Concord, An Award-Winning City

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

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

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

Improving quality of life
The California Parks and Recreation Society District 3 presented Concord with two awards:
- Outstanding New Recreation Program Award recognized the revamped one-week Swim Lesson Program at Concord Community Pool, which greatly increased registrations.
- Outstanding Facility Award recognized new Willow Pass Park pickleball courts for excellence in design.

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

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

Caring for the urban forest
The Arbor Day Foundation designated Concord as a Tree City USA for the 36th consecutive year, and presented Concord with the Growth Award for the 19th consecutive year. The City celebrated Earth Day on Saturday April 22 with tree plantings, path restoration, creek clean-up, trash pick-up and the planting of a butterfly garden at Hillcrest Community Park.
On the cover: Clockwise from top left
(1) Ladies enjoy a festive Tea event at the senior center; (2) New signs in downtown Concord mark the Todos Santos historic district; (3) Over 60 people participated in a demonstration of Zumba in the park promoted by Parks & Recreation. A new Zumba in the Park class is offered in the Fall; (4) Residents participate in a workshop June 17 on the Reuse Plan for the Concord Naval Weapons Station.
<table>
<thead>
<tr>
<th>Contact Information</th>
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<tr>
<td><strong>Web site:</strong></td>
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<td><strong>E-mail:</strong></td>
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<td><strong>Phone:</strong></td>
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**Americans with Disabilities Act (ADA) Coordinator** | 671-3031 |
**Building** | 671-3107 |
**Business Licenses** | 671-3307 |
**Cable TV** | 459-1000 |
**Astound Broadband** | 1-800-945-2288 |
**City Clerk** | 671-3390 |
**City Council** | 671-3158 |
**City Manager** | 671-3150 |
**Code Enforcement Hotline** | 671-3075 |
**Concord Community Pool** | 671-3480 |
**Concord Naval Weapons Station Reuse Project** | 671-3001 |
**Concord Pavilion Information** | 676-8742 |
**Resident Hotline** | 363-5701 |
**Downtown Hotline** | 671-3464 |
**Economic Development** | 671-3355 |
**Engineering** | 671-3361 |
**Flood Zone Inquiries** | 671-3425 |
**Garbage Collection** | 682-9113 |
**Graffiti Hotline** | 671-3080 |
**Housing** | 671-3370 |
**Mayor** | 671-3158 |
**Permit Center** | 671-3454 |
**Picnic Site Reservations** | 671-3404 |
**Planning** | 671-3152 |
**Police and Fire Emergencies** | 911 |
**Police/Information** | 671-3220 |
**Pothole Hotline** | 671-3228 |
**Public Works** | 671-3448 |
**Park Maintenance** | 671-3444 |
**Recreation/Registration** | 671-3404 |
**Sewer Problems** | 671-3099 |
**Shopping Cart Hotline** | 1-800-252-4613 |
**Street Light Outages Hotline** | 671-3213 |
**Street Sweeping** | 671-3448 |
**Street Trees** | 671-3445 |
**Traffic Safety and Signals** | 671-3132 |

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

**Sports Organizations**

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

**Youth Football / Cheerleading**
- Clayton Valley Athletic Assn | www.cvaajreagles.com |
- Concord Youth Football | www.concordyouthfootball.com |

**Youth Soccer**
- Concord AYSO | www.concordayso.org |
- Diablo FC | www.diafibfc.org | 798-GOAL |
- Liga Latina | www.ligalatinaconcord.com |
- Mt. Diablo Soccer Association | www.mdsoccer.org |

**Adult Soccer**
- Concord AYSO | www.concordayso.org |
- Contra Costa Mixed Soccer | www.teamz.com/ccmsl |
- East Bay Senior Soccer | www.ebsl.com |

**Adult Pickleball / Softball**
- Concord Parks & Recreation | www.teamsideline.com/concord | 671-3279 |

**Bocce**
- Concord Bocce Federation | www.concordbocce.org |

**Swimming**
- Terrapins Swim Team | 680-8372 |

**Tennis**
- Concord Tennis Club | 686-1701 |
- Concord Table Tennis Club | www.concordtabletennisclub.com | 689-7463 |
Letter to Residents

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

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

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

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

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

Respectfully,
Mayor, City Council, City Treasurer
City Manager, City Attorney, City of Concord Employees
2016–17 Project Highlights

Measure Q street repair projects
Voters passed a half-cent sales tax called Measure Q in 2010 and extended it in 2014 to preserve necessary City services and improve the City’s infrastructure. Recent infrastructure projects funded with Measure Q dollars include:
• Pavement rehabilitation and curb improvements on Hillsborough Drive between St. George Drive and Labrador Street; E. Olivera Road from Port Chicago Highway to Wexford Drive; Walters Way from Detroit Avenue to Monument Boulevard and at the intersection of Monument Boulevard/Detroit Avenue.
• Pothole and base road repairs were completed at a dozen sites throughout the city.

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

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

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

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

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

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

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

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

Project Highlights continued on page 8
Leading the way with new autonomous technology

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

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

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

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

Honor Homecare, a startup tech company, has also chosen to locate in Concord and signed a lease downtown at Salvio Pacheco Square. The company will initially be housing approximately 50 employees, with a majority being young professionals that are seeking tech careers outside of San Francisco and the Peninsula. Honor is a company that provides on-demand, nonmedical, in-home care for physically and mentally impaired seniors. The San Francisco-based startup uses technology that enables seniors or their families to hire a caregiver using the company app or by logging onto its website.

Residential development ongoing in downtown Concord

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

Concord Reuse Brief

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

Feel the Vibe

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

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

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

Biennial Operating Budget

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

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

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

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

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

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

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

Looking forward

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

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

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

![Property Tax Dollars](image)

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

![Per $1.00 of Sales Tax](image)

Although shoppers in Concord pay 9 cents in sales tax on every dollar spent, the City only receives one-and-a-half cents.
New program for old sidewalks
The Sidewalk Inspection and Repair Policy was adopted to encourage the maintenance and repair of sidewalks by private property owners. The policy formalized some of the informal programs that were already occurring whereby the City offers property owners the opportunity to participate in the City’s sidewalk repair activities in order to take advantage of lower costs (due to the size of the contracts) and elimination of City inspection fees.

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

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

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

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

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

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

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

2017-18 PRESCHOOL CLASSES

Walk-In Registration Only
10 a.m.–12 p.m. and 1–3 p.m. Willow Pass Center, 2748 E. Olvera Rd. Concord, CA 94519

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

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

Preschool Age 4
Your child will be exposed to learning concepts such as the alphabet, numbers, science, rhyming, understanding patterns, art and cooking through fun activities. By the time they graduate, they will have also developed life and social skills which will carry them on into Kindergarten.

NEW 5-Day Program
Your child will learn the same concepts as the 2- or 3-day classes. However, it allows children to learn and put these concepts to practice daily.

