

Concord

City News and Activity Guide



Winter / Spring 2016



Jazzercise
page 22



Habit Burger coming soon
page 8



Todos Santos Plaza archway
page 4



Yoga
pages 23 and 32



A Service Request App for the City of Concord

*The easiest way to report a non-emergency issue such as a pothole,
street light outage, or overgrown weeds to the City of Concord*

How Does it Work?

- Download the Accela Concord Civic Hero app
- Works on iPhone or Android mobile devices
- Fill out a simple report
- Attach a photo or comment
- Your report is delivered to the appropriate department
- Check the status of your report anytime





City of Concord

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

The Concord City Council will select a new Mayor and Vice Mayor at the meeting on Tuesday, December 1. Please visit the City's website at www.cityofconcord.org for this information.

On the cover: Clockwise from top left

(1) Jazzercise classes now offered at Centre Concord, Willow Pass Center and Concord Senior Center; (2) The new Habit Burger on Concord Avenue is coming soon; (3) Yoga participants increase movement, body awareness, range of motion and increase core strength; (4) Visitors to Todos Santos Plaza enjoy the new archway addition.



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CONTACT

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

Americans with Disabilities Act (ADA) Coordinator..... 671-3021
 Building..... 671-3107
 Business Licenses..... 671-3307
 Cable TV
 Astound Broadband..... 459-1000
 Comcast..... 1-800-945-2288
 City Council..... 671-3158
 City Manager..... 671-3150
 Code Enforcement Hotline..... 671-3075
 Concord Community Pool..... 671-3480
 Concord Naval Weapons Station Reuse Project..... 671-3001
 Concord Pavilion Information..... 676-8742
 Resident Hotline..... 363-5701
 Downtown Hotline..... 671-3464
 Economic Development..... 671-3355
 Engineering..... 671-3361
 Flood Zone Inquiries..... 671-3425
 Garbage Collection..... 682-9113
 Graffiti Hotline..... 671-3080
 Housing..... 671-3370
 Mayor..... 671-3158
 Permit Center..... 671-3454
 Picnic Site Reservations..... 671-3404
 Planning..... 671-3152
 Police and Fire Emergencies..... 911
 Police/Information..... 671-3220
 Pothole Hotline..... 671-3228
 Public Works..... 671-3448
 Park Maintenance..... 671-3444
 Recreation/Registration..... 671-3404
 Sewer Problems..... 671-3099
 Shopping Cart Hotline..... 1-800-252-4613
 Street Light Outages Hotline..... 671-3213
 Street Sweeping..... 671-3448
 Street Trees..... 671-3445
 Traffic Safety and Signals..... 671-3132

Recreation Program Locations

Ayers Elementary – 5120 Myrtle Drive..... 682-7686
 Baldwin Park Bocce Court – 2730 Parkside Circle..... 671-3320
 Baldwin Park Dance Studio – 2790 Parkside Circle
 Baldwin Park Preschool – 2790 Parkside Circle
 Camp Concord, South Lake Tahoe..... 671-2267
 Centre Concord – 5298 Clayton Road..... 671-3382

Clayton Valley Bowl – 5300 Clayton Road..... 689-4631
 Concord Community Park and Pool – 3501 Cowell Road..... 671-3474
 Concord Library – 2900 Salvio St..... 646-5455
 Concord Senior Center – 2727 Parkside Circle..... 671-3320
 Diablo Creek Golf Course – 4050 Port Chicago Highway..... 686-6262
 Highlands Elementary – 1326 Pennsylvania Blvd..... 685-4202
 Monte Gardens Elementary – 3841 Larkspur Drive..... 685-3834
 Mt. Diablo Elementary – 5880 Mt. Zion Drive..... 672-4840
 Newhall Park – 1351 Newhall Parkway
 Village Music School – 1720 Linda Drive, Pleasant Hill..... 676-8400
 Westwood Elementary – 1748 West St..... 685-4202
 Willow Pass Community Center and Park – 2748 E. Olivera Road... 671-3423
 Parks & Recreation Class Registration
 Registration Office..... 671-3404
 en Español..... 671-3324

Sports Organizations

Youth Baseball/Softball

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

Youth Football / Cheerleading

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

Youth Soccer

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

Adult Soccer

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

Adult Kickball / Softball

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

Bocce

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

Swimming

Terrapins Swim Team..... 680-8372

Tennis

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

Diablo Youth Rugby

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

NEWS BRIEFS

Senior Center hosts holiday fair

The Concord Senior Center, at 2727 Parkside Circle, will host its annual Holiday Gift & Craft Fair on Friday, Dec. 4 from 9:30 a.m. to 2:30 p.m. Fulfill all your holiday shopping needs with unique hand-crafted gift items and delicious homemade goodies. While you're visiting the Senior Center, say 'hello' to the helpful staff – always ready to answer your questions about their services and programs.

City office closures

City of Concord offices will be closed Thursday and Friday, Dec. 24 and 25, for the Christmas holiday, and Friday, Jan. 1 for New Year's Day. Concord Community Pool, 3501 Cowell Rd., will be open 10 a.m. to noon for lap swim on Dec. 24, and will be closed Dec. 25 and Jan 1. Even though City offices are closed, sandbags are available at any time from the self-serve sandbag station outside the gates of the City Corporation Yard, 1455 Gasoline Alley off of Bisso Lane.

Tuesday Farmers' Market is open year round

Even though the Thursday Farmers' Market in Todos Santos Plaza has closed for the year, residents can still pick up fresh fruits and vegetables year round at the Tuesday market from 10 a.m. to 2 p.m. Todos Santos Plaza is located on Willow Pass Road between Great and Mt. Diablo streets. Look for seasonal specialty items and colorful flowers.



Road signs warn of construction ahead. Residents will soon see increased road repair projects around town

Streets and roads to get much needed repair

Until the Great Recession, Concord officials and staff worked hard to ensure that the city's streets and roadways were in good repair. Funds to care for transportation infrastructure have been scarce over the last seven years, as the City struggled to survive the recession and then recover from it. As a result, the City's streets and roadways have been deteriorating. Fixing them was one of the priorities expressed by residents when the voters passed the extension of Measure Q, the half-cent sales tax measure, in November 2014.

Earlier this year, the City Council approved a plan to borrow \$22.4 million for street and roadway repairs over the next five years and to repay the loan with Measure Q sales tax dollars.

Last month, the Council approved the Measure Q Expenditure Plan that will begin to address the issue.

The plan calls for spending:

- \$4.7 million for previously authorized pavement projects, equipment and materials
- \$6.7 million for reconstruction and resurfacing of arterial, collector and residential streets
- \$7 million for residential pavement maintenance and rehabilitation
- \$1.9 million for base repair for arterial, collector and some residential streets
- \$2 million reserved for local-match funds for grants.

Road Work continued on page 5

New lights, archways compliment holiday event

Todos Santos Plaza will have a new look this year as families gather on Saturday, December 5, for the annual Mayor's Sing Along and Official Tree Lighting. Over the summer, the lights in the trees surrounding the plaza were replaced after serving with community well for over 15 years.

In addition, two new archways were installed on the Willow Pass Road side of the park. The archways feature lit signage at the top which says "Todos Santos Plaza" on the side facing the street and "City of Concord" on the side facing the park. The new features compliment the traditional clock located on the Salvio Street side of the park that was installed to commemorate the City's Centennial in 2005.

The holiday event begins at 4 p.m. with Santa's Grand Arrival. Santa and his elves will hear children's holiday wishes from 4 to 6 p.m. after making a colorful entrance on a bright red fire truck. Parents are welcome to bring a camera and take photos of their children with Santa.



Lighted archways enhance entrances to Todos Santos Plaza

Numerous community and school choirs will entertain families from the Todos Santos stage from 5 to 6:30 p.m., followed by the Mayor's Sing Along and the countdown to the tree lighting. ABC 7 news anchor Dan Ashley will act as emcee for the evening.

Free holiday buttons, treats and song books will be available while supplies last. The Todos Santos Business Association will sponsor carriage rides from 4:30-7:30 p.m. for a nominal fee with boarding at Salvio and Grant streets.

The event will be televised live on Concord Government TV Cable

channel 28 (Comcast), channel 29 (Astound) and AT&T U-verse channel 99, and will be streamed on the City's website, www.cityofconcord.org.

Todos Santos Plaza is located in downtown Concord on Willow Pass Road between Mt. Diablo and Grant streets. Free parking is available in two municipal garages with entrances on Salvio Street between Colfax and Galindo streets.

For more information about downtown events, visit www.concordfirst.org or call the downtown hotline at (925) 671-3464. ♦

Family Justice Center helps many in first six months

Concord's Central Family Justice Center opened in March in Salvio Pacheco Square, 2151 Salvio Street, Suite 201. The Center, sponsored by the City and supported by Contra Costa County and dozens of non-profit organizations, is a one-stop-shop where police, prosecutors, social service and community organizations come together under one roof to assist victims of domestic violence, sexual assault, child abuse, elder abuse and human trafficking.

By locating many service providers in one place, the Center helps people in crisis to find hope, safety, and healing through a single door. The Centers' services and programs are designed to facilitate safety and crisis management initially while working toward long-term safety, including health, education and financial literacy.

In only its first six months of operation, the center has built a strong

partnership with 12 on-site and 16 off-site partners, to provide coordinated services to 379 adults with 333 children in their care. Of those adults who received services, 88 percent were women.

Volunteers and local organizations interested in supporting the center should contact Executive Director Susun Kim, (925) 521-6366. For more information, visit the website at www.cocofamilyjustice.org. ♦

Concord PD uses social media to reach out to the community

With little fanfare, the Concord Police Department went live with a social media program earlier this year designed to enhance communication and engagement with the community.

Using Facebook, Twitter, Nixle and Nextdoor, officers are now in contact with thousands of residents and invite everyone to ‘like’ the Facebook page, follow the department on Twitter and sign up for Nixle emergency alerts and Nextdoor neighborhood groups.

“Our social media program is an important and powerful way to not only get our message out to the community and local media sources, but also to advise them of events or incidents in real time, and seek their help on curbing crime trends, soliciting crime tips, and so much more,” said Lieutenant Tim Runyon, who worked on the team that designed the program.

In a short time, the Facebook page has more than 1,500 ‘likes’ and has engaged thousands of residents. But more than that, the page has helped solve crimes. Photos of suspects posted on the page have led to several arrests.

“Thus far, we have had a 100% success rate on identifications and apprehensions for suspects we have posted,” said Runyon. In addition, almost 500 people are following the department on Twitter.

Nixle remains the department’s main conduit for the media and citizens who want immediate notice on such things as events, road closures and emergency alerts. Currently, there are over 2,000



Residents find Concord PD on their favorite social media sites

Nixle subscribers who receive the information by text or email. To sign up for Nixle alerts, visit www.Nixle.com or www.cityofconcord.org/police.

More than 9,000 residents are currently signed up with Nextdoor. Nextdoor makes it easy for neighbors to communicate with each other about the issues that matter to them, whether it’s crime prevention, getting a recommendation for a plumber or asking for help finding a lost pet. Each Nextdoor website is password protected and available only to people living in that neighborhood. Concord PD posts information on the site but cannot access or view posts between neighbors. Members must verify when they sign up that they live in the neighborhood before they can join. To sign up, visit www.nextdoor.com.

“Many of our posts are shared and are covered by the media and local blog sites, so we are reaching vastly more people than the numbers listed above,” said Runyon. The department looks forward to increased participation on the social media sites and encourages residents to get involved today. ♦



Road Work from page 3

The first four Capital Improvement Projects, to be completed over the next two years, will repair sections of Hillsborough Drive, East Olivera Road, Solano Way, Sixth Street, Wren Avenue, Walters Way and the intersection of Monument Boulevard and Detroit Avenue, as well as pothole and base repairs at other locations citywide.

The plan allocates \$2 million for local-match funds for grants. Staff will seek to leverage these funds as opportunities arise over the next 18 months. At a 20 percent match rate, these \$2 million could potentially yield up to \$10 million in additional capital projects.

While \$22.4 million will make a dent in the City’s streets and roadway repair backlog, it’s only part of the funding needed to maintain all streets and roadways. Streets statewide are rated on a Pavement Condition Index (PCI). Concord has a PCI rating of 61, which is considered “at risk.” But by 2021, it is projected that the City’s overall PCI rating will slip to 51, even with the additional \$22.4 million plus the City’s annual resurfacing and reconstruction projects. To maintain the City’s PCI rating, Concord would need to spend another \$15 million each year – a challenge that the City Council is studying. ♦

World-class regional park plans moving forward, self-driving cars tested on weapons station property

While one aspect of planning for the redevelopment of the Concord Naval Weapons Station has been stalled for a few months, other exciting plans are moving forward.

In September, the Concord City Council was scheduled to choose one of two firms as the Master Developer for the first phase of development of the site. Catellus Development Corporation and Lennar Urban are the two finalists. The decision was delayed when Catellus requested an investigation into whether actions by Lennar constituted lobbying the City Council. Subsequently, the untimely death of the city attorney required time to hire someone to fill the position as it is pivotal to the reuse process. New meeting dates will be scheduled in the first months of the 2016. In the meantime, two other projects are moving forward.

Plans for a world-class regional park

In planning for the reuse of the 5,000 plus acre Concord Naval Weapons Station, the community and elected leaders recognized the need for preservation of a large part of the site as parks and open space. In partnership with the City, the East Bay Regional Park District (EBRPD) submitted an application for a public benefit conveyance through the National Park Service Federal Lands to Parks program in 2013. In 2014, the National Park Service announced that they would serve as the federal sponsor for the EBRPD Public Benefit Conveyance application for 2,540 acres of the former weapons station.



Over 2,000 acres on the Concord Naval Weapons Station wait to be reclaimed as a world-class regional park

The Parks District is now in the process of working with the community to create a world-class regional park and visitor's center on the east side of the base property. The Concord Hills Regional Park is the working name for the project. The current schedule estimates that the initial transfer of 2,453 acres could be approved and conveyed by the Navy in the last quarter of 2016 or early 2017. For more information about the project, visit www.ebparks.org/about/planning/cnws.

Honda teing self-driving cars at GoMentum Station

Through a partnership with the City and the Navy, the Contra Costa Transportation Authority (CCTA) is using the weapons station property temporarily as the GoMentum Station, the largest secure test-bed of its kind for

testing self-driving cars and connected vehicle technology. Honda has been testing its autonomous cars on the site, which includes 20-miles of paved, city-like roadway grids, buildings and other urban infrastructure, providing a realistic environment that will help accelerate the development of automated and connected vehicle technologies. CCTA hopes to attract up to five additional automakers and 15 other companies in related fields to the station.

To accommodate the project, the Willow Pass Road gate access at the Concord Naval Weapons Station is in the process of being upgraded. The improved access gate will make it easier for the City, the Navy and Transportation Authority to access the base for their respective purposes. Restricted access through the gate will be controlled by the City of Concord under a license granted by the U.S. Navy. ♦

Concord's economy recovering with new eateries, positive office news

Restaurant Report

Congratulations to the new Eureka! Restaurant in the Willow Shopping Center. The popular spot has only been open a few months and is already ranked third in sales out of the company's 18 locations. Stop by to sample great food, craft beer and artisan liquor in a hip, contemporary setting.

Eureka! joins other craft eateries Ike's Sandwich Shop and Palo Alto-based Rick's Rather Rich Ice Cream as the newest culinary favorites in the Willows.

Construction continues on the Buffalo Wild Wings restaurant on the site of the old Marie Callender's on Diamond Boulevard. Sports fans can look forward to flat screen TVs and a menu with 16 signature sauces to go with your wings.

Residents will soon have the opportunity to sample the varied fare at three new restaurants coming soon to 1100 Concord Avenue, where the former Peppermill used to stand. Habit Burger is Number 1 in a Consumer Reports survey of Best Burgers in America. Jimmy John's Gourmet Sandwiches offers nothing but fresh, home-style ingredients. Noodles & Company "offers a fresh flip on noodles." Watch for grand openings.

The new Loard's Ice Cream on Salvio Street in Salvio Pacheco Square across from Todos Santos Plaza opened this summer and is doing a great business. The "old fashioned ice cream store"



Eureka! Restaurant in the Willows Shopping Center is a popular new addition

has been around since 1950, but has modernized with touches such as an ice cream bar, TVs and ice cream cakes with photos on them.

If that's not enough, soon everyone will also be able to get a custom-made ice cream sandwich at Cream, which will be opening at 2070 Salvio Street, next to Naan N Curry. This company was started by two brothers who wanted everyone to experience their childhood treat – rich ice cream between two fresh-baked cookies.

Office Update

Retail is not the only real estate segment growing in Concord. Concord's office market is also heating up. According to Newmark Cornish and Carey, a full service real estate

brokerage firm, Concord has been the best performing office submarket over the past 18 months with over 350,000 square feet of positive office leasing activity.

