterflies in Monterey County. It's a bit of a jaunt, but the views will be spectacular. You can grab a bite to eat (on your own) in Salinas before our docent led tour at the sanctuary. No cancellations or refunds after November 15.

All Ages ■ Senior Center ■ Mary Rae Lehman
Nov 29 W 8 a.m.-5 p.m. \$55 #104683

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. Have lunch on your own in North Beach prior to the show. This program is not suited for people with walker and canes. No refunds or cancellations after November 3.

Age: 21+ ■ Senior Center ■ Volunteer
Dec 3 Su 11:30 a.m.-5:30 p.m. \$50 #105021

Dickens Christmas Fair

Get into the Holiday spirit with an adventure back to Victorian London at the Cow Palace. Mingle with hundreds of costumed players who wander halls to invite you to music presentations, pubs, and dance parties, as you ponder holiday gift buying opportunities. Savor enticing aromas of roasted chestnuts, hearty foods and inviting desserts as street vendors entice you to buy their wares. Make it a special day by dressing in costume and practicing your brogue. No refunds or cancellations after November 22.

All Ages ■ Senior Center ■ Mary Rae Lehman
Dec 9 Sa 10 a.m.-4:30 p.m. \$54 #104684



Aladdin the Broadway Show

Discover a whole new world at Aladdin, the hit Broadway musical. From the producer of The Lion King, comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Have lunch on your own prior to the show. No children under 5 years old allowed. No refunds or cancellations after December 8.

All Ages ■ Senior Center ■ Volunteer
Dec 17 Tu 11:30 a.m.-5:45 p.m. \$65 #105043



San Francisco Holiday Lobbies and Lights

Join us for our exclusive tour of the Holiday Lights and Lobbies of San Francisco. See the traditional Tree of Cranes in City Hall. Visit the Palace Hotel for the Gingerbread House Competition of the



city's master chefs. Then to Union Square for the St. Francis Hotel 15' Gingerbread Castle, Union Square Tree, Menorah and Macy's Holiday Lane. Next is the Fairmont Hotel on Nob Hill for their Life Sized Gingerbread House followed by the Hyatt Regency spectacular Lobby Miniature Village and Ice Rink! No refunds or cancellations after December 5.

All Ages ■ Senior Center ■ Mary Ann Sams
Dec 19 Tu 3-10 p.m. \$50 #104712



Night Tour of Local Holiday Lights

The Christmas season is the best time of the year and many homes in the local area display some fantastic holiday light shows. Have an early dinner and join us as we travel around local neighborhoods to enjoy the decorations. No cancellation or refunds after December 7.



All Ages ■ Senior Center ■ Mary Rae Lehman
Dec 21 Th 5:30-9 p.m. \$15 #104685



Magnificent Marin Holiday Lights

We go on a mega-watt tour of Christmas lights at the famous homes in Marin. There's the bubble-blowing bear home, surrounded by animated figures, and trains. Then off to Linda's unique mid-century wonderland display. We'll marvel at two spectacular displays of Walt Disney toys, and framed by Mickey Mouse-shaped topiaries. Our final visit is to the Rombeiro family's lavishly decorated home, complete with 80,000 lights, a herd of reindeer, faux snow. Inside, are rooms dedicated to Santas, angels, and a miniature town. No refunds or cancellations after December 14.

All Ages ■ Senior Center ■ Mary Ann Sams
Dec 28 Th 4:30-9:30 p.m. \$51 #104713

Trips & Tours Procedures

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

Customers have the following ways to register.