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

Monthly and Additional Fees:

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

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

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

BALDWIN PARK
2790 PARKSIDE CIRCLE

3 Year Olds – Melissa Gardner
Session   Days   Time   Course
Sep 5–May 17  Tu, Th  9–11:30 a.m.  #102885
Sep 6–May 18  M, W, F  9–11:30 a.m.  #102884

4 Year Olds – Gina Murdock
Session   Days   Time   Course
Sep 5–May 17  Tu, Th  9–11:30 a.m.  #102891
Sep 6–May 18  M, W, F  9–11:30 a.m.  #102890

4 Year Olds – Melissa Gardner
Session   Days   Time   Course
Sep 6–May 18  M, W, F  12–2:30 p.m.  #102892

CENTRE CONCORD
5298 CLAYTON ROAD

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

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

3 Year Olds – TBD
Session   Days   Time   Course
Sep 5–May 17  Tu, Th  12–2:30 p.m.  #102886

4 Year Olds – Sonja Stanley
Session   Days   Time   Course
Sep 5–May 17  Tu, Th  9–11:30 a.m.  #102889
Sep 6–May 18  M, W, F  9–11:30 a.m.  #102887

NEW 4 Year Olds – 5-Day Program
Session   Days   Time   Course
Sep 5–May 18  M–F  12–2:30 p.m.  #103071

R = Concord Resident   NR = Concord Non-Resident
**DANCE, MUSIC AND PERFORMING ARTS**

### Beginning Ballet 1
Beginning ballet students will learn the fundamentals and the vocabulary of ballet, basic technique, coordination, barre exercises, and ballet positions. The instructor has more than 20 years of dance experience. Appropriate attire: ballet shoes, tights or leggings, and leotards. No class November 11 and 25.

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

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

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

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

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

**ENRICHMENT**

### Little Dragons
Is your young child interested in the martial arts? Try this class first. Your child will participate in fun activities designed to increase attention span, focus and coordination. They will learn some basic skills that will prepare them to begin more disciplined training when they are older. $35 uniform fee is required and payable at the first class. No class November 23, December 21 and 28.

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

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

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

**PRESCHOOL SPORTS**

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

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

**Age: 2–3 1/2**  ■ Newhall Park  ■ Kidz Love Soccer  
Sep 18-Nov 13  ■ M 9:30-10 a.m.  ■ $113 R/$118 NR  #105124  
Sep 23-Nov 18  ■ Sa 9:00-9:30 a.m.  ■ $113 R/$118 NR  #105126  
Sep 23-Nov 18  ■ Sa 9:35-10:05 a.m.  ■ $113 R/$118 NR  #105127
Kidz Love Soccer-Tot Soccer
Little tykes enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

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

Kidz Love Soccer-Tot/Pre Soccer
Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Age: 3 1/2-5  Newhall Park  Kidz Love Soccer
Sep 18-Nov 13  M  10:10-10:45 a.m.  $113 R/$118 NR  #105118
Sep 18-Oct 16  M  5:10-5:45 p.m.  $68 R/$73 NR  #105119
Age: 3 1/2-5  Concord Community Park  Kidz Love Soccer
Sep 14-Nov 9  Th  3:45-4:20 p.m.  $113 R/$118 NR  #105120

Kidz Love Soccer-Pre Soccer
Pre Soccer teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

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

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

Age: 3-5  Newhall Park  Skyhawks Sports Academy
Sep 21-Nov 23  Th  4:15-5 p.m.  $133 R/$138 NR  #105099
Age: 3-5  Concord Community Park  Skyhawks Sports Academy
Sep 30-Dec 10  Sa-Su  10:15-11 a.m.  $133 R/$136 NR  #105100

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

Age: 4-6  Concord Community Park  TLR Sports INC
Sep 30-Dec 2  Sa  11:15 a.m.-12 p.m.  $133 R/$138 NR  #105112
Camp Concord 50 and Better

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

Age: 50+ ■ Camp Concord, South Lake Tahoe
Aug 21-25 M-F $225 R/$250 NR #103193
Aug 28-Sep 1 M-F $225 R/$250 NR #103194

Group Reservations

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

Camp Concord’s 50th Anniversary Weekend Celebration

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

All Ages ■ Camp Concord, South Lake Tahoe
Aug 11-13 F-Su $169 R/$198 NR #104414
Age 16 and older: $169 R/$198 NR
Age 11-15: $131 R/$154 NR
Age 6-10: $96 R/$112 NR
Age 3-5: $57 R/$66 NR
Age 2 and Under: FREE

Labor Day Escape at Camp Concord!

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

All Ages ■ Camp Concord, South Lake Tahoe
Sep 1-4 F-M $195 R/$210 NR #103190

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

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

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

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

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

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

COMPUTERS

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

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

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

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

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

<table>
<thead>
<tr>
<th>Age: 6-10</th>
<th>Baldwin Park Dance Studio</th>
<th>Luana Nietschy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Oct 14</td>
<td>Sa 10:15-11 a.m.</td>
<td>$72 R/$77 NR</td>
</tr>
<tr>
<td>Oct 28-Dec 16</td>
<td>Sa 10:15-11 a.m.</td>
<td>$72 R/$77 NR</td>
</tr>
<tr>
<td>Sep 12-Oct 17</td>
<td>Tu 5:45-6:30 p.m.</td>
<td>$72 R/$77 NR</td>
</tr>
<tr>
<td>Nov 7-Dec 12</td>
<td>Tu 5:45-6:30 p.m.</td>
<td>$72 R/$77 NR</td>
</tr>
<tr>
<td>Sep 9-Oct 17</td>
<td>Tu 5:45-6:30 p.m. and Sa 10:15-11 a.m.</td>
<td>$108 R/$113 NR</td>
</tr>
<tr>
<td>Oct 28-Dec 16</td>
<td>Tu 5:45-6:30 p.m. and Sa 10:15-11 a.m.</td>
<td>$108 R/$113 NR</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age: 6-12</th>
<th>Willow Pass Community Center</th>
<th>Special K Productions Mobile Dance Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-Oct 30</td>
<td>M 6:30-7:30 p.m.</td>
<td>$161 R/$166 NR</td>
</tr>
<tr>
<td>Nov 6-Dec 18</td>
<td>M 6:30-7:30 p.m.</td>
<td>$161 R/$166 NR</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age: 10+</th>
<th>Senior Center</th>
<th>Jaime Cader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 14-Oct 26</td>
<td>Th 6-7:30 p.m.</td>
<td>$38 R/$43 NR</td>
</tr>
<tr>
<td>Nov 2-Dec 28</td>
<td>Th 6-7:30 p.m.</td>
<td>$43 R/$48 NR</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age: 10+</th>
<th>Senior Center</th>
<th>Nola-Joy Boyd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-Oct 23</td>
<td>M 5-6 p.m.</td>
<td>$38 R/$43 NR</td>
</tr>
<tr>
<td>Nov 6-Dec 11</td>
<td>M 5-6 p.m.</td>
<td>$33 R/$38 NR</td>
</tr>
</tbody>
</table>