The second quarter was also the best performing quarter of 2015 with 119,894 square feet of new office leasing. The biggest deals of the quarter in Concord were completed at Swift Plaza with AssetMark and Amtrust Financial expanding their presence at the downtown office complex. Gilbane, a global integrated construction and facility management firm, relocated from Walnut Creek, taking a whole floor at Swift Plaza. In addition, Unitek College took 24, 685 square feet at Metroplex Office Centre. ◆

Public Works prepares for wetter than normal winter

Climate forecasters are predicting that this winter's El Nino will be among the strongest on record. City of Concord staff has been preparing for the possibility of a wetter than normal winter and advises residents to do the same.

What residents can do to prepare

One of the most significant home maintenance jobs to be completed now is the cleaning of rain gutters, making sure that water will flow freely through the downspouts.

Inspect and clean drainage systems to make sure that any heavy rain flows keep moving without obstruction. Pick up materials that may wash into storm drain inlets or gutters.

Inspect the roof. Check for loose shingles that can lift or tear away in a storm, exposing the roof deck to the elements.

Trim any tree branches that appear insecure or are hanging heavily over structures. Consider staking any young trees.

What the City has done to prepare

Earlier this year, Public Works procured 10,000 sandbags to prepare for the heavy demand. The City offers a free, 24-hour sandbagging station for Concord residents at the City's Corporation Yard, located at 1455 Gasoline Alley. Volunteers have been building sandbags to accommodate seniors and persons with disabilities.

New this year are two additional satellite sandbagging stations at Lime Ridge off of Treat Blvd, and at Hillcrest Park off of Grant Street. Sand has

been delivered to these sites; residents are asked to bring their own sandbags and shovels. A new interactive sand bag station map is available at www.cityofconcord.org/sandbags.



The sand bag station at the City's Corporation Yard is available 24 hours a day

Public Works staff has met with private property owners throughout the year to offer guidance and advice with regard to private creek maintenance. Residents with questions regarding private creeks can contact Public Works by calling (925) 671-3448.

This summer, Public Works cleaned thousands of feet of ditches to ensure proper movement of storm water. These ditches, which are generally located at the base of a slope, fill in over time from dirt moved by ground squirrels and gophers and can be blocked by overgrowth from adjacent trees and shrubs.

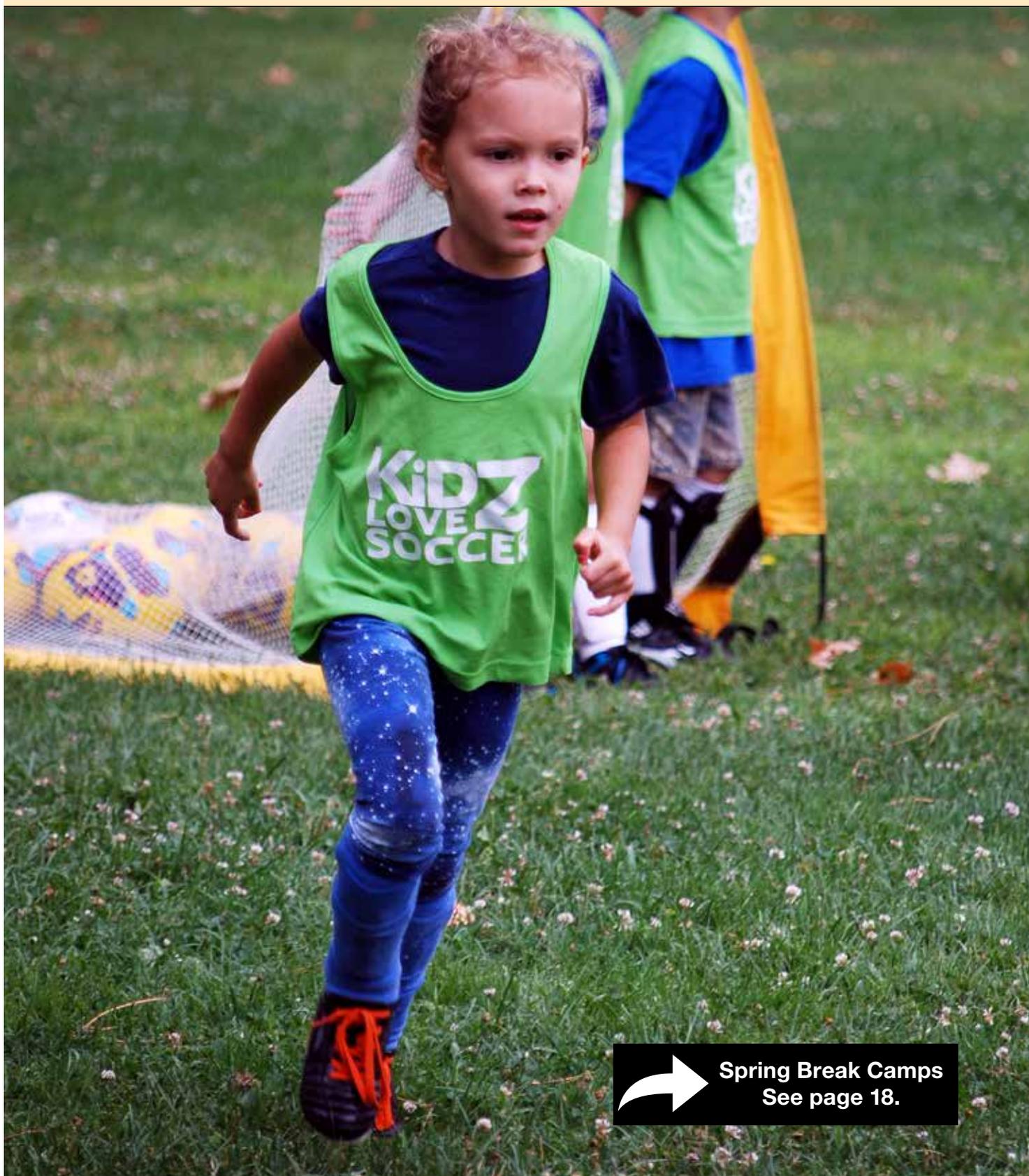
Crews also cleaned creeks and drainage channels that are located in the public right-of-way and removed a variety of debris that would cause blockages: tree limbs, shrubs, shopping carts and other large items. Public Works ensured that extra care

and attention was given to the drainage system this year in anticipation of a greater than average rainfall. Storm water catch basins and roadside ditches were also cleared to remove leaves and other debris blown into the system during the spring and summer. ♦

What Public Works does during a heavy storm event

- Assist with securing life and property (e.g. barricading off areas; placing sandbags in priority areas using available resources; using specialized equipment to minimize damage)
- Monitor hotspots where known localized flooding occurs because of limited system capacity or heavy buildup of fallen leaves and other storm related debris
- Clear blocked waterways and storm drain lines to prevent flooding
- Stage sandbags at known flood areas
- Build and load sandbags for seniors or persons with disabilities
- Remove fallen trees and limbs
- Monitor tide levels because higher tides causes greater likelihood for flooding (waterways cannot drain as quickly during a high tide)
- Open the Public Works Departmental Operation Center (DOC) to communicate and coordinate with the City's Emergency Operation Center (EOC)

ACTIVITY GUIDE



 **Spring Break Camps**
See page 18.

ACTIVITY GUIDE LISTINGS ARE SUBJECT TO CHANGE

2016 PRESCHOOL CLASSES

Preschool Registration Begins February 16 ■ Walk-In Only!
 10 a.m.-12 p.m. and 1-3 p.m. ■ Willow Pass Center, 2748 E. Olivera Rd. Concord, CA 94519

Preschool Age 2

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



Preschool Age 3

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



Preschool Age 4

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

Requirements:

- 2-year-olds must be age 2 by September 1, 2016.
- 3-year-olds must be age 3 by September 1, 2016.
- 4-year-olds must be age 4 by September 1, 2016.
- *3 and 4-year-olds must be toilet trained.

Monthly and Additional Fees:

2-day classes \$125 R/\$130 NR
 3-day classes \$189 R/\$194 NR
 A \$35 non-refundable processing fee and a non-refundable first month's tuition payment are due at the time of registration. The remaining 8 tuition installments are due by the 20th of each month from September 2016-April 2017
 There is a \$75 cancellation and withdrawal fee for program.

Parent Involvement:

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

Some classes are full for the current 2015-16 session. Call the registration office at 671-3404 for more information.

BALDWIN PARK 2790 PARKSIDE CIRCLE

3 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 6-May 18	Tu, Th	9-11:30 a.m.	#99865
Sep 7-May 19	M, W, F	9-11:30 a.m.	#99864

4 Year Olds – Gina Murdock

Session	Days	Time	Course
Sep 6-May 18	Tu, Th	9-11:30 a.m.	#99871
Sep 7-May 19	M, W, F	9-11:30 a.m.	#99870

4 Year Olds – Melissa Gardner

Session	Days	Time	Course
Sep 7-May 19	M, W, F	12-2:30 p.m.	#99872

CENTRE CONCORD 5298 CLAYTON ROAD

2 Year Olds – Beth Severa

Session	Days	Time	Course
Sep 6-May 18	Tu, Th	9-11:30 a.m.	#99859
Sep 6-May 18	Tu, Th	12-2:30 p.m.	#99860
Sep 7-May 19	M, W, F	9-11:30 a.m.	#99857
Sep 7-May 19	M, W, F	12-2:30 p.m.	#99858

3 Year Olds – Sean Berry

Session	Days	Time	Course
Sep 6-May 18	Tu, Th	9-11:30 a.m.	#99863
Sep 7-May 19	M, W, F	9-11:30 a.m.	#99861

3 Year Olds – Shannon Cervantes

Session	Days	Time	Course
Sep 6-May 18	Tu, Th	12-2:30 p.m.	#99866
Sep 7-May 19	M, W, F	12-2:30 p.m.	#99862

4 Year Olds – Sonja Stanley

Session	Days	Time	Course
Sep 6-May 18	Tu, Th	9-11:30 a.m.	#99869
Sep 6-May 18	Tu, Th	12-2:30 p.m.	#99873
Sep 7-May 19	M, W, F	9-11:30 a.m.	#99867
Sep 7-May 19	M, W, F	12-2:30 p.m.	#99868

R = Concord Resident NR = Concord Non-Resident

DANCE

Pre-Dance

Preschool dancers will be introduced to the world of dance through creative movement, rhythm, and improvisation. Dancers will focus on body positioning, balance, body isolation and fundamental dance vocabulary. Appropriate Attire: ballet shoes, tights or leggings, and leotards. The instructor has more than 20 years of dance experience. No class March 26 and April 2.



Age: 3-4 ■ Baldwin Park Dance Studio ■ Luana Avalos

Jan 23-Feb 27	Sa	9-9:30 a.m.	\$58 R/\$63 NR	#99397
Mar 12-Apr 30	Sa	9-9:30 a.m.	\$58 R/\$63 NR	#99398

Beginning Ballet 1

Beginning dance 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. No class March 26 and April 2.

Age: 4-6 ■ Baldwin Park Dance Studio ■ Luana Avalos

Jan 23-Feb 27	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#99400
Mar 12-Apr 30	Sa	9:30-10:15 a.m.	\$72 R/\$77 NR	#99401

Beginning Ballet 2

See page 13.



ENRICHMENT

Busy Bee Cooks

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

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

Jan 21-Feb 18	Th	3:30-5 p.m.	\$201 R/\$206 NR	#99374
Mar 31-Apr 28	Th	3:30-5 p.m.	\$201 R/\$206 NR	#99375

Little Dragons

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



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

Jan 14-Mar 3	Th	5-5:40 p.m.	\$82 R/\$87 NR	#99601
Mar 10-Apr 28	Th	5-5:40 p.m.	\$72 R/\$77 NR	#99602

Parent and Me Gymnastics

This class is designed for parents and toddlers to enhance your child's motor development skills, balance, coordination, and confidence. Emphasis is placed on developing movement, rolling, hanging, climbing, balance, and jumping in a fun and social environment. This class is filled with fun and challenging motor development activities. Parent participation is required. No class January 18, February 15 or March 28.

Age: 1½-3 ■ Willow Pass Community Center ■ CGS Gymnastic Services

Jan 4-Feb 29	M	1-1:45 p.m.	\$101 R/\$106 NR	#99361
Mar 7-Apr 25	M	1-1:45 p.m.	\$101 R/\$106 NR	#99362

Tiny Tumblers Gymnastics

Your child will tumble over this one! The class is designed to enhance coordination, agility, and confidence. Emphasis is placed on developing beginning gymnastic skills in a fun, social environment. Equipment incorporated includes bars, low beams, ladders, trampoline, barrel, incline mats, tunnels, rings and music games. This is NOT a parent participation class. No class January 18, February 15, or March 28.

Age: 3-5 ■ Willow Pass Community Center ■ CGS Gymnastic Services

Jan 4-Feb 29	M	12:15-1 p.m.	\$101 R/\$106 NR	#99364
Mar 7-Apr 25	M	12:15-1 p.m.	\$101 R/\$106 NR	#99365



Spanish Immersion Preschool Class

Your child will learn Spanish in a hands-on interactive and stimulating environment. In this class your child will develop social, fine, and gross motor skills. Children will have fun singing, doing art, enjoying new friends and many more fun activities. A \$7 materials fee is payable to the instructor the first day of class.

Age: 3-6 ■ Centre Concord ■ Miriam Lattanzi

Jan 5-Feb 9	Tu	3:15-5 p.m.	\$165 R/\$170 NR	#99359
Jan 7-Feb 11	Th	3:15-5 p.m.	\$165 R/\$170 NR	#99360
Feb 16-Mar 22	Tu	3:15-5 p.m.	\$165 R/\$170 NR	#99360
Feb 18-Mar 24	Th	3:15-5 p.m.	\$165 R/\$170 NR	#99361

Two Days A Week – 20% off

Age: 3-6 ■ Centre Concord ■ Miriam Lattanzi

Jan 5-Feb 11	Tu, Th	3:15-5 p.m.	\$262 R/\$267 NR	#99938
Feb 16-Mar 24	Tu, Th	3:15-5 p.m.	\$262 R/\$267 NR	#99939

NEW Two-Wheeler
Learn To Ride For Ages 4-6
See page 14.



YOUTH SPORTS

Mommy/Daddy and Me Soccer

Introduce yourself and your toddler to the ‘World’s Most Popular Game’! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field so don’t just watch from the sidelines. All kids will receive a Kidz Love Soccer jersey! No class February 15 and May 30.

Age: 2-3½ ■ Newhall Park ■ Kidz Love Soccer					
Jan 25-Mar 14	M	11-11:30 a.m.	\$91 R/\$96 NR	#99651	
Jan 28-Mar 17	Th	5:15-5:45 p.m.	\$101 R/\$106 NR	#99652	
Jan 30-Mar 19	Sa	9:30-10 a.m.	\$101 R/\$106 NR	#99653	
Apr 11-Jun 13	M	11-11:30 a.m.	\$111 R/\$116 NR	#99654	
Apr 16-Jun 18	Sa	9:30-10 a.m.	\$111 R/\$116 NR	#99656	

Age: 2-3½ ■ Concord Community Park ■ Kidz Love Soccer					
Apr 14-Jun 9	Th	5:15-5:45 p.m.	\$111 R/\$116 NR	#99655	

Kidz Love Soccer

Little tykes enjoy running and kicking just like the big kids! Kidz Love 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. No class February 15, May 28 and 30.



Tot Soccer

Age: 3½-4 ■ Newhall Park ■ Kidz Love Soccer					
Jan 30-Mar 19	Sa	10:10-10:40 a.m.	\$107 R/\$112 NR	#99927	
Apr 16-Jun 18	Sa	10:10-10:40 a.m.	\$117 R/\$122 NR	#99928	

Tot/Pre Soccer

Age: 3½-5 ■ Newhall Park ■ Kidz Love Soccer					
Jan 25-Mar 14	M	10:15-10:50 a.m.	\$97 R/\$102 NR	#99929	
Jan 25-Mar 14	M	3:10-3:45 p.m.	\$97 R/\$102 NR	#99930	
Apr 11-Jun 13	M	10:15-10:50 a.m.	\$117 R/\$122 NR	#99932	
Apr 11-Jun 13	M	3:10-3:45 p.m.	\$117 R/\$122 NR	#99933	

Age: 3½-5 ■ Concord Community Park ■ Kidz Love Soccer					
Jan 28-Mar 17	Th	3:45-4:20 p.m.	\$107 R/\$112 NR	#99931	
Apr 14-Jun 9	Th	3:45-4:20 p.m.	\$117 R/\$122 NR	#99934	

Pre Soccer

Age: 4-5 ■ Newhall Park ■ Kidz Love Soccer					
Jan 30-Mar 19	Sa	10:40-11:15 a.m.	\$101 R/\$106 NR	#99643	
Apr 16-Jun 18	Sa	10:40-11:15 a.m.	\$111 R/\$116 NR	#99644	

**Kidz Love Soccer
Spring Break Camp**
See page 18.



Skyhawks Tot Baseball

This program was designed to give children a positive first step into Baseball. Your young athlete will discover the fundamentals of fielding, catching, throwing, hitting and base-running in a fun, safe and positive environment. Through age appropriate games and activities, participants learn balance, body movement, hand/eye coordination, teamwork and sportsmanship! No class January 16, February 13 and May 28.