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

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

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

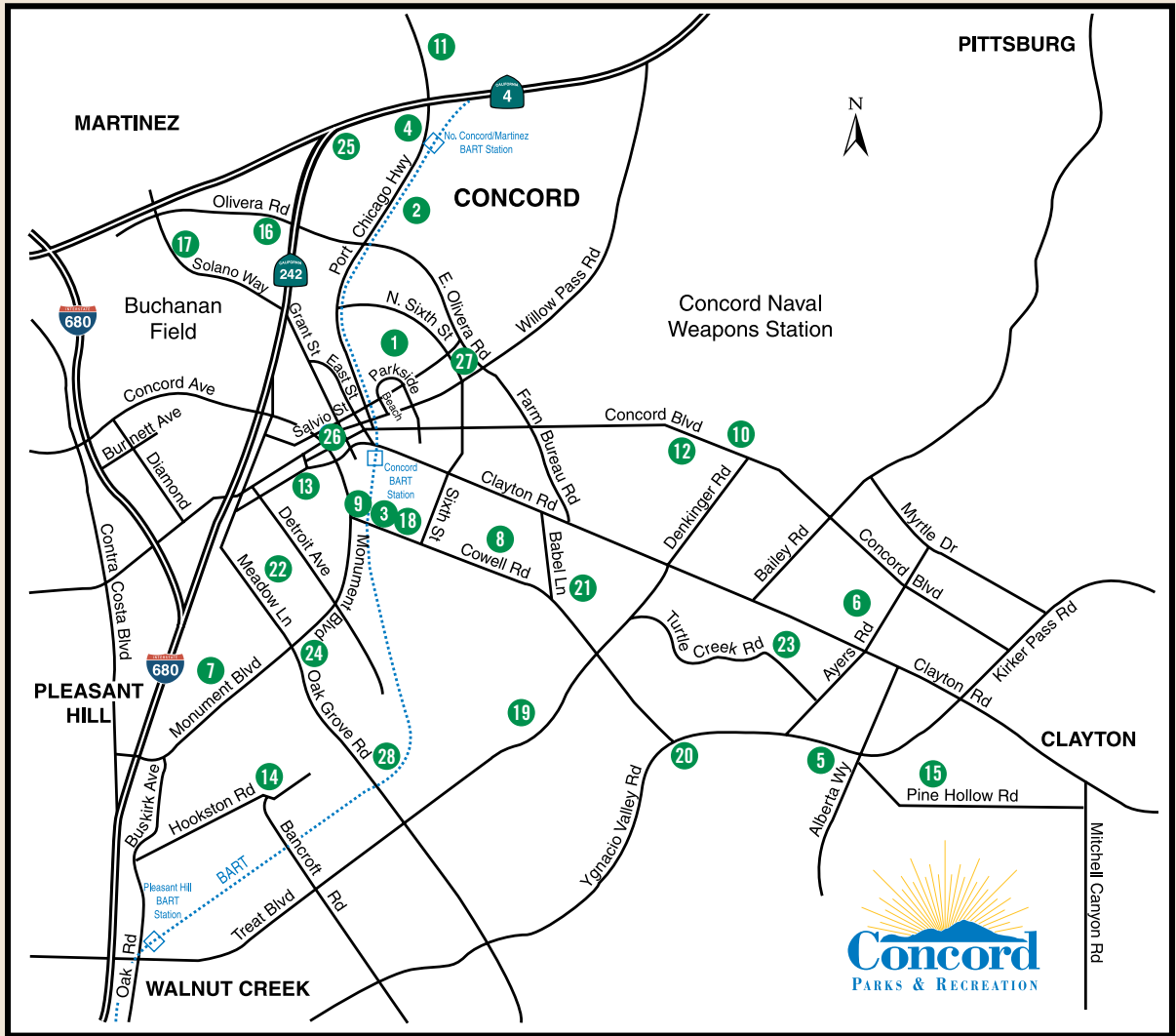
Transportation

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



**Parks
Make
Life
Better!**

CONCORD PARK LOCATIONS



Legend

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

ARTS AND CRAFTS

Friday Morning-Quilters Sew In

Have fun quilting your own project with peers. Bring your own sewing machine and extension cord. No Instructor. This group is open to experienced quilters only. No class November 10, 24 and December 22.

Age: 50+ ■ Senior Center ■ Patricia Abernathy
 Sep 15-Dec 15 F 9 a.m.-1 p.m. \$51 #104590

Fun Drawings Made Easy

Now is the time to enjoy drawing and painting. Create personal and time treasured keepsakes for family and friends. Experienced instructor, Ann, will provide all levels of instruction covering colored pencil, water color and Japanese brush painting. Supply list will be provided at first meeting, you may bring your own supply. No class September 6, November 10 and 24.

Age: 50+ ■ Senior Center ■ Ann Nakatani
 Sep 13-Oct 25 W 10:30-11:30 a.m. \$52 #104593
 Nov 1-Dec 20 W 10:30-11:30 a.m. \$59 #104594



Fun with Yarn

Are you interested in knitting or crocheting? Join other yarn craft people and enjoy their company as you work on your craft or learn a new one. Enjoy the camaraderie and support of people of all skill levels. This class is for beginners or those refreshing their skills. No class November 10, 24 and December 22.

Age: 50+ ■ Anita Daw
 Sep 15-Dec 29 F 9:30-11:30 a.m. \$20 #104591

COMPUTERS

Private Help (Tablet, Computer or Cell Phone)

Is your smart phone or device making you feel dumb? Receive 1-on-1 assistance with your tech device: tablet, cell phone or computer. Our volunteer will attempt to trouble shoot and provide guidance to help you operate your device. Bring your device to this 1-on-1 session. Optimize your time by bringing in a list of your questions. Call the Concord Senior Center, 925.671.3017 for appointments.

Age: 50+ ■ Senior Center ■ Volunteer

F	9:30 a.m.	\$15
F	10:30 a.m.	\$15
F	11:30 a.m.	\$15

PICNIC SITE RENTALS

The City of Concord has reservable picnic sites at:



Hillcrest Park



Concord Community Park



Rotary Centennial Pavilion



Meadow Homes Park

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

New picnic site #3 for smaller groups at Concord Community Park

www.cityofconcord.org/picnic ■ (925) 671-3404

DANCE

High Beginning / Low Intermediate Line Dance

This class is for beginner level to high beginner, low intermediate line dancers. Basic pattern dances will be reviewed ten minutes before class, giving beginners a chance to learn and others a chance to review. It's a fun class still featuring semi-easy dances. No class September 8, November 10, 24 and December 1 and 22.