## ENRICHMENT

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

<table>
<thead>
<tr>
<th>Age: 6-12</th>
<th>Centre Concord</th>
<th>Lava Learning Inc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 20-Nov 8</td>
<td>W 1:30-2:30 p.m.</td>
<td>$199 R/$204 NR</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age: 6-12</th>
<th>Centre Concord</th>
<th>Wizards Chess</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 19-Dec 5</td>
<td>Tu 3:30-4:30 p.m.</td>
<td>$279 R/$284 NR</td>
</tr>
<tr>
<td>Age: 6-12</td>
<td>Willow Pass Community Center</td>
<td>Wizards Chess</td>
</tr>
<tr>
<td>Sep 20-Dec 6</td>
<td>W 3:30-4:30 p.m.</td>
<td>$279 R/$284 NR</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age: 6-13</th>
<th>Centre Concord</th>
<th>Cooking Round The World</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 18-Oct 23</td>
<td>M 3-4:30 p.m.</td>
<td>$123 R/$128 NR</td>
</tr>
<tr>
<td>Age: 6-13</td>
<td>Willow Pass Community Center</td>
<td>Cooking Round The World</td>
</tr>
<tr>
<td>Oct 25-Nov 29</td>
<td>W 3-4:30 p.m.</td>
<td>$123 R/$128 NR</td>
</tr>
</tbody>
</table>
**NEW** *Little Medical School-Nursing School*

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

*Age: 6-11  Centre Concord  Little Medical School*

*Sep 21-Oct 26  Th  3:30-4:30 p.m.  $113 R/$118 NR  #104976*

**NEW** *Little Medical School-Sports Medicine*

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

*Age: 6-11  Centre Concord  Little Medical School*

*Nov 2-Dec 14  Th  3:30-4:30 p.m.  $123 R/$128 NR  #104977*

**NEW** *Sewing By Machine*

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

*Age: 8+  Centre Concord  Debbie Nelson*

*Sep 20-Nov 8  Tu-Th  4-7:30 p.m.  $123 R/$128 NR  #104980*

**NEW** *We Teach Your Kids to Cook a Mexican Dinner*

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

*Age: 6-10  Centre Concord  Cooking with Kids Foundation*

*Nov 16-Dec 21  Th  5:30-7 p.m.  $204 R/$209 NR  #104864*

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**HEALTH AND FITNESS**

**K.O. Taekwondo**

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

*Age: 6-13  Baldwin Park Dance Studio  Kevin Oliver*

*Sep 6-9  W  6-7 p.m.  $80 R/$85 NR  #104819*

*Oct 4-7  W, F  6-7 p.m.  $80 R/$85 NR  #104820*

*Nov 1-4  W, F  6-7 p.m.  $70 R/$75 NR  #104821*

*Dec 1-4  W, F  6-7 p.m.  $65 R/$70 NR  #104822*

*Sep 6-30  W, F and Sa  12-1 p.m.  $79 R/$84 NR  #104823*

*Oct 4-28  W, F and Sa  12-1 p.m.  $79 R/$84 NR  #104824*

*Nov 1-29  W, F and Sa  12-1 p.m.  $79 R/$84 NR  #104825*

*Dec 1-20  W, F and Sa  12-1 p.m.  $79 R/$84 NR  #104826*

**NEW** *Zumba Dance*

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

*Age: 6-12  Willow Pass Community Center  Elisa Borges*

*Sep 5-Oct 19  Tu, Th  3:30-4:30 p.m.  $48 R/$53 NR  #104972*

*Nov 2-Dec 21  Th  3:30-4:30 p.m.  $48 R/$53 NR  #104973*
YOUTH SPORTS

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

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

Age: 8-12 ■ Baldwin Park ■ Make Me a Pro Sports
Sep 15-Oct 20 F 4:50-5:55 p.m. $120 R/$120 NR #105015

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

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

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

Age: 8-12 ■ Baldwin Park ■ Make Me a Pro Sports
Sep 14-Oct 19 Th 4:50-5:55 p.m. $117 R/$122 NR #105006

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

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

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

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

Age: 6-10 ■ Newhall Park ■ TLR Sports INC
Sep 21-Nov 23 Th 5:15-6:15 p.m. $149 R/$154 NR #105108

Kidz Love Soccer-Soccer 1

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

Age: 5-6 ■ Newhall Park ■ Kidz Love Soccer
Sep 18-Nov 13 M 3:40-4:25 p.m. $113 R/$118 NR #105115

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

Kidz Love Soccer 2
Skillz and Scrimmages
Have a great time while developing core soccer skills like dribbling, passing and shooting in a team play format. Each class will include individual skill building and scrimmages to develop teamwork and positional play. All levels are welcome to come enjoy the world’s most popular game! All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

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

Tennis-Junior Development Program
The Junior Development Program is for the new or improving player ages 5-13. The program emphasizes proper fundamentals, good sportsmanship, and proper tennis etiquette. Sessions are taught by Calvin McCullough, a USNTA/USPTR certified instructor with over 20 years coaching experience. $40 sibling discount available – please call (925) 671-3423 for details.

Age: 7-10 ■ Newhall Park ■ Calvin McCullough
Sep 12-Nov 2 Th 4:30-5:30 p.m. $208 R/$213 NR #104854

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

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

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

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

**DANCE, MUSIC AND PERFORMING ARTS**

**NEW** Hula Level 1-Beginners
Hula with Heart. For the hula enthusiast who has never taken a class before. Learn basic hand and foot movement with Hawaiian music. Tone muscles, increase flexibility and improve cardio. Wear comfortable clothes and bring water and Sarong or Pa’u skirt (optional). Dance in bare feet or socks.

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

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

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

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

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

**SPECIAL INTEREST**

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

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

**Online Driver’s Ed for Teens**
DMV allows teens to receive their Learner’s Permit at age 15½ and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time. Registration is ongoing.

Age: 15+  ■  On-Line  ■  LLC Safety Driver’s Ed
September  $43 R/$48 NR  #104836
October  $43 R/$48 NR  #104837
November  $43 R/$48 NR  #104838
December  $43 R/$48 NR  #104839
**ARTS AND CRAFTS**

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

**Age: 18+**

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

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

**Age: 18+**

**Senior Center**
Tatyana Yurkova
Sep 14-Oct 26 Th 10 a.m.-12:00 p.m. $59 R/$64 NR #104967
Nov 2-Dec 21 Th 10 a.m.-12:00 p.m. $59 R/$64 NR #104968

**DANCE, MUSIC AND PERFORMING ARTS**

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

**Age: 18+**

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

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

**Age: 18+**

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

**Intermediate Tap 2**
This class is for the adult student with previous experience in Tap dance. You will enjoy learning challenging rhythms and fun routines set to great music in a comfortable and welcoming environment. The instructor has been teaching tap dance for over 20 years at various dance studios in the Bay Area. No class November 27.

**Age: 18+**

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

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

**Age: 18+**

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

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

**Age: 18+**

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

**Hula Level 1 – Beginners**
Hula with Heart. For the hula enthusiast who has never taken a class before. Learn basic hand and foot movement with Hawaiian music. Tone muscles, increase flexibility and improve cardio. Wear comfortable clothes and bring water and Sarong or Pa’u skirt (optional). Dance in bare feet or socks. No class September 26.