Age: 3-5 ■ Concord Community Park ■ Skyhawks Sports Academy					
Jan 15-Feb 26	F	4:30-5:15 p.m.	\$90 R/\$95 NR	#99629	
Mar 4-Apr 15	F	4:30-5:15 p.m.	\$90 R/\$95 NR	#99630	
Apr 22-Jun 3	F	4:30-5:15 p.m.	\$90 R/\$95 NR	#99631	
Jan 9-Feb 27	Sa	2:30-3:15 p.m.	\$78 R/\$83 NR	#99632	
Mar 5-Apr 16	Sa	2:30-3:15 p.m.	\$90 R/\$95 NR	#99633	
Apr 23-Jun 4	Sa	2:30-3:15 p.m.	\$78 R/\$83 NR	#99634	

Skyhawks Tot Basketball

Using our progression curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a ‘skill of the day’ and progress in to drills and games making an unforgettable camp experience for your young athlete. No class January 16 and February 13 and May 28.

Age: 3-5 ■ Concord Community Park ■ Skyhawks Sports Academy					
Jan 15-Feb 26	F	3:30-4:15 p.m.	\$90 R/\$95 NR	#99622	
Mar 4-Apr 15	F	3:30-4:15 p.m.	\$90 R/\$95 NR	#99623	
Apr 22-Jun 3	F	3:30-4:15 p.m.	\$90 R/\$95 NR	#99624	
Jan 9-Feb 27	Sa	4:30-5:15 p.m.	\$78 R/\$83 NR	#99625	
Mar 5-Apr 16	Sa	4:30-5:15 p.m.	\$90 R/\$95 NR	#99627	
Apr 23-Jun 4	Sa	4:30-5:15 p.m.	\$78 R/\$83 NR	#99628	

Skyhawks Tot Track & Field

This program was designed to give children a positive first step into Track & Field. Your young athlete will discover the fundamentals of running, jumping, throwing and relay races in a fun, safe and positive environment. Through age appropriate games and activities, participants learn balance, body movement, coordination, teamwork and sportsmanship! No class January 16, February 13 and May 28.

Age: 3-5 ■ Concord Community Park ■ Skyhawks Sports Academy					
Jan 15-Feb 26	F	2:30-3:15 p.m.	\$90 R/\$95	#99635	
Mar 4-Apr 15	F	2:30-3:15 p.m.	\$90 R/\$95	#99636	
Apr 22-Jun 3	F	2:30-3:15 p.m.	\$78 R/\$83	#99637	
Jan 9-Feb 27	Sa	3:30-4:15 p.m.	\$78 R/\$83	#99638	
Mar 5-Apr 16	Sa	3:30-4:15 p.m.	\$90 R/\$95	#99639	
Apr 23-Jun 4	Sa	3:30-4:15 p.m.	\$78 R/\$83 NR	#99888	

ARTS AND CRAFTS



Drawing and Watercolor Painting

It's Spring and it's Sports time! Let's have fun with sport activities in this multi-level art class. Draw and paint a sports still-life and the human figure in play action. Learn a new technique in perspective: your dream room with your favorite sport posters. Enrollment is limited so individual help is always there for you. Come join us--go art team!

Age: 8-14 ■ Willow Pass Community Center ■ Mary Frances Crabtree
 Jan 20-Mar 9 W 4-5:30 p.m. \$75 R/\$80 NR #99282

DANCE



Beginning Ballet 2

Increase your strength, flexibility, and body coordination while building on the techniques from Ballet 1. Ballet 2 will concentrate on the dancer's ability to connect steps and create fluidity in their movement. Appropriate attire: ballet shoes, tights, and leotards. Instructor, Katrina Stewart, has more than 20 years of dance experience. No class March 26 and April 2.

Age: 6-8 ■ Baldwin Park Dance Studio ■ Katrina Stewart
 Jan 23-Feb 27 Sa 10:15-11 a.m. \$72 R/\$77 NR #99402
 Mar 12-Apr 30 Sa 10:15-11 a.m. \$72 R/\$77 NR #99403



ENRICHMENT

Little Masters of Public Speaking

This class is all about the art of dialogue delivery. You will memorize and recite poems, learn how to tell all kinds of stories from funny to scary, and even learn how to tell a Joke. This class is not only educational, but fun! Class will culminate with a play at the end as you master the art of Public Speaking.

Age: 6-9 ■ Centre Concord ■ Gurus Education
 Jan 14-Mar 17 Th 4:30-5:30 p.m. \$159 R/\$164 NR #99349

We Teach Your Kids to Cook Healthy

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



Age: 6-10 ■ Centre Concord ■ Cooking with Kids Foundation
 Jan 21-Feb 18 Th 5:30-7 p.m. \$201 R/\$206 NR #99376
 Mar 31-Apr 28 Th 5:30-7 p.m. \$201 R/\$206 NR #99377

HEALTH AND FITNESS

K.O. Taekwondo Youth & Teen

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



2-day
 Age: 6-14 ■ Baldwin Park Dance Studio ■ Kevin Oliver
 Jan 6-29 W, F 6-7 p.m. \$57 R/\$62 NR #99603
 Feb 3-26 W, F 6-7 p.m. \$57 R/\$62 NR #99604
 Mar 2-25 W, F 6-7 p.m. \$57 R/\$62 NR #99605
 Apr 6-29 W, F 6-7 p.m. \$57 R/\$62 NR #99606

3-day
 Age: 6-14 ■ Baldwin Park Dance Studio ■ Kevin Oliver
 Jan 6-30 W, F, Sa 6-7 p.m. \$75 R/\$80 NR #99607
 Feb 3-27 W, F, Sa 6-7 p.m. \$75 R/\$80 NR #99608
 Mar 2-26 W, F, Sa 6-7 p.m. \$75 R/\$80 NR #99609
 Apr 6-30 W, F, Sa 6-7 p.m. \$75 R/\$80 NR #99610

YOUTH SPORTS



NEW Two-Wheeler Learn to Ride

Designed for children using training wheels or similar devices, or for those that haven't mastered independent riding, this class focuses on the fundamental skill of bicycling-balance while in motion-with a goal of getting children riding on two wheels without assistance. Once accomplished, riders will work on starting, stopping, controlled slowing and turning. This class is recommended for children 4 through 8. Class is held in the tennis courts.

Age: 4-6 ■ Concord Community Park ■ Wheel Kids Bicycle Club				
Feb 28-Apr 10	Su	9-9:50 a.m.	\$123 R/\$128 NR	#99886
Age: 6-8 ■ Concord Community Park ■ Wheel Kids Bicycle Club				
Feb 28-Apr 10	Su	10-10:50 a.m.	\$123 R/\$128 NR	#99887



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

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

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

CHECK OUT OUR NEW OUTDOOR EDUCATION CENTER!

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

Junior Tennis

The junior tennis program is geared towards both development and excellence in tennis. You will be introduced to techniques, movement and the concept of rallying. The program uses tennis related games designed to help students learn how to keep score and employ strategies involved in playing the game. Classes are taught by certified teaching professionals.

Age: 7-12 ■ Willow Pass Park ■ Calvin McCullough				
Jan 5-Feb 23	Tu	5-6 p.m.	\$99 R/\$104 NR	#99367
Apr 5-May 24	Tu	5-6 p.m.	\$99 R/\$104 NR	#99368
Age: 7-15 ■ Willow Pass Park ■ Calvin McCullough				
Jan 7-Feb 25	Th	4-5:30 p.m.	\$133 R/\$138 NR	#99370
Apr 7-May 26	Th	4-5:30 p.m.	\$133 R/\$138 NR	#99371

KIDZ LOVE SOCCER

Soccer 1 Technique & Teamwork

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each participant receives a Kidz Love Soccer Jersey! Shin guards are required after the first meeting. No class February 15, May 28 and 30.

Age: 5-6 ■ Newhall Park ■ Kidz Love Soccer				
Jan 25-Mar 14	M	3:45-4:30 p.m.	\$94 R/\$99 NR	#99645
Jan 30-Mar 19	Sa	11:15 a.m.-12 p.m.	\$104 R/\$109 NR	#99647
Apr 11-Jun 13	M	3:45-4:30 p.m.	\$114 R/\$119 NR	#99648
Apr 16-Jun 18	Sa	11:15 a.m.-12 p.m.	\$114 R/\$119 NR	#99650
Age: 5-6 ■ Concord Community Park ■ Kidz Love Soccer				
Jan 28-Mar 17	Th	4:20-5:05 p.m.	\$104 R/\$109 NR	#99646
Apr 14-Jun 9	Th	4:20-5:05 p.m.	\$114 R/\$119 NR	#99649



Kidz Love Soccer

Skillz 2 and Scrimmages

Kids ages 7 to 10 will enjoy advanced skill building in a team play format. Attention is paid to both individual skill development and positional play. Each class will include small-sided scrimmages to improve team tactics, positions and finer technical skills. All skill levels are welcome and all participants will receive a Kidz Love Soccer jersey! No class February 15 and May 30.

Age: 7-10 ■ Newhall Park ■ Kidz Love Soccer				
Jan 25-Mar 14	M	4:30-5:15 p.m.	\$94 R/\$99 NR	#99640
Apr 11-Jun 13	M	4:30-5:15 p.m.	\$114 R/\$119 NR	#99641

AFTER SCHOOL ENRICHMENT

The City of Concord Parks & Recreation Department in cooperation with the Mt. Diablo Unified School District is offering After School Enrichment classes at select elementary schools in Concord. A wide variety of fun and exciting recreation classes are offered for children in grades 1st-5th. Benefits include increased self-esteem, new skills and abilities, improved social skills, higher school performance, and encouraging lifelong learning. Thank you for choosing Concord Parks & Recreation Department and the After School Enrichment Program. For Safety Reasons and to sign waiver, PARENTS MUST COME INTO CLASSROOM and pick up students AFTER EVERY CLASS. No Class Dates: Teacher In-Service Days, January 22 and March 11; President's Days, February 8 and 15; Spring Break, March 28-April 1. See course grid on page 17 for dates, times, locations and costs.

After School Flag Football

Does your child love football? Do they want to learn more about the game in a fun environment? Or are you interested in your child learning and playing football without all the contact? Then join our coaches as they teach the fundamentals of passing, catching, throwing, offensive and defense strategies, teamwork skills, and sportsmanship!

After School Lacrosse

Do you want your child to learn how to play lacrosse? Do you want them to improve their skills and learn helpful new ones? Then join our Coaches from One on One Sports as they run practice drills in the proper techniques for cradling, passing, and shooting. They will also learn proper defensive and offensive strategies. Join us for a pressure-free environment that focuses both on teamwork and fun! All levels welcome, both boys and girls.



After School Hoops

Join ONE on ONE BASKETBALL for After School Hoops. Skilled and experienced basketball instructors will conduct a one-hour clinic, once a week, for you and your friends. These clinics will help you become a better basketball player through drills, contests, and game competition.

Beginning Video Game Design

Learn how to create and design an original and interactive video game! Beginning Game Developers work with a partner to conceive, design and build their own original computer game. Everything created is original to the team and students use creative and critical thinking to complete their games.

My First Video Game!

Learn how to create and design a unique and interactive introductory video game with Freshi Game Design! Younger Game Developers work in pairs to conceive, design and build their



own original computer game. Students will learn fun techniques like creating characters and levels and making their characters fly and bounce around the game screen!

Video Game Design: Platform Game Adventures!

In this class, kids will learn to create unique levels and characters and will develop an original plot line. Give your characters gravity and create interesting and original bad guys to challenge you through your game. Working with design, animation and programming tools, students will create a fun and engaging platform adventure!

Engineering FUNdamentals: Mine, Craft, Build using LEGO®

Bring Minecraft to life using LEGO®! Build a walking Creeper, a terrifying Ghast, and a motorized Minecart! Designed by Play-Well instructors, this class combines the format of our core engineering programs with the world of Minecraft. Explore real-world concepts in physics, engineering, and architecture while building your favorite Minecraft objects.

Guitar

Did you know that most popular songs consist of only three or four basic chords? You will learn the chord progressions necessary to quickly learn to play your favorite songs.



You will get the personal attention needed in a small class. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). \$5 Materials Fee payable to instructor.



Little Medical School - Session 1

Kids love to dress up and play doctor. Little Medical School brings medicine, science, and the importance of health to children in an entertaining, exciting, and fun way. Our after school program encourages children to explore the exciting and inspiring world of medicine. Using interactive demonstrations and games, kids learn how the body and organs work, how to use instruments that real doctors use, administer first aid, and even tie knots like a real surgeon. Each child gets their own stethoscope that really works.

Little Medical School - Session 2

The continuation of Little Medical School Session 2 will allow the students to learn more about the world of medicine and science. Using interactive demonstrations and games, kids learn how the body and organs work, how to be a pharmacist, administer first aid, and even identify different levels of the spine. **New students can enroll.**



Peer Piano

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



West African Drumming & Dance

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

**Parks
Make
Life
Better!**



Registration Dates:

Online registration
is now open at
www.joblconcord.com

In-person registration:
January 9, 9-11 a.m.

Babe Ruth/Cal Ripken Junior Optimist Baseball/Softball League

Est. 1963

Recreational and Full-time Travel play opportunities for Girls & Boys age 4-14
All regular league games are played on our own fields at the JOBL Complex

Located off Laura Alice Way
near Arnold Industrial Way and Hwy. 4.

**Visit www.joblconcord.com
for online registration**

AFTER SCHOOL ENRICHMENT

Highlands Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
After School Hoops	#99822	6-11	One on One Sports	Feb 2-Apr 12	F	2:35-3:35 p.m.	\$110R/\$115 NR
Guitar	#99894	9-11	Ted Crowley	Jan 25-Mar 14	M	2:35-3:20 p.m.	\$120R/\$125 NR
Guitar	#99895	9-11	Ted Crowley	Apr 4-May 9	M	2:35-3:20 p.m.	\$120R/\$125 NR
West African Drumming & Dance	#99828	7-11	Ben Ofori	Feb 2-Mar 8	Tu	2:35-3:45 p.m.	\$115R/\$120 NR
West African Drumming & Dance	#99829	7-11	Ben Ofori	Mar 15-Apr 26	Tu	2:35-3:45 p.m.	\$115R/\$120 NR
After School Football	#99824	6-11	One on One Sports	Feb 3-Apr 13	W	1:10-2:10 p.m.	\$110R/\$115 NR
Little Medical School	#99891	6-11	LMS Staff	Feb 2-Mar 8	Tu	2:35-3:40 p.m.	\$149R/\$154 NR
Little Medical School	#99892	6-11	LMS Staff	Apr 5-May 10	Tu	2:35-3:40 p.m.	\$149R/\$154 NR
Peer Piano	#99826	6-11	Nadine Petersen	Jan 25-Apr 4	M	2:35-3:35 p.m.	\$89R/\$94 NR
Peer Piano	#99827	6-11	Nadine Petersen	Jan 28-Mar 17	Th	2:35-3:35 p.m.	\$89R/\$94 NR
Peer Piano	#99889	6-11	Nadine Petersen	Apr 7-May 6	Th	2:35-3:35 p.m.	\$89R/\$94 NR
After School Lacrosse	#99890	6-11	One on One Sports	Jan 28-Mar 31	Th	2:35-3:35 p.m.	\$110R/\$115 NR
Video Game Design:							
Platform Game Adventures!	#99893	6-8	Freshi Films	Feb 4-Apr 28	Th	2:35-3:50 p.m.	\$120R/\$125 NR

Monte Gardens Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
After School Hoops	#99834	6-11	One on One Sports	Jan 28-Mar 31	Th	2:50-3:50 p.m.	\$110R/\$115 NR
After School Lacrosse	#99833	6-11	One on One Sports	Feb 1-Mar 28	M	2:50-3:50 p.m.	\$88R/\$93 NR
After School Football	#99835	6-11	One on One Sports	Feb 5-Apr 25	F	2:50-3:50 p.m.	\$99R/\$104 NR