Age: 50+ ■ Senior Center ■ Dorothy F. Moore				
Sep 1-Oct 27	F	9:10-10:10 a.m.	\$43	#104611
Nov 3-Dec 29	F	9:10-10:10 a.m.	\$28	#104612

Hula Workout for Beginners

Shape your kino (body), mana (spirit) along with hand and foot movement to a great workout to some traditional to modern Hawaiian music. Learn simple Hawaiian words, phrases, songs and a choreographed hula that you will enjoy embracing. Wear comfortable clothing, bring water. Sarong or Pa'u skirt (optional). No class September 8, November 10, 24, December 1 and 22.



Age: 50+ ■ Senior Center ■ Rosemarie Ramos				
Sep 1-Oct 27	F	10:30-11:30 a.m.	\$51	#104614
Nov 3-Dec 29	F	10:30-11:30 a.m.	\$33	#104615

Momentos de Baile Latino / Latin Moments Dance

Spanish: Todas las personas de 50 años y más están cordialmente invitados los primeros lunes de cada mes al Baile Latino de 1:30pm a 3:30pm. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rifas. Contribución es de \$3.

English: Come enjoy every first Monday of each month from 1:30pm to 3:30pm to an afternoon of Latin Moments dancing salsa, cumbia and merengue with other Spanish speaking adults from 50+. Light healthy refreshments are served.

Age: 50+ ■ Senior Center				
Oct 2	M	1:15-3:30 p.m.	\$3	#104616
Nov 6	M	1:15-3:30 p.m.	\$3	#104617
Dec 4	M	1:15-3:30 p.m.	\$3	#104618

NEW Folk Dance

Students will learn dances from Latin America, Spain, and the Middle East. Begin with warm up exercises. This is an excellent way to relieve stress and can greatly benefit many people both physically and mentally. No class November 23.

Age: 18+ ■ Senior Center ■ Jaime Cader				
Sep 14-Oct 26	Th	6-7:30 p.m.	\$38 R/\$43 NR	#104706
Nov 2-Dec 28	Th	6-7:30 p.m.	\$43 R/\$48 NR	#104707

Beginning Tap I

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 November 10, 24 and December 1, 15 and 22.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis			
Sep 15-Dec 29	F	11-11:45 a.m.	\$58 #105090

Beginning Tap II

This class is for beginning tap dancer who knows basic tap steps and has completed three sessions of Beginning Tap I or equivalent. No class November 10, 24 and December 1, 15 and 22.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis			
Sep 15-Dec 29	F	9:15-10 a.m.	\$58 #104687

Intermediate Tap

This class is for the adult student with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching Tap dance for over 20 years at various dance studios in the Bay Area. No class November 10, 24 and December 1, 15 and 22.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis			
Sep 15-Dec 29	F	10:15-11 a.m.	\$58 #104689

ENRICHMENT

NEW Jumbo Memory Training

Kiss those senior moments goodbye! This four week, eight-hour class developed by the UCLA Longevity Center will help you conquer the four most common memory challenges: names and faces, lists, future appointments, misplaced items (glasses, cell phone, TV remote). This training is shown to be effective for 95% of people! A \$7 material fee is payable to instructor on the first class.

Age: 50+ ■ Senior Center ■ Dave Mora			
Oct 3-24	Tu	10 a.m.-12 p.m.	\$112 #104552

Introducing DAVE CLARKE MORA

Dave's career as a writer and editor, novelist and playwright have taken him around the globe giving him an opportunity to interview some of the world's most fascinating people, ranging from Fortune 500 CEOs (HP, UPS, Boeing, Barclays, NASDAQ) to entertainment (Celine Dion, Kenny Loggins), sports (Barry Bonds), and government (CA Governor Gray Davis). He continues that journey teaching memory training to the Bay Area's most fascinating residents! Celebrating 40+ years together with the love of his life, Dave lives in San Jose. Dave is excited to teach, Jumbo Memory Training, at the Concord Senior Center.



HEALTH AND FITNESS

Fall Prevention Workshop

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence. Join Alayne Balke, Fall Prevention Program Manager for Meals on Wheels and Senior Outreach Services, as she talks about fall prevention.

Age: 50+ ■ Senior Center ■ Alayne Balke
Sep 21 Th 9:30-10:30 a.m. \$3 #104714

Walking Safely-Improving Balance and Preventing Falls

Every 13 seconds a senior visits the emergency room for a fall. Falls are the leading cause of fatal and non-fatal injuries for seniors. You will be given a home exercise program including important balance and strengthening exercises along with informational handouts. This is an interactive presentation to increase awareness and knowledge of fall prevention principles and home safety; group participatory discussion, and a question and answer session. This is a unique class from a Physical Therapists' perspective. Sponsored by Tender Heart Home Care Agency.