**Age: 18+**

**Senior Center**
Rosemarie Ramos
Sep 12-Oct 31 Tu 6:15-7:15 p.m. $45 R/$50 NR #104607
Nov 7-Dec 19 Tu 6:15-7:15 p.m. $45 R/$50 NR #104608
## Hula Level 2 – Intermediate
Advance hand and foot movement from traditional to modern Hawaiian music increase toning, cardio, flexibility and relieve stress. Learn simple Hawaiian words, phrases, songs and choreographed hula. Wear comfortable clothing and bring water. Sarong or Pa’u skirt. No class November 23.

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

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

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

## Ukulele 1-Beginners
Join us and gain the basic understanding of the ukulele. Soon you’ll be playing chords and strumming your favorite melodies from Jambalaya to Sweet Leilani. You will be making sweet music in no time. Bring your ukulele, a tuner, and a folder for music sheets. Open to children 10 and older and must be accompanied by an adult.

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

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

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

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

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

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

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

## ENRICHMENT

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

**Age:** 18-30  ■ Centre Concord ■ Cooking with Kids Foundation  
**Sep 11-Oct 9** M 7-9 p.m.  $203 R/$208 NR  #104787
Jazzercise Class
Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with
strength training. Fresh music and moves will ignite your
energy and bring the intensity to transform your body.
The new Jazzercise features Dance Mixx, Interval, Fusion,
Core, Strike, and Strength. Please bring a mat and hand
weights. No class September 4, October 26, November 4, 11,
23 and December 14, and 18-30.

Jazzercise Lite
Come dance with us! You’ll have fun dancing to current
music using your whole body without hopping. You’ll
love how this dance-based aerobic and strength building
workout boosts your mood and increases your energy,
metabolism, balance and flexibility. Irene Larson has been
a certified Jazzercise Instructor for 38 years. Hand weights
metabolism, balance and flexibility. Irene Larson has been
workout boosts your mood and increases your energy,
love how this dance-based aerobic and strength building

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

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

K.O. Taekwondo-Adults
This Traditional Style Taekwondo class helps
focus on core values and is good for all ages
and abilities. Emphasis is on learning useful
self-defense techniques, increased flexibility and stamina, improving overall
muscle tone, and also a great cardiovascular workout. A $35
required uniform fee is payable to the instructor on the first
day. Family Discount: One family member pays full price, each
additional family member receives 50% off, ONLY in the
same Course Code. Different course code must pay full price.
No class November 22, 24, 25, and December 22-30.
K.O. Taekwondo-Family Class
Is your young child interested in the martial arts? Try this class and benefit with your children. Allow everyone in your family to train and have fun together in fun activities designed to increase attention span, focus and coordination. Learn some basic skills that will prepare for more disciplined training as you progress. An additional cost of $35 for uniform is required and can be purchased on the first class. Family Discount: One family member pays full price, each additional family member receives 50% off, ONLY in the same Course Code. Different course code full price, each additional family member receives 50%. 

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

Meditation 1 for Health and Well-Being
Meditation promotes inner peace and well-being, leading to inspiration, self-knowledge, health, and a deeper spiritual connection. Instructor, Mary Bruns, has practiced and taught meditation for over 30 years. Optional CD $10.

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

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

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

Meditation 3 Ongoing Meditation
In Meditation 3, we apply what we have learned to improve our response to current life experiences, healing the negative impact of the past, learning to communicate at a higher level, and becoming an instrument of peace and wisdom. Pre-requisite: Meditation 1 & 2.

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

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

Age: 18+ ■ Senior Center ■ Eileen Ladarre
Sep 7-Dec 12 W 5-6 p.m. $83 R/$88 NR #104934

Tai Chi Gong
Designed to help you relieve stress, increase flexibility, improve balance, strengthen and tone muscles and quiet the mind. Through gentle movements and meditative breathing, the natural healing rhythms of the body are reestablished. These ancient Chinese traditions offer personal insight and practical tools for change. New just released Tai Chi Gong DVD!

Age: 18+ ■ Centre Concord ■ Amy Erez
Sep 7-Dec 12 W 5-6 p.m. $80 R/$85 NR #104935

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

Age: 18+ ■ Centre Concord ■ Amy Erez
Sep 7-Dec 12 W 5-6 p.m. $80 R/$85 NR #104936

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

Age: 18+ ■ Willow Pass Community Center ■ David Henry
Sep 7-Oct 11 W 5-6:20 p.m. $83 R/$88 NR #105058
Oct 13-Dec 11 W 5-6:20 p.m. $83 R/$88 NR #105059
Sep 7-Oct 11 W 6:30-7:20 p.m. $83 R/$88 NR #105063
Nov 2-Dec 11 W 6:30-7:20 p.m. $63 R/$68 NR #105064
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.

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<thead>
<tr>
<th>Age: 16+</th>
<th>Willow Pass Community Center</th>
<th>David Henry</th>
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<tbody>
<tr>
<td>Sep 5-Oct 24 Tu</td>
<td>6:30-7:20 p.m.</td>
<td>$83 R/$88 NR</td>
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<tr>
<td>Oct 31-Dec 19 Tu</td>
<td>6:30-7:20 p.m.</td>
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Multi-Session Discount
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<tr>
<th>Age: 16+</th>
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<tbody>
<tr>
<td>Sep 5-Dec 19 Tu</td>
<td>6:30-7:20 p.m.</td>
<td>$147 R/$152 NR</td>
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Yoga for Lunch
Make the most of your lunch hour with this Yoga for Lunch class. This Hatha Yoga class uses ASANAS (poses) and PRANAYAMA (breathwork) in a fluid physical manner that brings the practitioner into balance which is both relaxing and energizing at the same time! Yoga increases energy and vitality, promoting improved health and well-being. Bring a sticky mat, block and strap. No class November 7.

<table>
<thead>
<tr>
<th>Age: 16+</th>
<th>Concord Library</th>
<th>David Henry</th>
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<tbody>
<tr>
<td>Sep 11-Oct 30 M</td>
<td>12:10-1 p.m.</td>
<td>$80 R/$85 NR</td>
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<tr>
<td>Nov 6-Dec 18 M</td>
<td>12:10-1 p.m.</td>
<td>$70 R/$75 NR</td>
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Multi-Session Discount
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<th>Age: 16+</th>
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<tbody>
<tr>
<td>Sep 11-Dec 18 M</td>
<td>12:10-1 p.m.</td>
<td>$135 R/$140 NR</td>
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</table>

Yoga-Beginning
Everyone can practice yoga! You will gain strength and flexibility and leave your stress behind in this Iyengar style class. The benefits are too numerous to list. Bare feet are essential. Bring a sticky mat. No class October 16, 18, 23, and November 22.