Mt. Diablo Elementary School

Class	Course	Ages	Instructor	Sessions	Day	Time	Fee
My First Video Game!	#99896	6-8	Freshi Films	Feb 22-Apr 18	M	2:20-3:35 p.m.	\$120R/\$120 NR
After School Hoops	#99838	6-11	One on One Sports	Jan 27-Mar 30	W	12:05-1:05 p.m.	\$110R/\$110 NR
Little Medical School	#99897	6-11	LMS Staff	Feb 4-Mar 10	Th	2:20-3:20 p.m.	\$149R/\$154 NR
Little Medical School	#99898	6-11	LMS Staff	Apr 7-May 12	Th	2:20-3:20 p.m.	\$149R/\$154 NR
After School Lacrosse	#99839	6-11	One on One Sports	Feb 2-Apr 12	Tu	2:20-3:20 p.m.	\$110R/\$110 NR
Peer Piano	#99840	6-11	Nadine Petersen	Jan 26-Mar 15	Tu	2:20-3:20 p.m.	\$89R/\$89 NR
Peer Piano	#99842	6-11	Nadine Petersen	Apr 5-May 24	Tu	2:20-3:20 p.m.	\$89R/\$89 NR
Peer Piano	#99899	6-11	Nadine Petersen	Jan 29-Mar 25	F	2:20-3:20 p.m.	\$89R/\$89 NR
Peer Piano	#99900	6-11	Nadine Petersen	Apr 8-May 27	F	2:20-3:20 p.m.	\$89R/\$89 NR
Guitar	#99843	9-11	Ted Crowley	Jan 27-Mar 2	W	12:05-1:50 p.m.	\$120R/\$120 NR
Guitar	#99901	9-11	Ted Crowley	Apr 6-May 11	W	12:05-1:50 p.m.	\$120R/\$120 NR
Engineering FUNdamentals:							
Mine, Craft, Build using LEGO®	#99837	7-11	Play-Well TEKnologies	Jan 20-Mar 23	W	12:05-1:35 p.m.	\$253R/\$253 NR
After School Football	#99844	6-11	One on One Sports	Jan 25-Mar 21	M	2:20-3:20 p.m.	\$77R/\$77 NR
West African Drumming & Dance	#99845	7-11	Ben Ofori	Jan 29-Mar 4	F	2:20-3:30 p.m.	\$115R/\$115 NR
West African Drumming & Dance	#99846	7-11	Ben Ofori	Apr 8-May 13	F	2:20-3:30 p.m.	\$115R/\$115 NR

Westwood Elementary School

Class	Course	Ages	Instructor	Dates	Day	Time	Fee
After School Hoops	#99850	6-11	One on One Sports	Feb 22-Apr 18	M	2:10-3:10 p.m.	\$128R/\$133 NR
West African Drumming & Dance	#99856	7-11	Ben Ofori	Feb 4-Mar 10	Th	2:10-3:20 p.m.	\$115R/\$120 NR
West African Drumming & Dance	#99902	7-11	Ben Ofori	Apr 7-May 12	Th	2:10-3:20 p.m.	\$115R/\$120 NR
Beginning Video Game Design	#99854	6-8	Freshi Films	Feb 2-Mar 22	Tu	2:10-3:25 p.m.	\$120R/\$125 NR
After School Lacrosse	#99853	6-11	One on One Sports	Jan 29-Mar 25	F	2:10-3:10 p.m.	\$110R/\$115 NR

* No Class Dates

Teacher In-Service Days, January 22 & March 11; President's Days, February 8 & 15; Spring Break, March 28-April 1.



**Kidz Love Soccer
Spring Break Camp Level 1**

Spend a week enjoying the world's most popular sport in a fun, recreational environment. Learn and practice soccer skills including: dribbling, passing, receiving and shooting. Everyone is a winner when the week's fun culminates in an age-appropriate 'World Cup' tournament. All campers will receive a soccer ball and jersey. Campers should bring a full water bottle and a snack. **ALL PARTICIPANTS MUST WEAR SHIN GUARDS.** Soccer shoes and sunscreen are recommended.

Age: 4-6 ■ Concord Community Park ■ Kidz Love Soccer
Mar 28-Apr 1 M-F 9 a.m.-12 p.m. \$139 R/\$144 NR #99808

**Kidz Love Soccer
Spring Break Camp Level 2**

Spend a week enjoying the world's most popular sport in a fun, recreational environment. Learn and practice soccer skills including: dribbling, passing, receiving and shooting. Everyone is a winner when the week's fun culminates in an age-appropriate 'World Cup' tournament. All campers will receive a soccer ball and jersey. Campers should bring a full water bottle and a snack. **ALL PARTICIPANTS MUST WEAR SHIN GUARDS.** Soccer shoes and sunscreen are recommended.

Age: 7-8 ■ Concord Community Park ■ Kidz Love Soccer
Mar 28-Apr 1 M-F 9 a.m.-12 p.m. \$139 R/\$144 NR #99809



NEW App Development with Java Script

You will develop a 2D game written in the Java Script programming language. You will learn how to use HTML canvas tags to draw sprites and shapes, as well as to create classes and objects through scripting. You will learn about how to work with variables and functions as well as gain an understanding of programming logic. You will receive all of the necessary material to continue working on your own projects from home.

Age: 12-17 ■ Centre Concord ■ Laurence Carew
Mar 28-Apr 1 M-F 10 a.m.-12 p.m. \$168 R/\$173 NR #99281



PAYLESS BATTING CAGES
 Willow Pass Park
 2700 E. Olivera Rd.
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Hours of Operation

	Mon-Fri	Sat & Sun
Winter:	Noon-7 p.m.	10 a.m.-6 p.m.
Spring:	Noon-8 p.m.	10 a.m.-6 p.m.

Cage Rental Fees

One hour	½ hour	Token
\$50.00	\$30.00	\$3.00 (20 balls)

PROFESSIONAL INSTRUCTION
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 go to website: www.theswingzone.net

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







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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

DANCE, MUSIC AND PERFORMING ARTS

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 payable to instructor. No class March 31.

Age: 10-17 ■ Centre Concord ■ Ted Crowley

Jan 7-Feb 25	Th	6:30-7:15 p.m.	\$123 R/\$128 NR	#99287
Mar 3-Apr 28	Th	6:30-7:15 p.m.	\$123 R/\$128 NR	#99288

Guitar

Did you know that most popular songs consist of only three or four basic chords? You will learn the chord progressions necessary to quickly learn to play your favorite songs. You will get the personal attention needed in a small class. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind). \$5 Materials Fee payable to instructor. No class March 31.

Age: 12+ ■ Centre Concord ■ Ted Crowley

Jan 7-Feb 25	Th	7:15-8 p.m.	\$123 R/\$128 NR	#99283
Mar 3-Apr 28	Th	7:15-8 p.m.	\$123 R/\$128 NR	#99284

ENRICHMENT

Debates and Public Speaking-Level 2

This course prepares students on both aspects of public speaking and debates. The aim for this class is to have each participant write a well-structured and engaging speech. The participants debate on a variety of their age appropriate topics in various formats. It improves students' general knowledge on various current affairs as they debate and understand both sides of the topic.

Age: 10-14 ■ Centre Concord ■ Gurus Education

Jan 14-Mar 17	Th	5:30-6:30 p.m.	\$159 R/\$164 NR	#99350
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SAT Test Preparation

Learn skills and strategies for doing well on the SAT. Math focuses on algebra, geometry, statistics, data analysis, probability, functions and trigonometry. English focuses on critical reading, sentence completion strategies, and development of a five-point persuasive essay. A \$25 materials fee is payable at the first class. No class January 16 and April 2.

Age: 15-18 ■ Centre Concord ■ Monica Lo & Phil Newton

Jan 23-Mar 5	Sa	10 a.m.-1 p.m.	\$295 R/\$300 NR	#99395
Mar 19-Apr 30	Sa	10 a.m.-1 p.m.	\$295 R/\$300 NR	#99396

R = Concord Resident NR = Concord Non-Resident

SPECIAL INTEREST

First Aid/CPR/AED Training

The objective of this class is to instill confidence in the lay rescuer to act quickly and apply the basic CPR and AED should an emergency present itself. This training is done through an efficient and relaxed classroom atmosphere. The strength of this class is providing plenty of hands on training, with the most common scenarios, and the ability to ask questions with clear verification.

Age: 15+ ■ Willow Pass Community Center ■ David Ybarra

Jan 20-Feb 10	W	6-8 p.m.	\$93 R/\$98 NR	#99392
Mar 2-23	W	6-8 p.m.	\$93 R/\$98 NR	#99393
Apr 6-27	W	6-8 p.m.	\$93 R/\$98 NR	#99394



Online Driver's Ed for Teens

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

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

January	\$43 R/\$48 NR	#99378
February	\$43 R/\$48 NR	#99379
March	\$43 R/\$48 NR	#99380
April	\$43 R/\$48 NR	#99381



TEEN TECHIES

Learn to develop apps during Spring break
See page 18.



ARTS AND CRAFTS

Art Journaling

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

All Ages ■ Senior Center ■ Kim Lawson					
Jan 7-Feb 25	Th	6:30-7:30 p.m.	\$54 R/\$59 NR	#98720	
Mar 3-Apr 21	Th	6:30-7:30 p.m.	\$54 R/\$59 NR	#98721	

Exploring Crafts

Each week you'll learn a fun new craft project using low cost materials perfect for home decor and holiday gift giving. Projects will include round loom and finger knitting, rubber stamped cards, wreath making, water color and more. Take both sessions to make 16 different projects. Materials list provided the first day of class.



All Ages ■ Senior Center ■ Kim Lawson					
Jan 7-Feb 25	Th	7:30-8:30 p.m.	\$54 R/\$59 NR	#99183	
Mar 3-Apr 21	Th	7:30-8:30 p.m.	\$54 R/\$59 NR	#99184	

Drawing, Water Color and Color Pencil

As a beginner or advanced student, you can learn color pencil and water color techniques. A demonstration, individual help and critiques are included in each class meeting. You may work in the style of your choice: flowers or animals. A supply list will be available from the instructor on the first day of class. You may purchase on your own or from the instructor.



Age: 21+ ■ Senior Center ■ Ann Nakatani					
Jan 6-Feb 24	W	9:30-10:30 a.m.	\$51 R/\$56 NR	#99200	
Mar 2-Apr 27	W	9:30-10:30 a.m.	\$57 R/\$62 NR	#99201	

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.

Age: 21+ ■ Senior Center ■ Tatyana Yurkhova					
Jan 7-Feb 18	Th	10 a.m.-12 p.m.	\$56 R/\$61 NR	#99176	
Mar 3-Apr 28	Th	10 a.m.-12 p.m.	\$71 R/\$76 NR	#99177	

DANCE AND MUSIC

NEW Ballet Fit

This ballet inspired workout is a great way to help lift, tone and lengthen your entire body while improving your posture and flexibility. Low impact dance routines focus on endurance and grace. Classes are set to music to inspire fun and artistry.

Age: 18+ ■ Baldwin Park Dance Studio ■ Luana Nietschy Avalos					
Jan 26-Mar 1	Tu	6:30-7:30 p.m.	\$51 R/\$56 NR	#99390	
Mar 15-Apr 26	Tu	6:30-7:30 p.m.	\$51 R/\$56 NR	#99391	

Beginning Tap Dance

This class is for the beginner who wants to learn tap and have a low impact workout. You will learn fun dances that focus on basic tap steps. These steps are repeated weekly. Enjoy an aerobic workout while also tap dancing. No class February 5 and 26, March 11 and 25.

Age: 21+ ■ Baldwin Park Dance Studio ■ Terry Davis					
Jan 8-Feb 26	F	9:15-10 a.m.	\$38 R/\$43 NR	#99211	
Mar 4-Apr 22	F	9:15-10 a.m.	\$33 R/\$38 NR	#99212	
Jan 11-Feb 29	M	5:45-6:30 p.m.	\$33 R/\$38 NR	#99313	
Mar 7-Apr 18	M	5:45-6:30 p.m.	\$33 R/\$38 NR	#99315	



Argentine Tango

Have more fun! Learn the exciting Argentine Tango—a passionate, romantic kind of tango. There are tango parties all over the Bay Area you can enjoy once you finish this tango course. Learn basic and intermediate patterns. Navigate the dance floor with confidence! No partner needed.

Age: 17+ ■ Willow Pass Community Center ■ Phil Seyer					
Jan 12-Feb 9	Tu	8-9 p.m.	\$53 R/\$58 NR	#99272	
Feb 16-Mar 15	Tu	8-9 p.m.	\$53 R/\$58 NR	#99273	
Mar 22-Apr 19	Tu	8-9 p.m.	\$53 R/\$58 NR	#99274	

Get Your Salsa On!

Learn and/or improve your salsa dancing from a patient, experienced dance instructor. Learn beginning and intermediate salsa dance patterns. Each lesson will review the basic steps and add a new intermediate level pattern. Enjoy dancing at salsa dance parties in the Bay Area. No partner required and beginners are welcome. No class March 31.

Age: 17+ ■ Willow Pass Community Center ■ Phil Seyer					
Jan 7-Feb 4	Th	8-9 p.m.	\$53 R/\$58 NR	#99208	
Feb 11-Mar 10	Th	8-9 p.m.	\$53 R/\$58 NR	#99209	
Mar 17-Apr 21	Th	8-9 p.m.	\$53 R/\$58 NR	#99210	

Hula For Exercise

You will learn the simple hand and foot movement of the Hula set to upbeat Hawaiian music. Instructor Rose Ramos will focus on one song each session, and you will learn Hula movements while exercising and having fun! Wear comfortable clothes. No class February 26.



Age: 21+ ■ Senior Center ■ Rose Ramos

Jan 5-Feb 23	Tu	6-7 p.m.	\$43 R/\$48 NR	#99196
Mar 1-Apr 26	Tu	6-7 p.m.	\$48 R/\$53 NR	#99197
Jan 8-Feb 19	F	10:30-11:30 a.m.	\$38 R/\$43 NR	#99198
Mar 4-Apr 29	F	10:30-11:30 a.m.	\$48 R/\$53 NR	#99199

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 payable to instructor.

Age: 10+ ■ Centre Concord ■ Ted Crowley

Jan 7-Feb 25	Th	6:30-7:15 p.m.	\$123 R/\$123 NR	#99289
Mar 3-Apr 28	Th	6:30-7:15 p.m.	\$123 R/\$128 NR	#99290

Guitar-Adults

Did you know that most popular songs consist of only three or four basic chords? Class teaches the chord progressions necessary to quickly learn to play your favorite songs. With no more than 8 students per class, you get the personal attention needed. Instructor has a Master's degree in Music Education and 20+ years of teaching experience. Bring guitar (any kind).

Age: 13+ ■ Centre Concord ■ Ted Crowley

Jan 7-Feb 25	Th	7:15-8 p.m.	\$123 R/\$128 NR	#99285
Mar 3-Apr 28	Th	7:15-8 p.m.	\$123 R/\$128 NR	#99286

NEW Ukulele For Beginners

So you have an ukulele. Now what? Come join us and gain the basic understanding of this wonderful instrument. Soon you'll be strumming your favorite melodies for your family and friends. Please bring your ukulele and tuner. No class January 18 and February 15.



Age: 18+ ■ Senior Center ■ Nola-Joy Boyd

Jan 11-Feb 29	M	5-6 p.m.	\$33 R/\$38 NR	#99240
Mar 7-Apr 18	M	5-6 p.m.	\$38 R/\$43 NR	#99241

Ukulele Jam Club Advanced

Add some music to your life! Come play, sing and jam with advanced ukulele enthusiasts.

Age: 21+ ■ Senior Center ■ Nola-Joy Boyd

Jan 4-Apr 18	M	6:30-8 p.m.	\$28 R/\$33 NR	#99242
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HEALTH AND FITNESS

K.O. Taekwondo-Adults

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

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

Jan 6-29	W, F	7-8 p.m.	\$57 R/\$62 NR	#99611
Feb 3-26	W, F	7-8 p.m.	\$57 R/\$62 NR	#99612
Mar 2-25	W, F	7-8 p.m.	\$57 R/\$62 NR	#99613
Apr 6-29	W, F	7-8 p.m.	\$57 R/\$62 NR	#99614
Jan 6-30	W, F, Sa	7-8 p.m.	\$75 R/\$80 NR	#99615
Feb 3-27	W, F, Sa	7-8 p.m.	\$75 R/\$80 NR	#99616
Mar 2-26	W, F, Sa	7-8 p.m.	\$75 R/\$80 NR	#99617
Apr 6-30	W, F, Sa	7-8 p.m.	\$75 R/\$80 NR	#99618

Meditation 1 for Health and Well-Being

Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, health, and a deeper spiritual connection. In this class, you will learn to quiet your thoughts and tune into a higher state of consciousness. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. \$3 Materials fee is payable to the instructor. An optional CD is available for \$10 payable to instructor.