Age: 50+ ■ Senior Center ■ Linda Meneken, PT
Sep 28 Th 9:30-11:00 a.m. \$3 #104774



NEW Yoga for Health & Aging

Enjoy life as you age. Some physical changes are inevitable. Yoga can improve your ability to stay strong and healthy, physically and emotionally. Join Liz for this fun, interactive series. Floor, wall and chair work will be done. Please bring a yoga mat, a towel or blanket to sit on and bare feet. Blocks and straps provided.

Age: 50+ ■ Centre Concord ■ Elizabeth Bronson
Sep 11-Oct 30 M 6-7 p.m. \$83 #104999
Nov 6-Dec 18 M 6-7 p.m. \$73 #105000

**Parks
 Make
 Life
 Better!**

Chair Yoga and Wellness

Yoga has been shown to improve bone strength, muscle strength, balance, flexibility, mood and sleep. If you want these benefits but prefer not to be on the floor, then chair yoga is for you! A chair or wall is used for balance and a yoga mat for slip free surface. Liz tailors the poses to each individual's needs.

Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson
Sep 12-Oct 31 Tu 11:15 a.m.-12:15 p.m. \$83 #104581
Nov 7-Dec 19 Tu 11:15 a.m.-12:15 p.m. \$73 #104582

Gentle & Mindful Yoga

Yoga movement practice makes you feel the all-important mind-body connection. It helps alleviate the muscle and joint pain from stress and inactivity. Yoga helps develop: mindfulness, balance, flexibility and strength. Instructor has 30+ years practice. People walk away saying, 'I feel so much better after yoga!'

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis
Sep 12-Oct 31 Tu 10-11 a.m. \$91 #104583
Nov 7-Dec 19 Tu 10-11 a.m. \$80 #104584

Yoga for Healthy Aging

Enjoy life as you age. Some physical changes are inevitable but Yoga can improve your ability to stay strong and healthy both physically and mentally. Join Liz for this fun, interactive series on yoga for healthy aging. Floor, wall and chair work will be done. Wear layers. Bare feet or yoga socks are essential. Bring yoga mat.

Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson
Sep 11-Oct 30 M 12:45-1:45 p.m. \$83 #104588
Nov 6-Dec 18 M 12:45-1:45 p.m. \$73 #104589

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, foster creativity and the enjoyment of life. Practices vary from the soft internal styles such as Tai Chi. The slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged.

Age: 50+ ■ Senior Center ■ Han Ong & Angela Ong
Sep 11-Oct 30 M 9:10-10:10 a.m. \$35 #104569
Sep 11-Oct 30 M 10:30-11:30 a.m. \$35 #104570
Nov 6-Dec 18 M 9:10-10:10 a.m. \$31 #104571
Nov 6-Dec 18 M 10:30-11:30 a.m. \$31 #104572

Senior Fitness

Enjoy a total body workout designed with the older adult in mind. Improve your strength, agility, balance, stamina as well as cardiovascular endurance. All fitness levels are welcomed. 2lb. weights provided. Please bring your own weights if heavier weight is preferred. No class October 9 and 16.

Age: 50+ ■ Baldwin Park Dance Studio ■ Regina Meshenberg
Sep 11-Oct 30 M 11:15 a.m.-12:15 p.m. \$39 #104586
Nov 6-Dec 18 M 11:15 a.m.-12:15 p.m. \$45 #104587

Fit & Low

Older adults who want a total body workout can increase flexibility, balance, joint coordination, agility, muscular strength and cardiovascular endurance. Prevent damage and heal joints to reverse pain caused by bad standing and walking postures. Restorative breathing exercises and final relaxation help promote stress reduction and mental clarity. No class November 23 and December 14.

Age: 18+ ■ Centre Concord ■ Elisa Borges				
Sep 7-Oct 19	Th	10:15-11:15 a.m.	\$48	#104916
Nov 2-Dec 28	Th	10:15-11:15 a.m.	\$48	#104917

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. No class October 26, November 23 and December 14.



Age: 50+ ■ Senior Center ■ Zelia Santos				
Sep 12-Oct 31	Tu	10:30-11:30 a.m.	\$43	#104573
Sep 12-Oct 31	Tu	11:30 a.m.-12:30 p.m.	\$43	#104574
Nov 7-Dec 19	Tu	10:30-11:30 a.m.	\$38	#104577
Nov 7-Dec 19	Tu	11:30 a.m.-12:30 p.m.	\$38	#104578

Age: 50+ ■ Centre Concord ■ Zelia Santos				
Sep 14-Nov 9	Th	11:30 a.m.-12:30 p.m.	\$47	#104575
Nov 16-Dec 28	Th	11:30 a.m.-12:30 p.m.	\$36	#104576

SPECIAL EVENTS

Welcome to Medicare

Are you new to Medicare or would you like to know more about how it works? Learn how to enroll, what the different parts of Medicare cover and what they cost, how to choose the best prescription coverage based on your medications, and the pros and cons of Medicare Advantage plans (HMOs) vs. Medicare Supplements and the choices available in Contra Costa County. The class will also touch on how Medicare coordinates with other coverage such as that through employers or the VA. Medicare is very complicated and it's easy to make costly mistakes. Presented by Contra Costa Health Insurance Counseling and Advocacy Program (HICAP).