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<thead>
<tr>
<th>Age: 16+</th>
<th>Willow Pass Community Center</th>
<th>Susan Killoran</th>
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</thead>
<tbody>
<tr>
<td>Sep 11-Oct 30 M</td>
<td>5:30-6:30 p.m.</td>
<td>$45 R/$50 NR</td>
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<tr>
<td>Nov 6-Dec 18 M</td>
<td>5:30-6:30 p.m.</td>
<td>$52 R/$57 NR</td>
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<tr>
<td>Sep 6-Oct 11 W</td>
<td>6:10-7:10 p.m.</td>
<td>$45 R/$50 NR</td>
</tr>
<tr>
<td>Nov 1-Dec 20 W</td>
<td>6:10-7:10 p.m.</td>
<td>$52 R/$57 NR</td>
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Yoga-Intermediate
This Iyengar style intermediate class will take you deeper into the poses, as well as introduce the practice of inverted poses bringing together mind and body. Prerequisite: Must have completed at least one year of yoga. No class October 16 and 23.

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<tr>
<th>Age: 16+</th>
<th>Willow Pass Community Center</th>
<th>Susan Killoran</th>
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<tbody>
<tr>
<td>Sep 11-Oct 30 M</td>
<td>6:35-7:45 p.m.</td>
<td>$45 R/$50 NR</td>
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<tr>
<td>Nov 6-Dec 18 M</td>
<td>6:35-7:45 p.m.</td>
<td>$52 R/$57 NR</td>
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</table>

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

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

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<thead>
<tr>
<th>Age: 16+</th>
<th>Centre Concord</th>
<th>Meskerem Teferra (Sepi)</th>
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<tbody>
<tr>
<td>Sep 9-Oct 28 Sa</td>
<td>10-11 a.m.</td>
<td>$38 R/$43 NR</td>
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<tr>
<td>Nov 11-Dec 15 Sa</td>
<td>10-11 a.m.</td>
<td>$33 R/$38 NR</td>
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Age: 16+ Willow Pass Community Center Meskerem Teferra (Sepi)
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<tr>
<th>Age: 16+</th>
<th>Willows Pass Community Center</th>
<th>Meskerem Teferra (Sepi)</th>
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<tbody>
<tr>
<td>Sep 6-Oct 18 W</td>
<td>6:15-7:15 p.m.</td>
<td>$38 R/$43 NR</td>
</tr>
<tr>
<td>Nov 1-Dec 13 W</td>
<td>6:15-7:15 p.m.</td>
<td>$38 R/$43 NR</td>
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Zumba at Noon
No class November 24.

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<thead>
<tr>
<th>Age: 16+</th>
<th>Concord Library</th>
<th>Zelia Santos</th>
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</thead>
<tbody>
<tr>
<td>Sep 8-Oct 28 F</td>
<td>12:00-1 p.m.</td>
<td>$33 R/$38 NR</td>
</tr>
<tr>
<td>Oct 20-Dec 1 F</td>
<td>12:00-1 p.m.</td>
<td>$33 R/$38 NR</td>
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NEW Zumba in the Park

<table>
<thead>
<tr>
<th>Age: 16+</th>
<th>Baldwin Park</th>
<th>Zelia Santos</th>
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</thead>
<tbody>
<tr>
<td>Sep 15-Nov 3 F</td>
<td>10:00 a.m.-11:00 a.m.</td>
<td>$43 R/$48 NR</td>
</tr>
<tr>
<td>Nov 10-Dec 1 F</td>
<td>10:00 a.m.-11:00 a.m.</td>
<td>$28 R/$33 NR</td>
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</table>

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

<table>
<thead>
<tr>
<th>Age: 16+</th>
<th>Centre Concord</th>
<th>Cynthia Ryan</th>
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</thead>
<tbody>
<tr>
<td>Sep 11-Oct 30 M</td>
<td>6:30-7:30 p.m.</td>
<td>$38 R/$43 NR</td>
</tr>
<tr>
<td>Nov 6-Dec 18 M</td>
<td>6:30-7:30 p.m.</td>
<td>$38 R/$43 NR</td>
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</table>
Zumba Step
Zumba Step is a lower-body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms. It offers a balance of traditional fitness, dance and step aerobic moves to encourage participants to use more energy to lift their body weight against gravity. It combines the fun and energy of Zumba fitness parts you love. Steps will be provided! Just bring your gym attire, bottle of water and a small towel. No class October 12 and 26.

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

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

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

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

SPECIAL INTEREST

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

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

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

Age: 18+  Senior Center  Ellie Riley
Sep 30  Sa  1-3:30 p.m.  $8 R/$13 NR  #104695
Nov 7-Dec 19  Tu  6:30-7:30 p.m.  $59 R/$64 NR  #105047

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

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

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

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

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

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

Age: 13+ Willow Pass Park Mixed Doubles
Sep 12-Oct 24 Tu 6-8 p.m. $65 per team #105077

Age: 13+ Willow Pass Park Women’s Doubles
Sep 14-Oct 26 Th 6-8 p.m. $65 per team #105081

Age: 13+ Willow Pass Park Men’s Doubles
Sep 14-Oct 26 Th 6-8 p.m. $65 per team #105082

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

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

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

No class September 4.

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

Pickleball Skills-Beyond the Basics
Improve your game. This “beyond the basics” class will help sharpen your skills. Learn more effective dinking, volleying, serving, lobbing, the 3rd shot drop, and more. Experience fun and helpful practice drills that will take your game to the next level. No class September 4.

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

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

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

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction

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

Enroll Now!

(925) 671-3118

Courses as Low as:

$99

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

Concord Parks & Recreation

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

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

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

Real Estate Investing
Build and protect your wealth by investing in real estate.

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

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

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

Introduction to Microsoft Word
Learn how to create and modify documents with the world’s most popular word processor.

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

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

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

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

Discover Digital Photography
An informative introduction to the fascinating world of digital photography equipment.
SPECIAL RECREATION

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

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

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

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

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

First Tee of Contra Costa
The First Tee is a non-profit youth development program established to teach Life Skills and instill Core Values through the game of golf.

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

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

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

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

Ask about our Fee Assistance Program
For more information, call 925-446-6701
Monica@FTCCS.org
www.thefirstteeccontracosta.org
Chapter Office
2290 Diamond Blvd., Ste. 203
Concord, CA 94520
Tour of SS Red Oak Victory Ship and Rosie the Riveter

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

All Ages ▶ Senior Center ▶ Mary Rae Lehman
Sep 14  Th  9 a.m.-4 p.m.  $45  #104677

Coppola Family Napa Winery

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

All Ages ▶ Senior Center ▶ Mary Ann Sams
Sep 18  M  9:30 a.m.-5 p.m.  $61  #104694

Tour the di Rosa Galleries and Grounds

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

All Ages ▶ Senior Center ▶ Mary Rae Lehman
Sep 21  Th  9 a.m.-4 p.m.  $35  #104671
California Highway Patrol Academy
Here’s your opportunity to visit the California Highway Patrol Training Academy in Sacramento. Sit back, we’ll do the driving and provide a light lunch. No refunds or cancellations after September 14.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

All Ages • Concord BART • Mary Rae Lehman
Oct 25
W 10:30 a.m.-5 p.m. $40 #104676
TRIPS & TOURS

**Golden Gate Fields**

“**A Day at The Races**”

We went last year and had so much fun. Folks want to go again. Place your bets and have fun, even if you don’t win at all. We are off to the Races and will be seated in the elegant Turf Club where we’ll enjoy a delicious Prime Rib Buffet Luncheon. Plan to remain to the end of the sixth race before heading home. No refunds or cancellations after October 12.