Age: 18+ ■ Centre Concord ■ Mary Bruns

Jan 14-Feb 11	Th	7-8:45 p.m.	\$63 R/\$68 NR	#99279
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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

Feb 18-Mar 17	Th	7-8:45 p.m.	\$63 R/\$68 NR	#99280
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Pilates

Engage in a unique set of low impact exercises that strengthen and tone the body's core muscles, improve posture and flexibility, and create a more streamline figure. Pilates increase one's inner strength, complementing almost all physical activities, enhancing overall health, posture, performance and physical appearance. Bring a sticky mat. Foam roller is optional. No class March 22 and 24.

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

Jan 5-Feb 23	Tu	5:30-6:20 p.m.	\$67 R/\$72 NR	#99213
Mar 1-Apr 26	Tu	5:30-6:20 p.m.	\$67 R/\$72 NR	#99214
Jan 7-Feb 25	Th	6:30-7:20 p.m.	\$67 R/\$72 NR	#99216
Mar 3-Apr 28	Th	6:30-7:20 p.m.	\$67 R/\$72 NR	#99217

Multi-Session Discount

Jan 5-Apr 26	Tu	5:30-6:20 p.m.	\$115 R/\$120 NR	#99215
Jan 7-Apr 28	Th	6:30-7:20 p.m.	\$115 R/\$120 NR	#99218

Tai Chi Beginning Yang 24

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



Age: 21+ ■ Senior Center ■ Robin Malby
Jan 14-Apr 21 Th 6-7 p.m. \$97 R/\$102 NR #99182

Tai Chi For Health-Beginning

A slow, gentle exercise that addresses key fitness components; muscle strength, flexibility, balance and contributes to aerobic conditioning (strengthens heart and lungs). Proven helpful for conditions like Arthritis, Hypertension, Sleeping Problems. With regular practice, relieves stress, decreases pain, improves immunity, flexibility, stamina, strength, balance. Certified instructor, Dr. Paul Lam's Tai Chi Health for health Program.

Age: 21+ ■ Senior Center ■ Terry Crews
Jan 26-Apr 26 Tu 7-8 p.m. \$78 R/\$83 NR #99180

Tai Chi for Health-Intermediate

This class will focus on the Sun Style 73 Form. This form is characterized by its powerful Qigong element, agile stepping and flowing movements. It is ideal for developing core strength, better balance and enhancing healing and relaxation. This form is safe, easy to learn and adaptable for most fitness levels.

Age: 21+ ■ Senior Center ■ Terry Crews
Jan 26-Apr 26 Tu 5:45-6:45 p.m. \$78 R/\$83 NR #99178

Tai Chi Gong

This class is designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Through gentle movements and meditative breathing, the natural healing rhythms of the body are reestablished. These ancient Chinese traditions offer personal insight and practical tools for change. This class is perfectly balanced by attending the Push Hands class listed in the next column. No class March 29.

Age: 18+ ■ Centre Concord ■ Amy Erez
Jan 5-Feb 2 Tu 6-7:15 p.m. \$59 R/\$64 NR #99331
Feb 9-Mar 8 Tu 6-7:15 p.m. \$59 R/\$64 NR #99332
Mar 15-Apr 26 Tu 6-7:15 p.m. \$71 R/\$75 NR #99337

Multi-Session Discount
Jan 5-Apr 26 Tu 6-7:15 p.m. \$148 R/\$153 NR #99338

R = Concord Resident NR = Concord Non-Resident

Push Hands-Partner's Exercise

This class is for students who want to go to the next step in their Tai Chi practice. Through a wide variety of partner 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. No class March 29.

Age: 18+ ■ Centre Concord ■ Amy Erez
Jan 5-Feb 2 Tu 7:15-8 p.m. \$43 R/\$48 NR #99339
Feb 9-Mar 8 Tu 7:15-8 p.m. \$43 R/\$48 NR #99340
Mar 15-Apr 26 Tu 7:15-8 p.m. \$51 R/\$56 NR #99341

Multi Session Discount
Jan 5-Apr 26 Tu 7:15-8 p.m. \$105 R/\$110 NR #99342

NEW 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, #thenewJazzercise



features Dance Mixx, Interval, Fusion, Core, Strike, and Strength. No class January 18, February 15 and April 2.

Age: 18+ ■ Centre Concord ■ Teri Crippen
Jan 4-28 M, Th 5:15-6:15 p.m. \$45 R/\$50 NR #99911
Feb 1-29 M, Th 5:15-6:15 p.m. \$51 R/\$56 NR #99912
Mar 3-31 M, Th 5:15-6:15 p.m. \$57 R/\$62 NR #99913
Apr 4-28 M, Th 5:15-6:15 p.m. \$51 R/\$56 NR #99914
Jan 2-30 Sa 8:30-9:30 a.m. \$33 R/\$38 NR #99915
Feb 6-27 Sa 8:30-9:30 a.m. \$27 R/\$32 NR #99916
Mar 5-26 Sa 8:30-9:30 a.m. \$27 R/\$32 NR #99917
Apr 9-30 Sa 8:30-9:30 a.m. \$27 R/\$32 NR #99918

Jazzercise Lite

You'll have fun using your muscles, not momentum, rocking out without hopping to pulse pounding music during this dance-based cardio and strength building workout. You'll love how it boosts your mood, energy, and increases your metabolism, balance and flexibility. Certified Jazzercise instructor for 36 years. Call 228-1137 for more information. No class on January 18 and February 15.

Age: 18+ ■ Senior Center ■ Irene Larson
Jan 4-Feb 29 M 5:45-6:45 p.m. \$45 R/\$51 NR #99164
Jan 6-Feb 24 W 5:45-6:45 p.m. \$51 R/\$56 NR #99165
Mar 7-Apr 25 M 5:45-6:45 p.m. \$51 R/\$56 NR #99166
Mar 2-Apr 27 W 5:45-6:45 p.m. \$57 R/\$62 NR #99167

Age: 18+ ■ Willow Pass Community Center ■ Irene Larson
Jan 4-29 M, W, F 9:30-10:30 a.m. \$47 R/\$52 NR #99222
Feb 1-29 M, W, F 9:30-10:30 a.m. \$51 R/\$56 NR #99223
Mar 2-30 M, W, F 9:30-10:30 a.m. \$55 R/\$60 NR #99224
Apr 1-29 M, W, F 9:30-10:30 a.m. \$55 R/\$60 NR #99225

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. No Class March 22.

Age: 18+ ■ Willow Pass Community Center ■ David Henry				
Jan 5-Feb 23	Tu	6:30-7:20 p.m.	\$67 R/\$72 NR	#99219
Mar 1-Apr 26	Tu	6:30-7:20 p.m.	\$67 R/\$72 NR	#99220

Multi-Session Discount

Jan 5-Apr 26	Tu	6:30-7:20 p.m.	\$115 R/\$120 NR	#99221
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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 January 18, February 15, 17, and March 28, 30.

Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran				
Jan 4-Feb 29	M	5:30-6:30 p.m.	\$52 R/\$57 NR	#99260
Mar 7-Apr 25	M	5:30-6:30 p.m.	\$52 R/\$57 NR	#99261
Jan 6-Feb 24	W	6:10-7:10 p.m.	\$52 R/\$57 NR	#99262
Mar 2-Apr 27	W	6:10-7:10 p.m.	\$59 R/\$64 NR	#99263

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 January 18, February 15 and March 28.

Age: 18+ ■ Willow Pass Community Center ■ Susan Killoran				
Jan 4-Feb 29	M	6:35-7:45 p.m.	\$52 R/\$57 NR	#99264
Mar 7-Apr 25	M	6:35-7:40 p.m.	\$52 R/\$57 NR	#99265

Yoga for Lunch

Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that



brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap.

Age: 18+ ■ Concord Library ■ David Henry				
Jan 4-Feb 8	M	12:10-1 p.m.	\$43 R/\$48 NR	#99351
Feb 22-Mar 14	M	12:10-1 p.m.	\$35 R/\$40 NR	#99352
Mar 28-Apr 25	M	12:10-1 p.m.	\$43 R/\$48 NR	#99353
Jan 6-Feb 10	W	12-12:50 p.m.	\$51 R/\$56 NR	#99354
Feb 17-Mar 16	W	12-12:50 p.m.	\$43 R/\$48 NR	#99355
Mar 30-Apr 27	W	12-12:50 p.m.	\$43 R/\$48 NR	#99356

Multi-Session discount – 20% off

Jan 4-Apr 25	M	12:10-1 p.m.	\$93 R/\$98 NR	#99357
Jan 6-Apr 27	W	12-12:50 p.m.	\$105 R/\$110 NR	#99358

ZUMBA

We take '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. No class January 30 and April 2.



Age: 16+ ■ Centre Concord ■ Amelia Said				
Jan 9-Feb 27	Sa	10-11 a.m.	\$38 R/\$43 NR	#99325
Mar 5-Apr 30	Sa	10-11 a.m.	\$43 R/\$48 NR	#99326

Zumba and Tone

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

Age: 15+ ■ Willow Pass Community Center ■ Cynthia Ryan				
Jan 12-Feb 23	Tu	6:30-7:30 p.m.	\$38 R/\$43 NR	#99266
Mar 1-Apr 19	Tu	6:30-7:30 p.m.	\$43 R/\$48 NR	#99267

Age: 15+ ■ Centre Concord ■ Cynthia Ryan				
Jan 7-Feb 25	Th	6:30-7:30 p.m.	\$43 R/\$48 NR	#99343
Mar 3-Apr 21	Th	6:30-7:30 p.m.	\$43 R/\$48 NR	#99344

Zumba Sentao

A perfect way to get some serious core work done, this class tones your entire body. It combines strength and resistance training with innovative dance moves using a chair as your dance partner. A high intensity workout that focuses on defining muscles while improving overall cardiovascular health and burning major calories in the process.

Age: 15+ ■ Willow Pass Community Center ■ Cynthia Ryan				
Jan 6-Feb 24	W	6:30-7:30 p.m.	\$43 R/\$48 NR	#99270
Mar 2-Apr 20	W	6:30-7:30 p.m.	\$43 R/\$48 NR	#99271

Zumba Step

Zumba Step is perfect for toning and strengthening your legs and glutes. As part of the Zumba family, this class uses simple, easy to follow dance and step moves to guarantee great results. It combines the awesome toning and strengthening power of step aerobics with the fun fitness-party environment that only Zumba® brings to the dance floor. Steps will be provided. No class January 18, 25, 29 and April 1.

Age: 18+ ■ Centre Concord ■ Cynthia Ryan				
Jan 11-Feb 29	M	6:30-7:30 p.m.	\$33 R/\$38 NR	#99333
Mar 7-Apr 18	M	6:30-7:30 p.m.	\$38 R/\$43 NR	#99334

Age: 18+ ■ Willow Pass Community Center ■ Amelia Said				
Jan 8-Feb 26	F	11:30 a.m.-12:30 p.m.	\$38 R/\$43 NR	#99231
Mar 4-Apr 29	F	11:30 a.m.-12:30 p.m.	\$43 R/\$48 NR	#99232

SPECIAL INTEREST

Trusts and Estate Planning Made Simple

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

Age: 21+ ■ Senior Center ■ Raymond McFalone
Feb 19-26 F 1:30-3:30 p.m. \$13 R/\$18 NR #99054

Wills, Power of Attorney and Advanced Health Care Directives

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

Age: 21+ ■ Senior Center ■ Raymond McFalone
Feb 5-12 F 1:30-3:30 p.m. \$13 R/\$18 NR #99055

R = Concord Resident NR = Concord Non-Resident

Concord Adult Softball Leagues



Spring & Summer Softball

- ◆ Men's, Women's and Coed teams
- ◆ Spring/Summer league games: April - August
- ◆ Monday-Friday evenings & Sunday afternoon/evenings

(925) 671-3279

www.teamsideline.com/concord

ADULT SPORTS

Introductory Pickleball Class

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



All Ages ■ Willow Pass Park Tennis Courts ■ Karen Siemsen
Apr 4-May 2 M 9-10:30 a.m. \$50 R/\$55 NR #99294
Apr 4-May 2 M 6:30-8 p.m. \$50 R/\$55 NR #99293

Intermediate Pickleball Class

This 4-week class is for current pickleball players who know the rules, the basics of the game and play regularly. Emphasis will be placed on ball control through specific game strategies such as dinking, serving, and the third shot volley. We will work on consistency as well as improving coordination and spacing when playing with a partner. You will learn and build your next level skills. Must be a 3.0 skill level or higher (refer to USAPA for rating description).

All Ages ■ Willow Pass Park Tennis Courts ■ Karen Siemsen
Apr 5-26 Tu 9-10:30a.m. \$40 R/\$45 NR #99878
Apr 5-26 Tu 6:30-8 p.m. \$40 R/\$45 NR #99292

Pickleball Drop In Pass

Unlimited use Monthly Pickleball Drop-in Passes. Come out and play Pickleball during our drop-in times. Nets provided.

Current Drop-In Times:

Monday	9-11a.m. and 6-8 p.m.
Tuesday	11:30 a.m.-1:30 p.m.
Wednesday	9-11 a.m. and 6-8 p.m.
Friday	9-11 a.m.
Saturday	11 a.m.-1 p.m.

Drop-in days and times subject to change without notice.

Visit www.teamsideline.com/concord

All Ages ■ Willow Pass Park Tennis Courts		
Jan 1-30	#99296	\$10
Feb 1-29	#99297	\$10
Mar 1-30	#99298	\$10
Apr 1-30	#99299	\$10
Jan 1-Apr 30	#99304	\$32

Tennis for Adults-Beginner

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

Age: 18+ ■ Willow Pass Park ■ Calvin McCullough
Jan 6-Feb 24 W 5-6 p.m. \$101 R/\$106 NR #99373



DIABLO CREEK GOLF COURSE

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

Diablo Creek is an 18-hole Championship Golf Facility with a full-service Pro Shop and lighted driving range, open 7 days a week from sunrise to 9:00 p.m. except Sunday close at 8:30 p.m. rain or shine as half the stalls are covered.

WINTER TUNE-UP: Learn to play golf or fine tune your game with lessons with one of our teaching professionals. We offer individual lessons or group lesson packages. Come try out the newest golf product at our Custom club-fitting Center and be personally fit using Flightscope by one of our certified instructors. We carry all major brands. Call today to set an appointment or get more information.

First Tee of Contra Costa

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

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

- Winter STEM Session: Week of January 4-February 13
- Winter Session Fees: \$59 for 6 weeks (1 day/week)
- Spring Session Week of March 7-May 14
Fees: \$99 for 10 weeks (1 day/week)
**Fee assistance available.*
- Players Club Membership (Includes Youth On Course) \$20 for the calendar year.

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

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



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

Introducing our newly expanded Pickleball Program

What is Pickleball? It is one of the fastest growing sports in the US. A court game that combines elements of tennis, badminton and ping pong into a low impact challenging game of fun, strategy and skill. The basic rules are easy to learn and the close net play is less jarring on knees and ankles while the punch style hitting eases strain on shoulders and elbows.

Beginning and Intermediate Classes

Offered Mondays and Tuesdays this Spring

Pickleball Drop-in

We offer drop-in hours 5 days of the week at various times. Find a time that best fits your schedule, purchase a pass and come out to play and meet the growing group of Pickleball enthusiasts. Nets provided.

Pickleball Leagues

Coming in 2016! Stay informed by joining our mailing list at www.teamsideline.com/concord



Phone: 925-671-3423

email: sports@cityofconcord.org

Learn
from the
comfort of
home!

> 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) 671-3319

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**

Trip Difficulty Rating System

Our trip Difficulty Rating System ranks each trip from 1 to 4 according to the degree of activity and general travel rigors. For example, 1 is the easiest and 4 indicates the most strenuous. There is a limit of one flat fold walker on van trips rated 1 or 2 and 30 passenger bus trips. Please inform registration staff when registering a participant that uses a walker or wheelchair 2 weeks prior to trip departure. There is a limit of 1 wheelchair for casino motorcoach trips. There is a limit of 1 wheelchair on the new 30 passenger bus. Wheelchair users need to be able to propel self in wheelchair and care for self or bring a paid caregiver.

1 EASY

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

2 MILD

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

3 MODERATE

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

4 STRENUOUS

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

3 Winchester House Tours and Lunch

Start off the New Year by touring (Double Tour) the Winchester House and enjoying a glimpse 'Behind the Scenes'. A sandwich lunch will be served in the Winchester Room following the tours. Because there are a lot of stairs in the house, you may elect to tour the house interior through Video Access. Please state this option at the time of registration. Reservations required by January 4. No refunds or cancellations after January 4.

All Ages ■ Senior Center - Bus ■ Mary Rae Lehman
Jan 16 Sa 9:30 a.m.-3:30 p.m. \$64 #99302

3 Jersey Boys Musical

The Jersey Boys returns to the San Francisco Orpheum. This award winning musical tells the true story of Frankie Valli and The Four Seasons, a group of blue-collar boys from the wrong side of the tracks becoming one of the biggest American pop music sensations of all time. They wrote their own songs, invented their own sounds and sold 175 million records worldwide-all before they were 30! Limited tickets are available so sign up early. No refunds or cancellations after December 3.