Age: 50+ ■ Senior Center ■ HICAP				
Sept 19	M	9:30-10:30 a.m.	FREE	#104553

Medicare Open Enrollment

It's Medicare Open Enrollment time. Your plan may have changed or your needs and medications may have changed. Medicare recommends reviewing your plans annually. Contra Costa HICAP will talk about what's new for 2018 and how to optimize your coverage. You could save lots of money.

Age: 50+ ■ Senior Center ■ HICAP				
Oct 19	Th	9:30-10:30 a.m.	FREE	#104690

SPECIAL INTEREST

Loteria

Spanish: Lotería Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de \$3 incluye almuerzo ligero y ocho juegos. ¡Todos son bienvenidos!

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

Age: 50+ ■ Senior Center				
Sep 28	Th	10 a.m.-1 p.m.	\$3	#104599
Oct 26	Th	10 a.m.-1 p.m.	\$3	#104600
Nov 16	Th	10 a.m.-1 p.m.	\$3	#104601
Dec 21	Th	10 a.m.-1 p.m.	\$3	#104602

The New Wealth Management Tool for Your Retirement

If you are 62 or older, come learn how many financial planners and homeowners use home equity as part of a comprehensive approach to extend the life of your retirement assets. No longer does a reverse mortgage only help you when in need of urgent funds, but also your home equity can be used to supplement your income, to cover health-care costs, or to pay off higher-interest debt as part of a long-term retirement plan.

Age: 62+ ■ Senior Center ■ Jon Carlson				
Oct 26	Th	3-4:30 p.m.	\$3	#104715
Nov 30	Th	3-4:30 p.m.	\$3	#104716

Wills, Powers of Attorney and Advance Health Care Directive

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

Age: 50+ ■ Senior Center ■ Raymond McFalone				
Oct 31- Nov 7	Tu	1:30-3:30 p.m.	\$13	#104557

Trusts and Estate Planning Made Easy

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

Age: 50+ ■ Senior Center ■ Raymond McFalone				
Nov 14-21	Tu	1:30-3:30 p.m.	\$13	#104556

Volunteer Orientation

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

Age: 50+ ■ Senior Center

Sep 26	Tu	10:30-11:30 a.m.	#104603
Oct 31	Tu	10:30-11:30 a.m.	#104604
Nov 28	Tu	10:30-11:30 a.m.	#104605
Dec 19	Tu	10:30-11:30 a.m.	#104606

WORKSHOPS

NEW Scams, Cons and Frauds

More and more people 50 and better are becoming the victims of scams, cons and fraud crimes. Have you ever been the victim of a scam? Protect yourself by attending this class which will educate you to avoid these schemes which are designed to steal your money.

Age: 50+ ■ Senior Center ■ Randy Horton

Oct 9	M	9:30-10:30 a.m.	\$3	#104565
Nov 6	M	9:30-10:30 a.m.	\$3	#104566
Dec 4	M	9:30-10:30 a.m.	\$3	#104567

Physical Activity is Easier Than You Think!



**Join
Active Living
Every Day
and Get Moving!**

Dates: September 12—November 28

Day: Tuesdays

Time: 9:30 a.m.—10:30 a.m.

Location: Concord Senior Center

Cost: \$25 (12 weeks)

Active Living Every Day (ALED) classes are practical and personalized. We understand that you have a busy life, and that everyone's situation is unique. In ALED you will discover ways to become active that work for you. You will find ways to be active every day: at work, at home, on vacation, etc. ALED works because you'll learn the skills you need to become and stay physically active. Skills such as: Overcoming barriers to physical activity, setting realistic goals, building confidence and staying motivated. *Active Living Every Day* is like no exercise class you've ever been to.

For more information or to register, visit www.ConcordReg.org or contact 925.671.3017, class #105329



Holiday Gift & Craft Fair

**Handmade Crafts, Clothing,
Jewelry, Plants, Baked Goods & more.**

Friday, Dec. 1, 2017
9:00am - 2:30pm

Concord Senior Center
2727 Parkside Circle

Shop, dine and be entertained!

Vendor tables available for \$40.
Register online at www.ConcordReg.org
Course #104560

Concord
PARKS & RECREATION
www.cityofconcord.org

CONCORD SENIOR CENTER PRESENTS

HAWAIIAN FUSION FUNDRAISER

Scholarships for Underprivileged
Senior Citizens



Saturday, September 9, 2017

4:30pm - 8:30pm

Tickets: \$50, \$450 Table/10

<http://www.cityofconcord.org/hawaiianfusion/>

HOME EQUITY CONVERSION MORTGAGE

Reverse Mortgages as a
Retirement Planning Tool

- Eliminate mortgages, credit cards or other debt
- Fund health care, in-home care, & home improvements
- Extend retirement accounts, delay start of Social Security benefits with tax-free cash*
- Downsizing or moving? Consider a reverse purchase option

*consult a tax specialist



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925-639-2711 or
jcarlson@rfslend.com

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A Full, New Life!