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

**Rosicrucian Park and Egyptian Museum**

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

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

**Lodi Sand Hill Crane Flyover**

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

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

**Performing Arts Center Tours-San Francisco**

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

| All Ages ■ Concord BART – Platform 2 ■ Mary Rae Lehman | Dec 9 | Sa 10 a.m.-4:30 p.m. | $54 | #104684 |

**McHenry Mansion & Poinsettia Farm**

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

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

**Steinbeck Museum and Pacific Grove Monarch Butterfly**

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

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

**Beach Blanket Babylon**

Prepare yourself for jaw dropping costumes and HATS, along with belly bending laughter as the Troupe engages you in Snow White’s search for her Prince. Along the way she meets contemporary politicians, actors, sports idols and more. Have lunch on your own in North Beach prior to the show. This program is not suited for people with walker and canes. No refunds or cancellations after November 3.

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

**Dickens Christmas Fair**

Get into the Holiday spirit with an adventure back to Victorian London at the Cow Palace. Mingle with hundreds of costumed players who wander halls to invite you to music presentations, pubs, and dance parties, as you ponder holiday gift buying opportunities. Savor enticing aromas of roasted chestnuts, hearty foods and inviting desserts as street vendors entice you to buy their wares. Make it a special day by dressing in costume and have fun, even if you go again. Place your bets so much fun. Folks want to go again. Place your bets and have fun, even if you don’t win at all. We are off to the Races and will be seated in the elegant Turf Club where we’ll enjoy a delicious Prime Rib Buffet Luncheon. Plan to remain to the end of the sixth race before heading home. No refunds or cancellations after October 12.

| All Ages ■ Senior Center ■ Mary Ann Sams | Nov 28 | Tu 9 a.m.-4:30 p.m. | $46 | #104711 |
### Aladdin the Broadway Show
Discover a whole new world at Aladdin, the hit Broadway musical. From the producer of The Lion King, comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It’s an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Have lunch on your own prior to the show. No children under 5 years old allowed. No refunds or cancellations after December 8.

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<tr>
<th>All Ages</th>
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<th>Volunteer</th>
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<td>Dec 17</td>
<td>Tu</td>
<td>11:30 a.m.-5:45 p.m.</td>
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### San Francisco Holiday Lobbies and Lights
Join us for our exclusive tour of the Holiday Lights and Lobbies of San Francisco. See the traditional Tree of Cranes in City Hall. Visit the Palace Hotel for the Gingerbread House Competition of the city’s master chefs. Then to Union Square for the St. Francis Hotel 15’ Gingerbread Castle, Union Square Tree, Menorah and Macy’s Holiday Lane. Next is the Fairmont Hotel on Nob Hill for their Life Sized Gingerbread House followed by the Hyatt Regency spectacular Lobby Miniature Village and Ice Rink!

No refunds or cancellations after December 5.

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<th>All Ages</th>
<th>Senior Center</th>
<th>Mary Ann Sams</th>
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<td>Dec 19</td>
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### Night Tour of Local Holiday Lights
The Christmas season is the best time of the year and many homes in the local area display some fantastic holiday light shows. Have an early dinner and join us as we travel around local neighborhoods to enjoy the decorations. No cancellation or refunds after December 7.

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<th>All Ages</th>
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<th>Mary Rae Lehman</th>
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<td>Dec 21</td>
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### Magnificent Marin Holiday Lights
We go on a mega-watt tour of Christmas lights at the famous homes in Marin. There’s the bubble-blowing bear home, surrounded by animated figures, and trains. Then off to Linda’s unique mid-century wonderland display. We’ll marvel at two spectacular displays of Walt Disney toys, and framed by Mickey Mouse-shaped topiaries. Our final visit is to the Rombeiro family’s lavishly decorated home, complete with 80,000 lights, a herd of reindeer, faux snow. Inside, are rooms dedicated to Santas, angels, and a miniature town. No refunds or cancellations after December 14.

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<th>All Ages</th>
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<th>Mary Ann Sams</th>
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### Trips & Tours Procedures
Full Payment is required for all day trips and overnighters at the time of registration, unless specified otherwise.

Customers have the following ways to register.

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

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

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

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

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**Parks Make Life Better!**

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

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

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<tr>
<th>Age: 50+</th>
<th>Senior Center</th>
<th>Patricia Abernathy</th>
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<tr>
<td>Sep 15-Dec 15</td>
<td>F</td>
<td>9 a.m.-1 p.m.</td>
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**Fun Drawings Made Easy**
Now is the time to enjoy drawing and painting. Create personal and time treasured keepsakes for family and friends. Experienced instructor, Ann, will provide all levels of instruction covering colored pencil, water color and Japanese brush painting. Supply list will be provided at first meeting, you may bring your own supply. No class September 6, November 10 and 24.

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<tr>
<th>Age: 50+</th>
<th>Senior Center</th>
<th>Ann Nakatani</th>
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<tr>
<td>Sep 13-Oct 25</td>
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<td>Nov 1-Dec 20</td>
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**COMPUTERS**

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

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**PICNIC SITE RENTALS**
The City of Concord has reservable picnic sites at:

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

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

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

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

*Age: 50+ ■ Senior Center ■ Dorothy F. Moore*

- **Sep 1-Oct 27** F 9:10-10:10 a.m. $43 #104611
- **Nov 3-Dec 29** F 9:10-10:10 a.m. $28 #104612

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

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

- **Sep 1-Oct 27** F 10:30-11:30 a.m. $51 #104614
- **Nov 3-Dec 29** F 10:30-11:30 a.m. $33 #104615

**Momentos de Baile Latino / Latin Moments Dance**

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

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

*Age: 50+ ■ Senior Center ■ Dorothy F. Moore*

- **Oct 2** M 1:15-3:30 p.m. $3 #104616
- **Nov 6** M 1:15-3:30 p.m. $3 #104617
- **Dec 4** M 1:15-3:30 p.m. $3 #104618

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

*Age: 18+ ■ Senior Center ■ Jaime Cader*

- **Sep 14-Oct 26** Th 6-7:30 p.m. $38 R/$43 NR #104706
- **Nov 2-Dec 28** Th 6-7:30 p.m. $43 R/$48 NR #104707

**Beginning Tap I**
Are you NEW to tap dance? Learn tap and have a low impact workout. You will learn fun dances that focus on basic steps. These steps are repeated weekly. No class November 10, 24 and December 1, 15 and 22.