All Ages ■ Concord BART - Platform 2 ■ Mary Ann Sams
Jan 30 Sa 12:15-5:31 p.m. \$65 #99319

2 Blackhawk Automotive Museum Tour & Plaza Shopping

Scout the shops in Blackhawk Plaza and enjoy a leisurely lunch at a restaurant of your choice (not included). At 1:00 p.m. enjoy a docent-led tour of the Blackhawk Museum before returning home. No refunds or cancellations after January 24.

All Ages ■ Senior Center - Bus ■ Mary Rae Lehman
Feb 6 Sa 9:30 a.m.-3 p.m. \$25 #99306

3 Academy of Sciences

The California Academy of Sciences in Golden Gate Park is the only place on the planet where you can explore a planetarium, an aquarium, a 4-story Rain Forest and a natural history museum under one Living Roof. It has received the Platinum Award for this amazing concept and architecture. See the many spectacular exhibits as Earthquake, Claude, the albino crocodile, the feeding of the African Penguins and the new Planetarium Show: Habitat Earth. Have lunch on your own at the Academy Café or the DeYoung Café. You can also visit the DeYoung Tower for an incredible view of the city. No refunds or cancellations after February 1.

Age: 18+ ■ Senior Center-Van ■ Mary Ann Sams
Feb 9 Tu 9 a.m.-5 p.m. \$67 #99291



Travel Fair

Have you dreamt about traveling to exotic places? Watch a slide show of exciting destinations. Come check out the new trips. Give us feedback on where YOU want to travel. If time allows, a review of our Day Trips will be given. Travel vendors will be on site. Bring a friend. Explore and journey through new places!

Feb 11 Tu 9 a.m.-1 p.m. FREE #99877

Trips & Tours Procedures

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

Customers have the following ways to register.

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

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

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

NEW Transportation

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



Coit Tower San Francisco

This Landmark Art Deco Tower, once the tallest building in San Francisco, is a local/tourists 'must see'. See the hidden murals within the stairway, only open to those with a docent. Learn the history of the Tower. Ride the elevator up to the observation level to see a grand 160 degrees view of the City by the Bay. Off to delightful North Beach (Little Italy) for a driving tour down Columbus Ave. Lunch on your own at any of the many charming Italian restaurants with time to shop. Salute!! Limited seating, sign up now. No refunds or cancellations after February 2.

All Ages ■ Senior Center - Van ■ Mary Ann Sams
Feb 16 Tu 9 a.m.-4:30 p.m. \$60 #99320

Thunder Valley

Close to Home and Designed for Fun! Try your luck at this Lincoln, California casino. Receive \$15 in free slot play or table match play, \$5 food voucher good towards buffet or any restaurant. Register by February 3. No refunds or cancellations after the cut-off date.

Age: 21+ ■ Senior Center - Motorcoach ■ Staff
Feb 19 F 9 a.m.-5 p.m. \$33 #99327
Wheelchair #99328

Portrait of Peony-San Francisco

Enjoy an afternoon in Ancient China when Peony, whose wedding we saw two years ago, has a child. But this bliss is punctuated by the relentless malice of Auntie, who has redoubled her efforts to torment Peony-and eliminate her for good. This bilingual performance comes with glittering Chinese costumes, playful animals, imperial dance and kung fu at the Buddha Universal Church in San Francisco. A hosted Chinese lunch is included as we celebrate Chinese New Year of the Dragon. No refunds or cancellations after February 12.

All Ages ■ Senior Center - Van ■ Mary Ann Sams
Feb 27 Sa 10 a.m.-5:30 p.m. \$70 #99308

McClellan Aerospace Museum

The Aerospace Museum at McClellan Air Force Base is one of aviation's greatest showcases and provides an opportunity to learn about aviation's past, present and future. Pack a lunch and join us as we travel to east Sacramento to explore the dreams of flight and see a four-acre Air Park filled with historic aircraft. No refunds or cancellations after February 16.

All Ages ■ Senior Center - Bus ■ Mary Rae Lehman
Feb 28 Su 9 a.m.-4:30 p.m. \$37 #99309

Oscar de la Renta Exhibition at De Young Museum

Spend half-a-day touring the De Young Museum in San Francisco and enjoy the opening of the Oscar de la Renta Exhibition. Visit the permanent American Art collections; grab a bite to eat in the Museum Café (not included). If time allows, stroll the nearby grounds of the beautiful Golden Gate Park. No refunds or cancellations after February 21.

All Ages ■ Senior Center - Van ■ Mary Rae Lehman
Mar 6 Su 9:30 a.m.-4 p.m. \$35 #99324

Napa Valley Museum

Learn about the unique geological make-up of the Napa Valley which has made it one of the premier wine-growing regions in the world. Discover the Valley's rich and dynamic history from the original Native American culture, wine industry personalities, to the lives and contributions of Italian and German immigrants and Chinese workers. Also enjoy exhibitions of local and regional artists. We will have a docent tour and a lecture program. Lunch on your own in Yountville and browsing the shops. No refunds or cancellations after February 29.

All Ages ■ Senior Center - Van ■ Mary Ann Sams
Mar 10 Th 9 a.m.-5 p.m. \$48 #99321

Dirty Dancing Musical at Golden Gate Theater

You'll have the 'Time of Your Life' exploding with the heart-pounding music, romance and sensational dancing in the classic story of Dirty Dancing. It's the summer of 1963 and 17-year-old Frances 'Baby' is on vacation in New York's Catskill Mountains when she discovers the all night staff dance party. Learn more and see this record-breaking theater sensation. No refunds or cancellations after February 16.

All Ages ■ Concord BART – Platform 2
Mar 19 Sa 11:55 a.m.–5:20 p.m. \$65 #99323

Port Chicago Naval Magazine National Monument

Port Chicago Naval Magazine National Memorial. Prior to the tour we will have lunch on your own at the charming Nantucket Restaurant in Crockett. A short film at John Muir Historic Site will be presented before going to the Naval Magazine. Learn about the disaster that occurred on July 17, 1944, killing 320 sailors and civilians and injuring 390 others. Most of the dead and injured were enlisted African-American sailors. In 1994 this Memorial was dedicated to the lives lost in the disaster. No refunds or cancellations after March 17. Tour is limited to 10 people. ID is required.

Age: 18+ ■ Senior Center – Van ■ Mary Ann Sams
Mar 31 Th 10:30 a.m.–3:30 p.m. \$40 #99295

Gypsy Musical

Acclaimed as the Greatest American Musical, Gypsy is based on the memoirs of the famous Gypsy Rose Lee, striptease artist. The show follows the dreams and efforts of her 'ultimate stage mother', Rose, to raise two daughters on the vaudeville circuit, casting an affectionate eye on the hardships of show business life. Peppered with popular standards like 'Everything's Coming Up Roses', 'Together', 'Small World' and 'Let Me Entertain You'. Don't miss this memorable, heartwarming show. No refunds or cancellations after March 4.

All Ages ■ Concord BART – Platform 2 ■ Mary Ann Sams
Apr 9 Sa 9:55 a.m.–5:02 p.m. \$71 #99322

Linda Lane Tea Room in Dixon & Old Town Sacramento

Enjoy the elegance and ambiance of Linda Lane's unique Victorian Tea Room in Dixon. Enjoy a scone with clotted cream and jam, tea, soup or salad, tea-sandwiches and dessert in a custom made room with a lavender chandelier, antique furniture, eclectic china and delicate tea cups. Hmm-m, sounds good!! Then off to Old Town, Sacramento for a driving tour, followed by time on your own for museum browsing, shopping, people watching, café latte or whatever pleases you. No refunds or cancellations after March 16.

All Ages ■ Senior Center ■ Mary Ann Sams – Van
Apr 14 Th 9:45 a.m.–5 p.m. \$58 #99316

Red Hawk Casino

Red Hawk Casino in Placerville, offers all the amenities and attractions you'd expect in a Northern California casino. Not to mention it is surrounded by the amenities nature provides-beautiful views, breathtaking scenery and an unforgettable experience. Red Hawk Casino has a game for you ~ in every way you like to play ~ in their world class gaming floor. Your luck is about to change with 2000 Slot Machines, Progressive Jackpots, 75 Table Games, great restaurants, gift shop, and much more! Minimum 40 registered by March 3. No refunds or cancellations after March 3.

Age: 50+ ■ Senior Center – Motorcoach ■ Staff
Apr 15 F 9 a.m.–6 p.m. \$32 #99329
Wheelchair #99330

Hiking Tour of Black Diamond Mines and Cemetery

This is a level 4 trip. Put on your hiking boots and grab a jacket as we explore the local Black Diamond Mines. Pack your lunch and come prepared to enjoy the great outdoors. Mine tour is level but a chilly 56 degrees. The trek to the cemetery has a moderate incline and great views of the local area. No refunds or cancellations after April 4.

All Ages ■ Senior Center – Bus ■ Mary Rae Lehman
Apr 17 Su 9:30 a.m.–4:30 p.m. \$26 #99317

Buena Vista Winery

Founded in 1857 (before the Gold Rush), Buena Vista is California's first premium commercial winery and its history is as colorful as it is proud. Visit this California Historic Landmark with its beautiful ancient stone buildings and elegant interior tasting bar for a tour and tasting. Then off to Sonoma Square for a driving tour and lunch on your own with time for shopping/browsing or museum visiting of the old California Mission. This is a treat not to be missed. No refunds or cancellations after April 11.

All Ages ■ Senior Center – Van ■ Mary Ann Sams
Apr 26 Tu 9:15 a.m.–4:30 p.m. \$55 #99318



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



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

ARTS AND CRAFTS



Drawing Made Easy

Now is the time to enjoy drawing and painting. Create personal and time treasured keepsakes for family and friends. Experienced instructor, Ann, will provide all levels of instruction covering colored pencils and Japanese brush painting. A supply list will be provided, or purchase the supplies from the instructor.

Age: 50+ ■ Senior Center ■ Ann Nakatani				
Jan 6-Feb 24	W	10:30-11:30 a.m.	\$51	#99202
Mar 2-Apr 27	W	10:30-11:30 a.m.	\$57	#99203

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 February 26.

Age: 21+ ■ Senior Center ■ Patricia Abernathy				
Jan 8-Apr 29	F	9 a.m.-1 p.m.	\$55	#99185

Fun with Yarn

Bring the craft that you enjoy or come to learn a new craft, knitting or crocheting. Join other crafty people and enjoy their company as you work on your craft or learn a new one. Enjoy camaraderie and support of people of all levels. This class is for beginners or those refreshing their skills. No class on February 26.

Age: 21+ ■ Senior Center ■ Staff				
Jan 8-Apr 29	F	9:30-11:30 a.m.	\$20	#99228

TECHNOLOGY & COMPUTERS

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

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

Age: 21+ ■ Senior Center ■ Virgilio Laguna				
Jan 20	W	6:30-8 p.m.	\$23	#99254
Mar 30	W	6:30-8 p.m.	\$23	#99255

Private Help with Your Tablet, Computer or Cell Phone

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

All Ages ■ Senior Center ■ Virgilio Laguna				
M		12:30-1:30 p.m.	\$15	#99498
M		1:30-2:30 p.m.	\$15	#99499
M		2:30-3:30 p.m.	\$15	#99500
M		3:30-4:30 p.m.	\$15	#99501
F		12:30-1:30 p.m.	\$15	#99502
F		1:30-2:30 p.m.	\$15	#99503
F		2:30-3:30 p.m.	\$15	#99504
F		3:30-4:30 p.m.	\$15	#99505

Skype

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

All Ages ■ Senior Center ■ Virgilio Laguna				
Feb 3	W	6:30-8 p.m.	\$23	#99593
Mar 2	W	6:30-8 p.m.	\$23	#99594
Apr 6	W	6:30-8 p.m.	\$23	#99596

NEW Get the Most from Your Laptop

Learn to share computer screens with friends, family or coworkers in real time, get a text message when important email arrives, create web pages in minutes for free, make free phone calls in the US and Canada and translate various languages and much more. Bring your laptop to class. No class February 15.

Age: 18+ ■ Senior Center ■ Phil Seyer				
Jan 25-Feb 29	M	10 a.m.-12 p.m.	\$50	#99347
Mar 4-Apr 1	F	10 a.m.-12 p.m.	\$50	#99591

NEW The Cloud, Pinterest, Tumblr, Flickr Explained

Learn about popular cloud services; Tumblr, Pinterest and Flickr. Experience the excitement and benefit of networking with friends and family through hands-on practice. Use the cloud to store, share and organize photos, videos and documents. Prerequisite: Students must have an email account and basic knowledge of how to use the Internet.

All Ages ■ Senior Center ■ Virgilio Laguna				
Feb 17	W	6:30-8 p.m.	\$23	#99597
Mar 16	W	6:30-8 p.m.	\$23	#99598
Apr 20	W	6:30-8 p.m.	\$23	#99599

DANCE, MUSIC AND PERFORMING ARTS

Latin Moments Dance- Momentos de Baile Latino

Spanish: Todas las personas de 50 años y más están cordialmente invitados(as) los primeros lunes de cada mes al Baile Latino. Venga a bailar cumbia, salsa y merengue mientras comparte momentos agradables disfrutando de aperitivos saludables y rifas.

English: Come enjoy every first Monday of each month for an afternoon of Latin Moments dancing salsa, cumbia and merengue with other Spanish speaking adults. Light healthy refreshments served.

Age: 21+ ■ Senior Center				
Jan 4	M	1:30-3:30 p.m.	\$3	#99245
Feb 1	M	1:30-3:30 p.m.	\$3	#99246
Mar 7	M	1:30-3:30 p.m.	\$3	#99247
Apr 4	M	1:30-3:30 p.m.	\$3	#99248

Line Dance-Basic Beginner

Experts say that line dancing is an excellent form of aerobic activity. It keeps the heart rate elevated without putting a lot of stress on the joints. The real reason we line dance is because it is fun! Join the line dance class and see for yourself. No class February 26.

Age: 21+ ■ Senior Center ■ Dorothy Moore				
Jan 8-Feb 19	F	9:10-10:10 a.m.	\$38	#99229
Mar 4-Apr 29	F	9:10-10:10 a.m.	\$48	#99230

Social Line Dance-Intermediate

Line dancing stimulates the heart. The class is a memory booster since you memorize the pattern of steps. The music alone is invigorating. So come join the fun on the fourth Friday monthly.

Age: 50+ ■ Baldwin Park Dance Studio ■ Dorothy Moore				
Jan 22-Apr 22	F	11:15 a.m.-12:15 p.m.	\$23	#99235

Sundown Line Dance Lite

The Sundown Line Dance Class is a group of friendly people that enjoy mainly beginner level and a few intermediate level line dances. Prerequisite: Prior experience is recommended. No class January 18 and February 15.

Age: 21+ ■ Senior Center ■ John Seman				
Jan 4-Feb 29	M	7-8 p.m.	\$24	#99813
Mar 7-Apr 25	M	7-8 p.m.	\$27	#99814

Tap Intermediate

You will learn additional fancy footwork with precise rhythmic patterns. No class January 18, February 5, 15, March 11 and 25.

Age: 50+ ■ Baldwin Park Dance Studio ■ Terry Davis				
Jan 8-Feb 19	F	10:15-11 a.m.	\$38	#99226
Mar 4-Apr 22	F	10:15-11 a.m.	\$43	#99227
Jan 11-Feb 29	M	5-5:45 p.m.	\$33	#99811
Mar 7-Apr 18	M	5-5:45 p.m.	\$38	#99812

HEALTH AND FITNESS

Fit & Low

The class is designed for active adults. It incorporates low impact aerobic choreographies followed by chair assisted strength training basic moves. It's a total body workout that will help promote cardiovascular system strength, stamina, and improves metabolism and muscle endurance. All fitness levels are welcome. Bring a towel, water and if you want to bring your own hand weights, you are welcome! 2 lb. hand weights are recommended. No class January 28.

Age: 50+ ■ Senior Center ■ Amelia Said				
Jan 12-Feb 23	Tu	9:30-10:30 a.m.	\$38	#99186
Mar 1-Apr 26	Tu	9:30-10:30 a.m.	\$43	#99187

Age: 50+ ■ Centre Concord ■ Amelia Said				
Jan 7-Feb 25	Th	10:30-11:30 a.m.	\$38	#99189
Mar 3-Apr 21	Th	10:30-11:30 a.m.	\$43	#99335

Massage By Kelly Grant

Kelly Grant is a graduate from NHI. She is a 16-year massage therapist providing body work using different styles of therapy. Reflexology - works on the hands and feet. Shiatsu - applies thumb pressure to areas of the body over loose clothing. Neck and Shoulder work - will release tension. Japanese foot massage - uses a combination of Reflexology and Shiatsu techniques.