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.

1700 Broadway St. | (925) 686-1700
Concord | Lic. No. 5005347

CarltonSeniorLiving.com





BE A SANTA TO A SENIOR

HOME INSTEAD SENIOR CARE®

Concord Commission on Aging & Concord Senior Center

Be a Santa to a Senior (BASTAS) service program provides holiday cheer to seniors who are least likely to receive a present, who are financially needy. Pick up an ornament tag, purchase gift wishes and return unwrapped gifts along with the ornament gift tag from Nov. 24 – Dec. 10 at participating locations.

- Min's Kitchen, 3505 Clayton Rd (El Monte Shopping Center)
- Minamoto (Japanese Restaurant), 4305 Clayton Rd - Ste A
- City of Concord Civic Center, 1950 Parkside Drive - Wing A
- Concord Police Department, 1350 Galindo Street
- Curves For Women, 2962-C Treat Blvd
- The Old Spaghetti Factory, 1955 Mt. Diablo

Concord Senior Center — 50 & Better Health & Human Services

The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at (925) 671-3320 for an appointment or for more information between 9:00 a.m. and 1:00 p.m., press option 1, or email concordsc@cityofconcord.org.

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

Care Management by Meals on Wheels (MOW) & Senior Outreach Services for Adults 60+

Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30a.m.- 3:00pm. and Thursday from 9:30a.m. -11:30am.** For more information or to schedule an appointment contact the center.

CC Café Hot Lunch Program by MOW & Senior Outreach Services for Adults 60+

Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9:00a.m. -11:30a.m. for more information and a menu.

Senior Peer Individual Counseling by Contra Costa Health Services for Adults 55+

Offers free and confidential one-on-one, 45-minute counseling sessions every **Monday and Tuesday from 9:30a.m. - 11:30a.m.** Call for an appointment.

Vision Support Group by Lions Center for the Visually Impaired - Edward Schroth leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1:00p.m.** No registration necessary.

Health Insurance Counseling and Advocacy Program (HICAP) Call (925) 602-4168 for an appointment.

Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the **1st, 2nd, 3rd and 4th Friday of each month from 1:00p.m. - 3:00p.m.** and **1st & 2nd Tuesday from 12:30p.m. - 2:30p.m.**

Notary Services by Volunteer for Adults 50+ - Services are provided free of charge from **10:00a.m. - 11:00a.m. every Wednesday.** No appointment necessary.

AARP Driver Safety - This course is taught on the **1st and 2nd Wednesday** every other month from **9:00a.m. - 1:00p.m.** Cost for AARP members: \$15; cost for non members: \$20. Call to register.

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

Memory Screening - Screenings will held on **4th Monday of each month from 1:00p.m. - 3:00p.m.** with the exception of May (holiday).

Alzheimer's Support Group - Alzheimer's Support group meets on the **4th Wed from 2:00p.m. - 4:00p.m.**

Get Around Taxi Program by Concord Commission on Aging - Program is available to **Concord residents and 65 years and older.** Applications will be accepted on Monday and Tuesday from 10:00am-12:00noon at the center. Each book is \$15 with a scrip value of \$30. Registered seniors may purchase a maximum of 2 books per month. For brochure and application go to www.cityofconcord.org/senior and click on Get Around Taxi Program.

Legal Assistance - There is no lawyer on site. For legal assistance call Contra Costa Senior Legal Services at (925) 609-7900 or email legalhelp@ccsls.org. CCCLS is a private, non-profit agency that has been providing free legal services to seniors since 1976. CCCLS provides a free **Advance Care Directive Clinic every 2nd Tuesday of the month at the Concord Senior Center.** Attorneys will prepare an AHCD for you. Call the center to make an appointment.

SWIM LESSONS - SATURDAY

Swimming, Aquatot-Parent and Me

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

Age: 10-36 months ■ Concord Community Pool
 Sep 9-Oct 7 Sa 10:25-10:55 a.m. \$48 R/\$53 NR #105337



Swimming, Elementary

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

Age: 6-14 ■ Concord Community Pool
 Sep 9-Oct 7 Sa 9:50-10:20 a.m. \$48 R/\$53 NR #105200
 Sep 9-Oct 7 Sa 10:25-10:55 a.m. \$48 R/\$53 NR #105196
 Sep 9-Oct 7 Sa 11:00-11:30 a.m. \$48 R/\$53 NR #105197
 Sep 9-Oct 7 Sa 11:35 a.m.-12:05 p.m. \$48 R/\$53 NR #105198
 Sep 9-Oct 7 Sa 12:10-12:40 p.m. \$48 R/\$53 NR #105199