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

- **Sep 15-Dec 29** F 11-11:45 a.m. $58 #105090

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

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

- **Sep 15-Dec 29** F 10:15-11 a.m. $58 #104889

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

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

- **Sep 15-Dec 29** F 10:15-11 a.m. $58 #104889

**ENRICHMENT**

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

*Age: 50+ ■ Senior Center ■ Dave Mora*

- **Oct 3-24** Tu 10 a.m.-12 p.m. $112 #104552

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

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

<table>
<thead>
<tr>
<th>Age: 50+ ■ Senior Center ■ Alayne Balke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 21  Th  9:30-10:30 a.m.  $3  #104714</td>
</tr>
</tbody>
</table>

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

**Sponsored by Tender Heart Home Care Agency.**

<table>
<thead>
<tr>
<th>Age: 50+ ■ Senior Center ■ Linda Meneken, PT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 28  Th  9:30-11:00 a.m.  $3  #104774</td>
</tr>
</tbody>
</table>

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

**Sponsored by Baldwin Park Dance Studio.**

<table>
<thead>
<tr>
<th>Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 12-Oct 31  Tu  10:15-11:15 a.m.  $83  #104589</td>
</tr>
<tr>
<td>Nov 7-Dec 19  Tu  11:15 a.m.-12:15 p.m.  $73  #104582</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 12-Oct 31  Tu  11:15 a.m.-12:15 p.m.  $83  #104581</td>
</tr>
<tr>
<td>Nov 7-Dec 19  Tu  11:15 a.m.-12:15 p.m.  $73  #104582</td>
</tr>
</tbody>
</table>

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

**Sponsored by Baldwin Park Dance Studio.**

<table>
<thead>
<tr>
<th>Age: 50+ ■ Baldwin Park Dance Studio ■ Maxine Davis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 12-Oct 31  Tu  10:15-11:15 a.m.  $81  #104583</td>
</tr>
<tr>
<td>Nov 7-Dec 19  Tu  10:15-11:15 a.m.  $80  #104584</td>
</tr>
</tbody>
</table>

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

**Sponsored by Baldwin Park Dance Studio.**

<table>
<thead>
<tr>
<th>Age: 50+ ■ Baldwin Park Dance Studio ■ Elizabeth Bronson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-Oct 30  M  12:45-1:45 p.m.  $83  #104588</td>
</tr>
<tr>
<td>Nov 6-Dec 18  M  12:45-1:45 p.m.  $73  #104589</td>
</tr>
</tbody>
</table>

### Qigong-Gentle Movements
Qigong is the practice of a series of slow gentle movements accompanied by visualizations which are designed to reduce stress, improve vitality, foster creativity and the enjoyment of life. Practices vary from the soft internal styles such as Tai Chi. The slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged.

**Sponsored by Baldwin Park Dance Studio.**

<table>
<thead>
<tr>
<th>Age: 50+ ■ Centre Concord ■ Han Ong &amp; Angela Ong</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-Oct 30  M  9:10-10:10 a.m.  $35  #104569</td>
</tr>
<tr>
<td>Sep 11-Oct 30  M  10:30-11:30 a.m.  $35  #104570</td>
</tr>
<tr>
<td>Nov 6-Dec 18  M  9:10-10:10 a.m.  $31  #104571</td>
</tr>
<tr>
<td>Nov 6-Dec 18  M  10:30-11:30 a.m.  $31  #104572</td>
</tr>
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</table>

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

**Sponsored by Baldwin Park Dance Studio.**

<table>
<thead>
<tr>
<th>Age: 50+ ■ Baldwin Park Dance Studio ■ Regina Meshenberg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-Oct 30  M  11:15 a.m.-12:15 p.m.  $39  #104586</td>
</tr>
<tr>
<td>Nov 6-Dec 18  M  11:15 a.m.-12:15 p.m.  $45  #104587</td>
</tr>
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</table>
## Special Events

### Welcome to Medicare

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

**Age: 50+  ■ Senior Center  ■ HICAP**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Program Name</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 19</td>
<td>M 9:30-10:30 a.m.</td>
<td>FREE</td>
<td>Welcome to Medicare</td>
<td>HICAP</td>
</tr>
</tbody>
</table>

### Medicare Open Enrollment

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

**Age: 50+  ■ Senior Center  ■ HICAP**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Program Name</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 19</td>
<td>Th 9:30-10:30 a.m.</td>
<td>FREE</td>
<td>Medicare Open Enrollment</td>
<td>HICAP</td>
</tr>
</tbody>
</table>

### Zumba Gold

Zumba is a safe way to stay active and healthy with minimal risk of injury. Zumba improves cardio, toning, flexibility, increases circulation and promotes an active healthy lifestyle. No class October 26, November 23 and December 14.

**Age: 18+  ■ Centre Concord  ■ Elisa Borges**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Program Name</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Sep 12-Oct 31</td>
<td>Tu 10:30-11:30 a.m.</td>
<td>$43</td>
<td>Zumba Gold</td>
<td>Zelia Santos</td>
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</table>

### The New Wealth Management Tool for Your Retirement

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

**Age: 62+  ■ Senior Center  ■ Jon Carlson**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Program Name</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 26</td>
<td>Th 3-4:30 p.m.</td>
<td>$3</td>
<td>The New Wealth Management Tool for Your Retirement</td>
<td>Jon Carlson</td>
</tr>
</tbody>
</table>

### Wills, Powers of Attorney and Advance Health Care Directive

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

**Age: 50+  ■ Senior Center  ■ Raymond McFalone**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Program Name</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 31-Nov 7</td>
<td>Th 1:30-3:30 p.m.</td>
<td>$13</td>
<td>Wills, Powers of Attorney and Advance Health Care Directive</td>
<td>Raymond McFalone</td>
</tr>
</tbody>
</table>

### Trusts and Estate Planning Made Easy

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

**Age: 50+  ■ Senior Center  ■ Raymond McFalone**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Program Name</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 14-21</td>
<td>Th 1:30-3:30 p.m.</td>
<td>$13</td>
<td>Trusts and Estate Planning Made Easy</td>
<td>Raymond McFalone</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Course #</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Tu</td>
<td>10:30-11:30 a.m.</td>
<td>#104603</td>
</tr>
<tr>
<td>Oct 31</td>
<td>Tu</td>
<td>10:30-11:30 a.m.</td>
<td>#104604</td>
</tr>
<tr>
<td>Nov 28</td>
<td>Tu</td>
<td>10:30-11:30 a.m.</td>
<td>#104605</td>
</tr>
<tr>
<td>Dec 19</td>
<td>Tu</td>
<td>10:30-11:30 a.m.</td>
<td>#104606</td>
</tr>
</tbody>
</table>

WORKSHOPS

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Course #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 9</td>
<td>M</td>
<td>9:30-10:30 a.m.</td>
<td>$3</td>
<td>#104565</td>
</tr>
<tr>
<td>Nov 6</td>
<td>M</td>
<td>9:30-10:30 a.m.</td>
<td>$3</td>
<td>#104566</td>
</tr>
<tr>
<td>Dec 4</td>
<td>M</td>
<td>9:30-10:30 a.m.</td>
<td>$3</td>
<td>#104567</td>
</tr>
</tbody>
</table>

Physical Activity is Easier Than You Think!
Join Active Living Every Day and Get Moving!