All Ages ■ Senior Center ■ Kelly Grant				
Jan 6-Apr 27	W	10:05 a.m.-12 p.m.	\$35	#99204
Jan 6-Apr 27	W	3-7 p.m.	\$45	#99205

Qigong

Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality, foster creativity and the enjoyment of life. Class is taught by Han and Angela Ong. No class April 18.



Age: 50+ ■ Senior Center ■ Han Ong				
Jan 4-Feb 29	M	10:30-11:30 a.m.	\$31	#99236
Jan 4-Feb 29	M	9:10-10:10 a.m.	\$31	#99237
Mar 7-May 2	M	10:30-11:30 a.m.	\$30	#99238
Mar 7-May 2	M	9:10-10:10 a.m.	\$30	#99239

Qigong for Balanced Health and Tai Chi Ruler

Qi gong is a gentle movement practice that promotes relaxation, strengthens muscles, balance and flexibility while increasing energy flow. Explore sets created by respected qi gong leaders, along with one of the oldest known forms: the Five Animal Frolics. Further enhance the body's energy channels and unwind tension by exploring Tai Chi Ruler: movement using a small stick. No class March 23.

Age: 50+ ■ Baldwin Park Dance Studio ■ Robin Malby				
Jan 13-Apr 27	W	9:30-10:45 a.m.	\$97	#99181

Yoga and Wellness-Floor Work

This class will give you a complete workout of all your muscles, promote healthy joints and challenge your balance. Ask the many class participants who have seen their physical health and confidence grow by a regular and gentle yoga practice.

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Jan 12-Feb 23	Tu	10-11 a.m.	\$73	#99174
Mar 1-Apr 19	Tu	10-11 a.m.	\$83	#99175

Yoga and Wellness-Chair

If you want to exercise more, but prefer not to get down on the floor, this class is for you; it's all done either standing or sitting. Yoga exercises and meditation are a way to maintain healthy blood pressure, and improve ailments associated with stress. Also a supportive group of health-minded friends is the benefit of taking this class.

Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis				
Jan 12-Feb 23	Tu	11:15 a.m.-12:15 p.m.	\$73	#99172
Mar 8-Apr 26	Tu	11:15 a.m.-12:15 p.m.	\$83	#99173

Zumba Gold

This class is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. No class January 28.

Age: 50+ ■ Senior Center ■ Amelia Said				
Jan 12-Feb 23	Tu	10:30-11:30 a.m.	\$38	#99190
Mar 1-Apr 26	Tu	10:30-11:30 a.m.	\$57	#99191
Jan 12-Feb 23	Tu	11:30 a.m.-12:30 p.m.	\$38	#99192
Mar 1-Apr 26	Tu	11:30 a.m.-12:30 p.m.	\$57	#99194

Age: 50+ ■ Centre Concord ■ Amelia Said				
Jan 7-Feb 25	Th	11:45 a.m.-12:45 p.m.	\$38	#99193
Mar 3-Apr 21	Th	11:45 a.m.-12:45 p.m.	\$43	#99195

SPECIAL INTEREST

NEW Captioned Telephones for Hard of Hearing & Deaf

Learn all about the Captioned telephone. See how you can get one for FREE if you are deaf or hard of hearing.

Age: 50+ ■ Senior Center ■ Lindsay Bariani				
Jan 28	Th	10:30-11:30 a.m.	\$3	#99642
Apr 28	Th	10:30-11:30 a.m.	\$3	#99660

NEW End of Life Concerns

Award winning nurse educator, Barbara Karnes, RN and author of the Hospice blue book *Gone From My Sight*, will share information and experiences on the non-threatening approach to death and dying. Learn valuable information for care givers and families. Light meal will be served.

Age: 18+ ■ Senior Center ■ Barbara Karnes, RN				
Mar 30	W	5-8 p.m.	\$5	#99346

Lotería

Spanish: Lotería Mexicana y bingo son actividades bilingües y divertidas para mantener nuestra mente activa. Una contribución de \$2 incluye almuerzo ligero y ocho juegos. ¡Todos son bienvenidos!

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

All Ages ■ Senior Center ■ Vicky Lizarraga				
Jan 28	Th	10 a.m.-1 p.m.	\$2	#99256
Feb 25	Th	10 a.m.-1 p.m.	\$2	#99257
Mar 24	Th	10 a.m.-1 p.m.	\$2	#99258
Apr 28	Th	10 a.m.-1 p.m.	\$2	#99259

Reverse Mortgages: Wealth Management Tool Retirement Planning

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

Age: 62+ ■ Senior Center ■ Jon Carlson				
Jan 12	Tu	1:30-2:30 p.m.	\$2	#99243
Mar 1	Tu	6-7 p.m.	\$2	#99244

Volunteer Orientation

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

Age: 16+ ■ Senior Center				
Jan 26	Tu	10:30-11:30 a.m.	Free	#99249
Feb 23	Tu	10:30-11:30 a.m.	Free	#99250
Mar 22	Tu	10:30-11:30 a.m.	Free	#99251
Apr 26	Tu	10:30-11:30 a.m.	Free	#99252

Welcome to Medicare

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

Age: 21+ ■ Senior Center ■ HICAP Brown, Pam				
Mar 21	M	9:30 a.m.-12 p.m.	Free	#99056
May 16	M	9:30 a.m.-12 p.m.	Free	#99057

Concord Senior Center & Commission on Aging

Presents

Age Strong, Live Long Health Expo

Resources and Information for Seniors and Families

Friday, February 26, 2016

9:00am - 1:00pm

Concord Senior Center

2727 Parkside Circle

Over 40 Exhibits, Health Screenings & Presentations

Presentations by Dr. Leonard Chuck on

“Better, Stronger, Younger” & “Make Room for Sugar”

Blood Pressure Checks, Memory Screening, Juicing, Massage and more



For more information and vendor registration visit www.CityofConcord.org/healthfair

Sponsored By



2727 Parkside Cir • Concord, CA 94519

925-687-2585

Senior Citizens Club Office Hours

Mon-Wed 9am-4pm Thu 9am-12:30pm Fri 9am-3pm

Check Out Our Online Newsletter at

http://cityofconcord.org/pdf/recreation/programs/senior_newsletter.pdf



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



RETIREMENT FUNDING SOLUTIONS

FUNDING AMERICA'S RETIREMENT

Contact Jon Carlson, NMLS ID 257040 for a free consultation at 925-639-2711 or jcarlson@rfslend.com

Synergy One Lending, Inc. d/b/a Retirement Funding Solutions NMLS 1025894. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act - California License 4131356.

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Concord Senior Center – 50 & Better Program

Health & Human Services

Age Strong, Live Long Health Expo

February 26, 2016, 9 a.m.-1 p.m. Presentation, Interactive Exercises, Health Screenings, Resources on Programs and Services

Care Manager

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

CC Café Hot Lunch Program

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

Blood Pressure Screening by Gurnick Medical Academy Nursing Students

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

Senior Peer Individual Counseling

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

Vision Support Group

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

HICAP – Health Insurance Counseling and Advocacy Program

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

Notary Services

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

AARP Driver Safety

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

Senior Center Scholarship Program

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

Memory Screening

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

Alzheimer's Support Group

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

Get Around Taxi Program

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

Legal Assistance

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

A refundable \$5 booking fee may apply for all service appointments booked at the Senior Center



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

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

End of Life Concerns

"Dying is so simple. Why do we make it so hard?"
Lecture/forum on the non-threatening approach to death and dying.

March 30, 2016
5:00pm - 8:00pm
Concord Senior Center
2727 Parkside Circle



Speaker:
Barbara Karnes, RN
Award-winning nurse educator Author of the Hospice blue book, *"Gone From My Sight"*

Please join us, Families & Caregivers
Register online at www.ConcordReg.org
Course # 99346, \$5 or call 925-671-3320 opt. 1
A light meal will be served prior to lecture



50 & Better Camp

Enjoy a special Lake Tahoe getaway for adults 50 years or older.

- Aug 15-19
- Aug 22-26

Walk-About Camp New

A week of hiking/walking in the Sierras!

- Aug 29-Sept 2



www.campconcord.org
(925) 671-2267
See page 43



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.



Golden State Concord Strikers

Join our Bowling team, the 'Strikers'! Have a blast! Meet new people, make new friends or hang out with old friends. Play three games of bowling. Shoes are included.



Age: 18+ ■ Clayton Valley Bowl				
Jan 5-Feb 23	Tu	3:30-5:30 p.m.	\$60	#99875
Mar 1-Apr 26	Tu	3:30-5:30 p.m.	\$68	#99876

Community Dances-Special Recreation

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

Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane				
January 8	F	7-9 p.m.	Pay \$7 at the door	
Age: 18+ ■ Concord Senior Center ■ 2727 Parkside Circle				
February 19	F	7-9 p.m.	Pay \$7 at the door	
Age: 18+ ■ Walnut Creek Heather Farm ■ 301 N. San Carlos Drive				
March 11	F	7-9 p.m.	Pay \$7 at the door	
Age: 18+ ■ Pleasant Hill Senior Center ■ 233 Gregory Lane				
April 8	F	7-9 p.m.	Pay \$7 at the door	

**Parks
Make
Life
Better!**

50 & BETTER / SPECIAL RECREATION

Winter and Spring 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

Winter and Spring Lap Swim Fees

Daily	\$5.25 R / \$6.25 NR
Monthly	\$70 R / \$75 NR
15 Swims	\$62 R / \$72 NR
30 Swims	\$123 R / \$133 NR
45 Swims	\$171 R / \$181 NR

Winter Lap Swim Hours ■ Effective Dec 1-Feb 28

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
Sa-Su	10 a.m.-Noon

Winter Lap Swim Holiday Hours ■ 10 a.m.-Noon

Christmas Eve	Dec 24
Martin Luther King	Jan 18
Presidents' Day	Feb 15

Winter Lap Swim Pool Closures

Pool Maintenance	Dec 4-7
Holiday	Dec 25, Jan 1

Spring Lap Swim Hours ■ Mar 1-Jun 12

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
M-Th	7-8:30 p.m. (Long course only)
Sa-Su	10 a.m.-Noon

Spring Lap Swim Holiday Hours ■ 10 a.m.-Noon

Memorial Day	May 30
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Spring Lap Swim Pool Closures

Swim Meet	Apr 22-24
Swim Meet	May 12 (Short course only)
Swim Meet	May 13-14 (Short course only)

Spring Recreational Swim

May 28-Jun 12 ■ Sa-Su ■ 1-4 p.m.

Admission	Daily	15 swim pass
Adult (18+)	\$5.25 R / \$6.25 NR	\$62 R / \$72 NR
Child (6-17)	\$4.50 R / \$5.25 NR	\$55 R / \$66 NR
Tot (5 & Under)	\$4.00 R / \$4.25 NR	\$46 R / \$56 NR
Family Pass up to 4 family members	\$275 R / \$295 NR	
(\$20 for each additional member)		



CERTIFICATION COURSES

Lifeguard Clinic

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. It provides an opportunity to complete all certifications in one course. **CERTIFICATIONS RECEIVED UPON SUCCESSFUL COMPLETION ARE GOOD FOR 2 YEARS.** **PREREQUISITE:** Must be 15 by the last day of the course. Must be able to tread water 2 minutes (legs only), swim 200 yards continuously (100 free, 100 breaststroke) and submerge to a depth of 9 feet and retrieve a 10 lb. brick.

Age: 15+ ■ Concord Community Pool

Mar 28-31	M-Th	9 a.m.-4 p.m.	\$202 R/\$207 NR #99657
Apr 5-28	Tu, Th	6-9 p.m.	\$202 R/\$207 NR #99658
May 3-26	Tu, Th	6-9 p.m.	\$202 R/\$207 NR #99659

Lifeguard Clinic Review

This class reviews lifeguard skills and knowledge needed to respond to aquatic emergencies. **CERTIFICATION RECEIVED UPON SUCCESSFUL COMPLETION:** Lifeguard certification good for 2 years. **PREREQUISITE:** must possess current lifeguard certificate.

Age: 15+ ■ Concord Community Pool

Apr 30	Sa	9 a.m.-5 p.m.	\$151 R/\$155 NR #99661
May 21	Sa	9 a.m.-5 p.m.	\$151 R/\$156 NR #99662
Jun 4	Sa	9 a.m.-5 p.m.	\$151 R/\$156 NR #99663

First Aid/CPR/AED Training

The objective of this class is to instill confidence in the lay rescuer to act quickly and apply the basic CPR and AED should an emergency present itself. This training is done through an efficient and relaxed classroom atmosphere. The strength of this class is providing plenty of hands on training, with the most common scenarios, and the ability to ask questions with clear verification.

Age: 15+ ■ Willow Pass Community Center ■ David Ybarra

Jan 20-Feb 10	W	6-8 p.m.	\$93 R/\$98 NR #99392
Mar 2-23	W	6-8 p.m.	\$93 R/\$98 NR #99393
Apr 6-27	W	6-8 p.m.	\$93 R/\$98 NR #99394

HEALTH AND FITNESS

Aqua Zumba

Aqua Zumba is a fun and friendly way to stay active and healthy. It improves cardio, tones the entire body and increases flexibility with a minimal risk of injury for exercisers of all ages, fitness levels and physical challenges. It allows the participant to be gentle with the joints while working cardio and toning at participant's own intensity because of the water's resistance. No class March 8.

Age: 18+ ■ Concord Community Pool ■ Amelia Said
 Mar 7-Apr 25 M 12-12:50 p.m. \$35 R/\$40 NR #99619

Deep Water Workout

Experience non-impact training that can offer a full range of exercise challenges. Deep water is an enjoyable and effective aquatic training medium for all participants. We are suspended in 12 feet of water. A floatation device is strongly recommended. No class March 29 and 31.

Age: 18+ ■ Concord Community Pool ■ Andrea Legault
 Jan 5-Feb 2 Tu 10-11 a.m. \$30 R/\$35 NR #99799
 Feb 9-Mar 8 Tu 10-11 a.m. \$30 R/\$35 NR #99800
 Mar 15-Apr 26 Tu 10-11 a.m. \$36 R/\$41 NR #99801
 Jan 7-Feb 4 Th 10-11 a.m. \$30 R/\$35 NR #99805
 Feb 11-Mar 10 Th 10-11 a.m. \$30 R/\$35 NR #99806
 Mar 17-Apr 28 Th 10-11 a.m. \$30 R/\$35 NR #99804

Make a SPLASH!



Inflatable obstacle courses available starting May 28 during recreational swim hours and party rentals at Concord Community Pool

- Book a party for your
- ❖ birthday ❖ graduation
- ❖ 'Just Because' party

Call (925) 671-3480 for more information or visit us at www.cityofconcord.org

SATURDAY CLASSES

Group Swim Lessons

Concord Community Pool ■ \$48R/\$53NR			Preschool	Elementary
Session*	Day	Time	Ages 3-5	Ages 6-Up
Apr 30-Jun 11	Sa	9:50-10:20 a.m.	#99734	#99694
Apr 30-Jun 11	Sa	10:25-10:55 a.m.	#99735	#99695
Apr 30-Jun 11	Sa	11-11:30 a.m.	#99736	#99696
Apr 30-Jun 11	Sa	11:35 a.m.-12:05 p.m.	#99737	#99697
Apr 30-Jun 11	Sa	12:10-12:40 p.m.	#99738	#99698

*No classes will be held on Saturday, May 14.

Private Swim Lessons

Age: 3-Adult ■ Concord Community Pool ■ \$79R/\$84NR			
Days	Time	Apr 30-May 21	May 28-June 11
Sa	9:50-10:20 a.m.	#99749	#99754
Sa	10:25-10:55 a.m.	#99750	#99755
Sa	11-11:30 a.m.	#99751	#99756
Sa	11:35 a.m.-12:05 p.m.	#99752	#99757
Sa	12:10-12:40 p.m.	#99753	#99758

*No classes will be held on Saturday, May 14.



Parent and Me Aquatots

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

Bubblers: 10 months-18 months ■ Concord Community Pool
 Apr 30-Jun 11* Sa 11:35 a.m.-12:05 p.m. \$48 R/\$53 NR #99673

Paddlers: Age 18 months-36 months ■ Concord Community Pool
 Apr 30-Jun 11* Sa 12:10-12:40 p.m. \$48 R/\$53 NR #99674

*No classes will be held on Saturday, May 14.

Diving-Beginner

Learn one of the most exciting and acrobatic sports in all of swimming. Whether your goal is competing or just enjoying the sport, our course will get you started off on the right foot. Prerequisite: Must complete Elementary Level III or equivalent.

Age: 6-14 ■ Concord Community Pool
 Apr 30-Jun 11 Sa 12-12:30 p.m. \$48 R/\$53 NR #99679

*No classes will be held on Saturday, May 14.