Swimming, Preschool

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

Age: 3-5 ■ Concord Community Pool
 Sep 9-Oct 7 Sa 9:50-10:20 a.m. \$48 R/\$53 NR #105183
 Sep 9-Oct 7 Sa 10:25-10:55 a.m. \$48 R/\$53 NR #105184
 Sep 9-Oct 7 Sa 11:00-11:30 a.m. \$48 R/\$53 NR #105185
 Sep 9-Oct 7 Sa 11:35 a.m.-12:05 p.m. \$48 R/\$53 NR #105186
 Sep 9-Oct 7 Sa 12:10-12:40 p.m. \$48 R/\$53 NR #105187

Swimming, Private

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

Age: 3-Adult ■ Concord Community Pool
 Sep 9-30 Sa 9:50-10:20 a.m. \$105/\$110 #105297
 Sep 9-30 Sa 10:25-10:55 a.m. \$105 R/\$110 NR #105303
 Sep 9-30 Sa 11:00-11:30 a.m. \$105 R/\$110 NR #105299
 Sep 9-30 Sa 11:35 a.m.-12:05 p.m. \$105 R/\$110 NR #105300
 Sep 9-30 Sa 12:10-12:40 p.m. \$105 R/\$110 NR #105301

SWIM LESSONS - WEEKDAYS

Swimming, Preschool

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

Age: 3-5 ■ Concord Community Pool
 Sep 11-14 M-Th 3:45-4:15 p.m. \$35 R/\$40 NR #105188
 Sep 11-14 M-Th 4:55-5:25 p.m. \$35 R/\$40 NR #105193
 Sep 18-21 M-Th 3:45-4:15 p.m. \$35 R/\$40 NR #105189
 Sep 18-21 M-Th 4:55-5:25 p.m. \$35 R/\$40 NR #105192
 Sep 25-28 M-Th 3:45-4:15 p.m. \$11 R/\$11 NR #105143
 Sep 25-28 M-Th 4:55-5:25 p.m. \$35 R/\$40 NR #105191

Swimming, Elementary

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

Age: 6-14 ■ Concord Community Pool
 Sep 11-14 M-Th 4:20-4:50 p.m. \$35 R/\$40 NR #105201
 Sep 11-14 M-Th 5:30-6:00 p.m. \$35 R/\$40 NR #105202
 Sep 18-21 M-Th 4:20-4:50 p.m. \$35 R/\$40 NR #105203
 Sep 18-21 M-Th 5:30-6:00 p.m. \$35 R/\$40 NR #105204
 Sep 25-28 M-Th 4:20-4:50 p.m. \$35 R/\$40 NR #105205
 Sep 25-28 M-Th 5:30-6:00 p.m. \$35 R/\$40 NR #105206

Swimming, Private

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

Age: 3-Adult ■ Concord Community Pool
 Sep 11-14 M-Th 3:45-4:15 p.m. \$105 R/\$110 NR #105309
 Sep 11-14 M-Th 4:20-4:50 p.m. \$105 R/\$110 NR #105310
 Sep 11-14 M-Th 4:55-5:25 p.m. \$105 R/\$110 NR #105311
 Sep 11-14 M-Th 5:30-6:00 p.m. \$105 R/\$110 NR #105312
 Sep 18-21 M-Th 3:45-4:15 p.m. \$105 R/\$110 NR #105313
 Sep 18-21 M-Th 4:20-4:50 p.m. \$105 R/\$110 NR #105314
 Sep 18-21 M-Th 4:55-5:25 p.m. \$105 R/\$110 NR #105315
 Sep 18-21 M-Th 5:30-6:00 p.m. \$105 R/\$110 NR #105316
 Sep 25-28 M-Th 3:45-4:15 p.m. \$105 R/\$110 NR #105320
 Sep 25-28 M-Th 4:20-4:50 p.m. \$105 R/\$110 NR #105321
 Sep 25-28 M-Th 4:55-5:25 p.m. \$105 R/\$110 NR #105317
 Sep 25-28 M-Th 5:30-6 p.m. \$105 R/\$110 NR #105318

Deep Water Workout

Deep water is an enjoyable and effective non-impact aquatic training offering a full range of exercise challenges. Participants should feel comfortable suspended on floatation devices in deep water.

Age: 18+ ■ Concord Community Pool ■ Andrea Legault
 Check website for class schedule and details at www.ConcordReg.org



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 5–November 30

M, W, F	6 a.m.–1 p.m.
Tu, Th	7 a.m.–1 p.m.
M–Th	7 p.m.–8:30 p.m. (Short Course Only)
Sa & Su	10 a.m.–Noon

Holiday Hours 10 a.m.–Noon

Veterans Day	Nov 10
Day After Thanksgiving	Nov 24

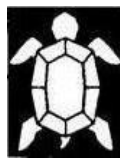
Pool Closures

Swim Meet	Nov 17–19
Thanksgiving	Nov 23

Fall Recreational Swim

September 9–24 ■ Sa & Su ■ 1–4 p.m.