WEEKDAY CLASSES

Preschool Swim Lessons

3-5 Years Old ■ Concord Community Pool ■ \$48 R / \$53 NR

Days	Time	May 2-18	May 23-Jun 8
M, W	3:45-4:15 p.m.	#99739	#99743
M, W	4:20-4:50 p.m.	#99724	#99728
M, W	4:55-5:25 p.m.	#99740	#99744
M, W	5:30-6 p.m.	#99725	#99729

Days	Time	May 3-19	May 24-Jun 9
T, Th	3:45-4:15 p.m.	#99741	#99747
T, Th	4:20-4:50 p.m.	#99726	#99731
T, Th	4:55-5:25 p.m.	#99742	#99748
T, Th	5:30-6 p.m.	#99727	#99732

Elementary Swim Lessons

Days	Time	May 2-18	May 23-Jun 8
M, W	3:45-4:15 p.m.	#99684	#99688
M, W	4:20-4:50 p.m.	#99703	#99699
M, W	4:55-5:25 p.m.	#99685	#99689
M, W	5:30-6 p.m.	#99702	#99705

Days	Time	May 3-19	May 24-Jun 9
T, Th	3:45-4:15 p.m.	#99686	#99690
T, Th	4:20-4:50 p.m.	#99701	#99704
T, Th	4:55-5:25 p.m.	#99687	#99691
T, Th	5:30-6 p.m.	#99700	#99706

Private Swim Lessons

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

M-TH	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
Apr 4-7	#99759	#99760	#99761	#99762
Apr 11-14	#99763	#99764	#99765	#99766
Apr 18-21	#99767	#99768	#99769	#99770
Apr 25-28	#99771	#99772	#99773	#99774
May 2-5	#99775	#99776	#99777	#99778
May 9-12	#99779	#99780	#99781	#99782
May 16-19	#99783	#99784	#99785	#99786
May 23-26	#99787	#99788	#99789	#99790
May 31-Jun 3	#99791	#99792	#99793	#99794
Jun 6-9	#99795	#99796	#99797	#99798

Parent and Me Aquatots

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

Paddlers: Age 18 months-36 months ■ Concord Community Pool

May 3-26	Tu, Th	12:10-12:40 p.m.	\$65 R / \$70 NR	#99675
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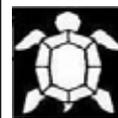
R = Concord Resident NR = Concord Non-Resident



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



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



TERRAPINS SWIM TEAM

RECOGNIZED AS ONE OF THE NATIONS

BEST COMPETITIVE SWIM PROGRAMS

RIGHT HERE IN CONCORD

2016 Winter & Spring Programing

- ◆ High School Pre-Season Training Program (November 2015 through early February 2016)
- ◆ Orange & Blue Group's Winter Session 2016 (January through March)
- ◆ Orange & Blue Group's Spring Session 2016 (April through June)
- ◆ Swim Programs for "new" swimmers age 6-14 in our Orange, Blue & Silver Groups.
- ◆ Year-Round competitive swim team membership open throughout the year.

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

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

**Parks & Recreation offers summer jobs in Concord
and at Camp Concord in South Lake Tahoe**



- Swim instructors
- Lifeguards
- Pool Managers
- Camp Counselors

***Applications available
in February.***

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

SUMMER DAY CAMPS

Make your summer come alive with over 60 summer camps to choose from.



Camp Littlefoot

Ages 2½-7

A summer day camp experience for young children offering fun thematic age-specific programs at Centre Concord and Baldwin Park Preschools including Kinderprep and “Let’s Get Ready for 1st Grade!” programs.



Backyard Explorers

Ages 11-14

Summer Camp the way it was meant to be! With trees and a creek, areas to explore and new friends to meet, children come back year after year to this week-long day camp for the exciting trips, adventures and camaraderie.



Sports Camps

Ages 3-14

Choose from a wide variety of sports from soccer, skateboarding, water polo, cheerleading, basketball, flag football, flag rugby, Lacrosse, volleyball, tennis, swimming and some combination camps with unusual twists.



Science Camps

Ages 6-11

Young scientists can explore new horizons with kooky chemistry, weird and wacky experiments and fun physics.

Summer camp registration begins in late February at www.ConcordReg.org.



All That & Then Some

Ages 11-14

“All That and Then Some” Middle School Summer Program provides a safe and supervised place where your teen will experience fun times with friends, plus meet new friends while swimming, going on awesome Bay Area trips, cooking and much more!



Counselor in Training (CIT)

Ages 13-15

The CIT program teaches teens leadership skills and provides valuable job training that could lead to future counselor opportunities at the junior level and beyond. Teens work side-by-side with counselors of the Backyard Explorers Program.



Lego® Camps

Ages 5-10

Learn pre-engineering and engineering fundamentals, build robots and unleash your creativity with themed Lego camps. The possibilities are endless!



Digital Technology Camps

Ages 8-17

Get plugged in and create your own games, apps, music and programming with digital technology camps. Develop knowledge through hands-on experience.

FAMILY CAMP



What is Family Camp?

Family Camp at Camp Concord is nature on a silver platter! Family Camp is your traditional nature and campfires without the hassle of pitching a tent and cooking. A combination of glamorous and camping, a family camp vacation brings the comfort of home into the great outdoors. As family campers, your family will have the opportunity to leave hectic schedules behind and reconnect while enjoying the beauty of one of California's premiere vacation destinations – South Lake Tahoe!

What does Family Camp include?

- Three delicious meals a day
- A comfortable, private cabin for each family
- Activities designed for all ages

Camp Schedule

Camp Concord operates on a weekly Activity schedule and may include:

- Archery, Canoeing, Rafting, Arts & Crafts, Volleyball, Horseshoes, Darts, Games and more
- Excursions to local beaches and points of interest such as Angora Lake, DL Bliss State Park, a hike along the Rubicon Trail or to some of Tahoe's many waterfalls

Daily you can expect:

- Assortment of morning snacks for early risers
- Full hot breakfast
- Special kids activities twice a day
- Lunch either on camp, bagged for you to take with you or at an off-site activity location
- Adult Social Hour
- Dinner
- Family Oriented activities ranging from campfires, to bingo, to a camp carnival

Additional Information:

- Registration is per person/per night and includes 3 meals – stay when you want for as long as you want!
- You do *NOT* need to be a Concord Resident to attend Family Camp



Together we're better!

Camp Concord is an equal opportunity provider operating under a Special Use Permit on Lake Tahoe Basin National Forest Lands.





2016 FAMILY CAMP

Friday, June 24–Sunday, July 17*
and
Monday, August 1–Sunday, August 14

Camp Concord 2016 Rates

Rates Per Night

Age	Fee (Includes all meals)
Age 16 and over	\$99
Age 11-15	\$77
Age 6-10	\$56
Age 3-5	\$33
Age 2 and Under	FREE

Concord residents receive a 15% discount off total reservation.

*Dates subject to change. Visit www.campconcord.org for current availability.

Priority Registration begins:

January 11, 2016 for Friends of Camp Concord Members

Open Registration begins: February 8, 2016



Four Easy Ways to Register

- **Walk-in** 2748 East Olivera Rd., Concord, CA 94519
Hours: 10 a.m.-12 p.m. and 1-3 p.m., Monday-Friday
- **Mail** 1950 Parkside Dr. MS/11, Concord, CA 94519
- **Fax** (925) 689-8169
- **Phone** (925) 671-3404

R = Concord Resident NR = Concord Non-Resident

50 & Better Camp

Enjoy special Lake Tahoe getaway for adults 50 years or older. Camp Concord in South Lake Tahoe is the perfect place for a relaxing or adventurous vacation. You choose activities ranging from hiking, canoeing and swimming, to arts and bingo. Price includes all meals, featuring fresh fruits and vegetables, tri-tip, pasta and brunch on the beach. Accommodations are cabins with convenient access to restrooms and hot showers. For complete details, pick up a 50 & Better Camp brochure or visit our website: www.campconcord.org.

M-F	Aug 15-19	\$225R/\$250NR	#99879
M-F	Aug 22-26	\$225R/\$250NR	#99880

NEW Walk-About Camp for 50 & Better Hikers

Visit www.campconcord.org for information.

M-F	Aug 29-Sep 2	\$225R/\$250NR	#99935
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Mother / Son Weekend

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

F-Su	Aug 19-21	\$260R/\$270NR	#99881
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“Thank you Camp Concord Staff for making our stay a delightful experience. The setting is beautiful surrounded by nature. The staff are people oriented, caring polite and well organized towards everyone – especially the kids. The meals were delicious! I had a relaxing time. Thank you so much City of Concord and everybody else who is involved in making the camp possible and an amazing experience.”

–Ana Mukai

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 tie dye, 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.concordreg.org or call 671-3404.

Fri-Mon	Sep 2-5	\$195/person R	#99882
		\$210/person NR	

Farmers' Market • Music and Market

*Special Events at
Todos Santos Plaza*

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

Santa's Grand Arrival

Saturday, December 5, 2015, 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 with special emcee Dan Ashley, ABC7.

Concord Farmers' Market

Tuesdays: Year-round, 10 a.m.-2 p.m.

Thursdays: April 28–October 27, 2016, 4–8 p.m.

1 - 8 0 0 - 9 4 9 - F A R 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.

**MOMDay in the Plaza
All Area Music Festival**

Saturday, May 7, 2016

Combining two great events, celebrate Mom and Bay Area music education at the same time! Treat that special Mom to a wonderful dining experience in the Todos Santos Plaza District, then join us in the Plaza for the All Area Music festival, featuring performances by Bay Area student musicians!

Music and Market

Thursdays, May 19–September 15, 2016, 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.

Tuesday Night Blues

Tuesday evenings in July, 6:30–8 p.m.

Free Blues music series!

FREE car show! Join us on the opening night of Tuesday Night Blues for our annual car show. No registration fees, with dash plaques, goodie bags, and prizes for the winners!

All events subject to change without notice

www.concordfirst.org

Free parking in two City downtown garages.

**Concord Library
Winter/Spring
Children's Programs**

2900 Salvio ■ (925) 646-5455

■ **Baby & Toddler Time**

Books, songs, bounces
and finger plays for children
6 months to 3 ½ years old
Tuesdays, 10:15 & 11:15 a.m.

■ **Preschool Storytime**

Stories, songs and finger
plays for children
3 ½–5 and caregiver
Wednesdays 10:30–11:00 a.m.
November 25–December 30
January 20–February 24
March 16–April 20

■ **Movie Mondays**

Come see a rated "G" or "PG" movie
in the Library. Please contact library
for days and titles.
Mondays, 7:00 p.m.

■ **FREE Homework Help**

Mondays and Wednesdays
4:00–6:00 p.m.

All programs subject to change



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



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

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

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

1. Online Registration
www.ConcordReg.org

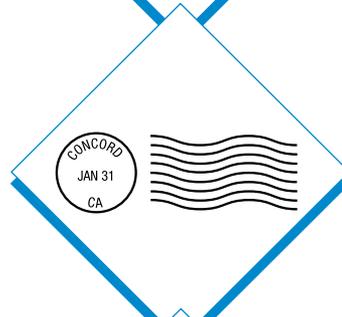


2. By Fax
 Send your completed form and credit card information to
 689-8169.

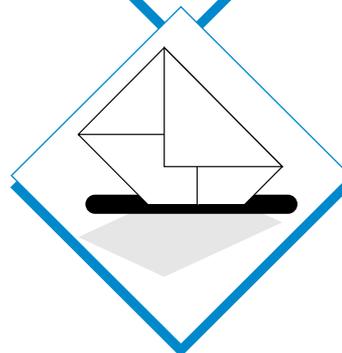


3. By Mail
 Pay by check, MasterCard, Visa or American Express.

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 is subject to change.
- For the most up-to-date class information call 671-3404.
- Para información en Español llame al 671-3324.



REGISTRATION

WITHDRAWALS AND TRANSFERS

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

QUALITY ASSURANCE AND CREDITS / REFUNDS

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

HOW DID YOU HEAR ABOUT THIS PROGRAM?

- Activity Guide
 On-going Program
 Friend or Family
 Brochure or flyer through school
 City Website
 Email Newsletter
 Cable TV Channel
 Banner/Public Display
 Newspaper
 Other _____

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

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

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

WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

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

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

USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

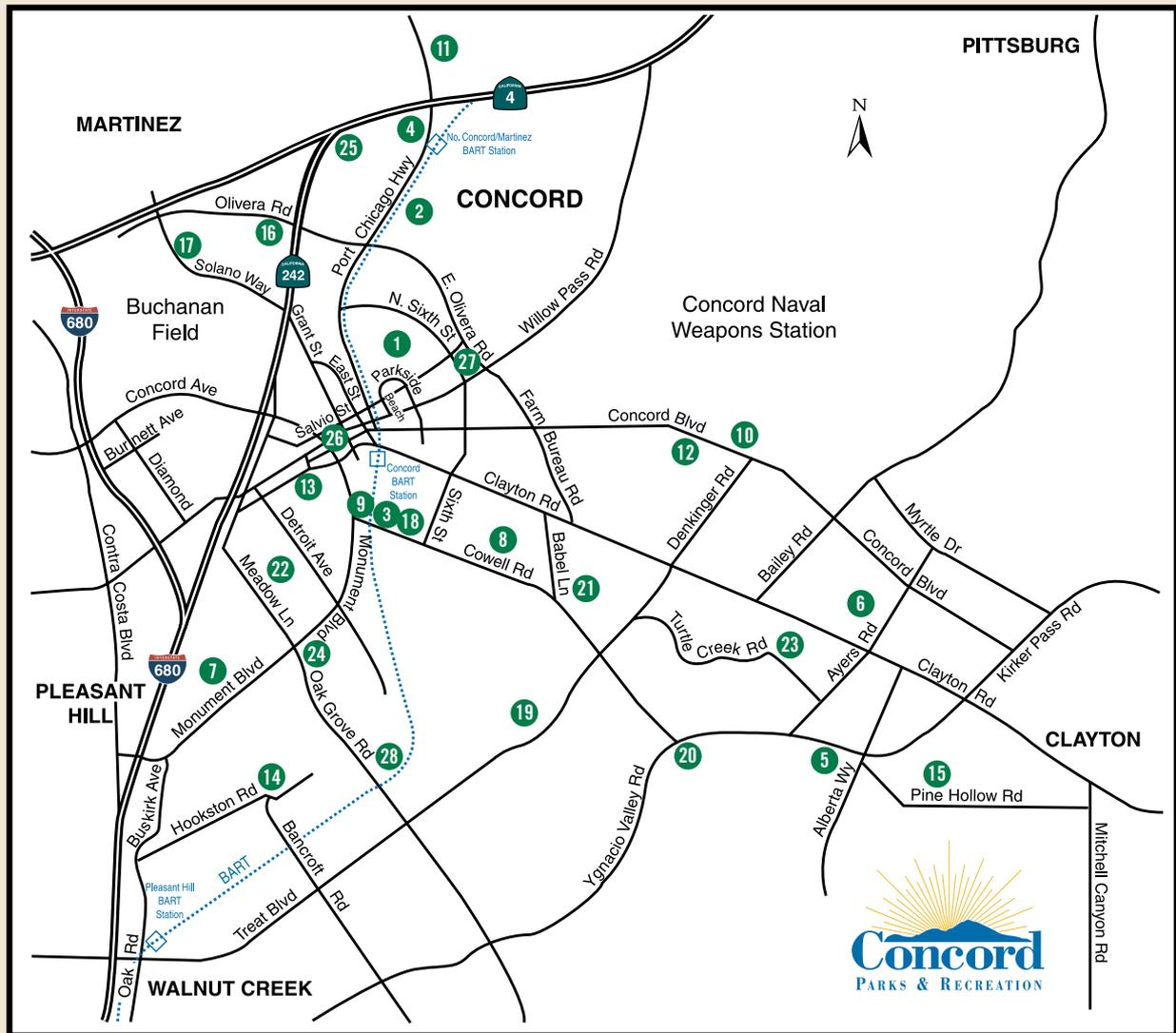
In addition to the forgoing, I give consent to Concord Parks & Recreation Department or any other media agency authorized by the City of Concord to photograph or video me (or the minor on whose behalf I am signing this waiver), and to use such photographs/video footage in brochures, newspapers, social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

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

Signature _____ Date _____

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

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 |



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

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Make
Life
Better!**

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THE CITY OF CONCORD



The happiest place on dirt!

Camp Concord is a high quality, affordable family vacation in one of California's most beautiful locations – South Lake Tahoe!

Our Family Camp allows you and your family to unplug from technology, appreciate nature, and spend quality time with each other. From meals and transportation to programming and activities, camp is all inclusive. Be ready to make memories that will last a lifetime!

www.campconcord.org
(925) 671-3404