Admission	Daily	15 swim pass
Adult (18+)	\$5.50 R/\$6.50 NR	\$66 R/\$76 NR
Child (3–17)	\$4.75 R/\$5.75 NR	\$55 R/\$66 NR
Tot (2 & Under)	Free	
Senior (65+)	\$4.75 R/\$5.75 NR	
Inflatables	\$2	



TERRAPINS SWIM TEAM

Developmentally appropriate competitive swimming in a fun and friendly environment right here at the Concord Community Pool

2017 Fall Programming

- ◆ 2017 Fall Technique Development Program. (September through December)
- ◆ Swim Programs for “new” swimmers ages 6-14 in our Orange, Blue & Silver Groups.
- ◆ Private Competitive Swim Lessons available
- ◆ Year-Round competitive swim team membership open throughout the year.

Program information, details, and online registration can all be found on our website

WWW.TERRAPINSWIM.COM

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

Birthday Party Splash & Bash



Plan your summer birthday party at Concord Community Pool.

The pool provides a fun and unique atmosphere for many types of occasions.

Contact the pool at 671-3480 for information or to make a reservation.

www.cityofconcord.org



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



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

Farmers' Market • Music and Market

*Special Events at
Todos Santos Plaza*

Located at Willow Pass Road
and Grant Street in Concord



Concord Farmers' Market

Tuesdays: Year-round, 10 a.m. - 2 p.m.
Thursdays: April 20 - October 26, 4 - 8 p.m.
1 - 8 0 0 - 9 4 9 - F A R M

Music and Market - Thursday Evenings

May 11 - September 14, 6:30 - 8 p.m.
Farmers' Market and free music concerts in the Park with a great line-up of wonderful Bay Area musicians. Salsa, jazz, zydeco, blues and more.

Emergency Preparedness Fair

Thursday, September 7, 4 p.m. - 8:30 p.m.
Learn how to respond to earthquakes, public health issues and disasters of all kinds.

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

Santa's Grand Arrival: Saturday, December 2 at 4 p.m.
On-stage entertainment: 5 p.m.
School choirs and community entertainment on stage with traditional tree-lighting and holiday sing-along; carriage rides by the Todos Santos Business Association.

*All events subject
to change without notice.
No smoking. No dogs.
www.concordfirst.org*

**Concord Library
Fall Children's
Programs**

2900 Salvio ■ (925) 646-5455

■ **Movie Mondays**

7 p.m. Come watch a movie in the library!
Check library for dates and movie titles.

■ **Baby & Toddler Time**

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

■ **Preschool Storytime**

Stories, songs and finger
plays for children
3½-5 and caregiver
Wednesdays 10:30-11:00 a.m.
August 2, 9, 16, 23, 30
September 6 & 27
October 4, 11, 18, 25
November 1, 22 & 29

■ **Homework Help**

Mondays
4-6 p.m.



C O N T R A
C O S T A
C O U N T Y
L I B R A R Y

Bringing People and Ideas Together

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

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

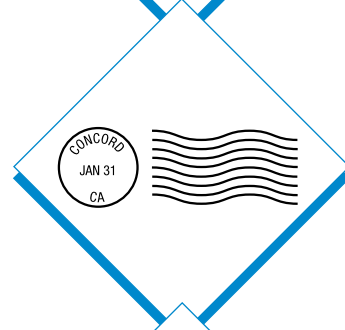
1. Online Registration
www.ConcordReg.org



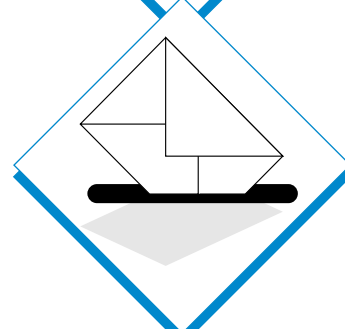
2. By Fax
Send your completed form and credit card information to 689-8169.



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 _____

Head of Household		<input type="checkbox"/> Concord Resident <input type="checkbox"/> Non-Resident	
Address		<input type="checkbox"/> If you or your child have a special need or disability, please check here.	
City	State	Zip	
Email	Phone (Day)	Phone (Eve)	

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

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

WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

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

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

USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

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

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

Signature _____ Date _____

Method of payment: <input type="checkbox"/> Check payable to: Concord Parks & Recreation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Amount \$
Card #:	3 or 4 Digit Security Code:	Exp. Date Month/Day/Year / /
Print name as it appears on card		Signature

Rental facilities for all occasions

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



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

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



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

Take a virtual tour of our facilities!

www.cityofconcord.org/rentals





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

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City of Concord's Adult Sports

(925) 671-3279



An addictive sport. Perfect for all ages.

Classes, Clinics & Private Lessons

Tournaments and Leagues

Join our Meetup Group. Connect with players at
www.meetup.com/Concord-CA-Pickleball-Enthusiasts

For more information see page 25

www.concordreg.org



Fall Leagues

Play for fun. Play to compete.

Men's, Women's and Coed Leagues

Level of play to meet everyone's ability

September - November

Sunday thru Friday evenings

www.teamsideline.com/concord