**Dates:** September 12—November 28
**Day:** Tuesdays
**Time:** 9:30 a.m.—10:30 a.m.
**Location:** Concord Senior Center
**Cost:** $25 (12 weeks)

**Active Living Every Day (ALED) classes are practical and personalized. We understand that you have a busy life, and that everyone’s situation is unique. In ALED you will discover ways to become active that work for you. You will find ways to be active every day: at work, at home, on vacation, etc. ALED works because you’ll learn the skills you need to become and stay physically active. Skills such as:**

- Overcoming barriers to physical activity, setting realistic goals, building confidence and staying motivated.

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

HAWAIIAN FUSION FUNDRAISER

**Concord Senior Center Presents**

**HAWAIIAN FUSION FUNDRAISER**

**Scholarships for Underprivileged Senior Citizens**

**Daniel Ho**

**Six –Time GRAMMY WINNING ARTIST, PRODUCER, COMPOSER, CLINICIAN/TEACHER AND AUDIO ENGINEER**

**Saturday, September 9, 2017**

**4:30pm – 8:30pm**

Concord Senior Center
2727 Parkside Circle

Shop, dine and be entertained!

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

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

http://www.cityofconcord.org/hawaiianfusion/
HOME EQUITY CONVERSION MORTGAGE

Reverse Mortgages as a Retirement Planning Tool

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

*consult a tax specialist

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

These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.

A Full, New Life!

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

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

CarltonSeniorLiving.com

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

Min’s Kitchen, 3505 Clayton Rd (El Monte Shopping Center)
Minamoto (Japanese Restaurant), 4305 Clayton Rd - Ste A
City of Concord Civic Center, 1950 Parkside Drive - Wing A
Concord Police Department, 1350 Galindo Street
Curves For Women, 2962-C Treat Blvd
The Old Spaghetti Factory, 1955 Mt. Diablo
Concord Senior Center — 50 & Better

Health & Human Services

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

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

Care Management by Meals on Wheels (MOW) & Senior Outreach Services for Adults 60+
Discover a wide variety of assistance and resources available to you in the community. Appointments are available on Monday and Wednesday from 9:30a.m. - 3:00pm. and Thursday from 9:30a.m. -11:30am. For more information or to schedule an appointment contact the center.

CC Café Hot Lunch Program by MOW & Senior Outreach Services for Adults 60+
Café is open to adults 60+ and younger spouses and seniors. Meals are served daily at 11:30a.m. You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9:00a.m. -11:30a.m. for more information and a menu.

Senior Peer Individual Counseling by Contra Costa Health Services for Adults 55+
Offers free and confidential one-on-one, 45-minute counseling sessions every Monday and Tuesday from 9:30a.m. - 11:30a.m. Call for an appointment.

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

Health Insurance Counseling and Advocacy Program (HICAP) Call (925) 602-4168 for an appointment. Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO’s and Nursing Home Insurance. Advisors are available on the 1st, 2nd, 3rd and 4th Friday of each month from 1:00p.m. - 3:00p.m. and 1st & 2nd Tuesday from 12:30p.m. - 2:30p.m.

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

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

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

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

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

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

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

**Swimming, Aquatot-Parent and Me**

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

<table>
<thead>
<tr>
<th>Age: 10-36 months</th>
<th>Concord Community Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>10:25-10:55 a.m.</td>
</tr>
</tbody>
</table>

**Swimming, Elementary**

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

<table>
<thead>
<tr>
<th>Age: 6-14</th>
<th>Concord Community Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>9:50-10:20 a.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>10:25-10:55 a.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>11:00-11:30 a.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>11:35 a.m.-12:05 p.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>12:10-12:40 p.m.</td>
</tr>
</tbody>
</table>

**Swimming, Preschool**

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

<table>
<thead>
<tr>
<th>Age: 3-5</th>
<th>Concord Community Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>9:50-10:20 a.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>10:25-10:55 a.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>11:00-11:30 a.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>11:35 a.m.-12:05 p.m.</td>
</tr>
<tr>
<td>Sep 9-Oct 7 Sa</td>
<td>12:10-12:40 p.m.</td>
</tr>
</tbody>
</table>

**Swimming, Private**

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

<table>
<thead>
<tr>
<th>Age: 3-Adult</th>
<th>Concord Community Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-30 Sa</td>
<td>9:50-10:20 a.m.</td>
</tr>
<tr>
<td>Sep 9-30 Sa</td>
<td>10:25-10:55 a.m.</td>
</tr>
<tr>
<td>Sep 9-30 Sa</td>
<td>11:00-11:30 a.m.</td>
</tr>
<tr>
<td>Sep 9-30 Sa</td>
<td>11:35 a.m.-12:05 p.m.</td>
</tr>
<tr>
<td>Sep 9-30 Sa</td>
<td>12:10-12:40 p.m.</td>
</tr>
</tbody>
</table>

### SWIM LESSONS – WEEKDAYS

**Swimming, Preschool**

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

<table>
<thead>
<tr>
<th>Age: 3-5</th>
<th>Concord Community Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-14 M-Th</td>
<td>3:45-4:15 p.m.</td>
</tr>
<tr>
<td>Sep 11-14 M-Th</td>
<td>4:55-5:25 p.m.</td>
</tr>
<tr>
<td>Sep 18-21 M-Th</td>
<td>3:45-4:15 p.m.</td>
</tr>
<tr>
<td>Sep 18-21 M-Th</td>
<td>4:55-5:25 p.m.</td>
</tr>
<tr>
<td>Sep 25-28 M-Th</td>
<td>3:45-4:15 p.m.</td>
</tr>
<tr>
<td>Sep 25-28 M-Th</td>
<td>4:55-5:25 p.m.</td>
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</tbody>
</table>

**Swimming, Elementary**

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

<table>
<thead>
<tr>
<th>Age: 6-14</th>
<th>Concord Community Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-14 M-Th</td>
<td>4:20-4:50 p.m.</td>
</tr>
<tr>
<td>Sep 11-14 M-Th</td>
<td>5:30-6:00 p.m.</td>
</tr>
<tr>
<td>Sep 18-21 M-Th</td>
<td>4:20-4:50 p.m.</td>
</tr>
<tr>
<td>Sep 18-21 M-Th</td>
<td>5:30-6:00 p.m.</td>
</tr>
<tr>
<td>Sep 25-28 M-Th</td>
<td>4:20-4:50 p.m.</td>
</tr>
<tr>
<td>Sep 25-28 M-Th</td>
<td>5:30-6:00 p.m.</td>
</tr>
</tbody>
</table>

**Swimming, Private**

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

<table>
<thead>
<tr>
<th>Age: 3-Adult</th>
<th>Concord Community Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-14 M-Th</td>
<td>3:45-4:15 p.m.</td>
</tr>
<tr>
<td>Sep 11-14 M-Th</td>
<td>4:20-4:50 p.m.</td>
</tr>
<tr>
<td>Sep 11-14 M-Th</td>
<td>4:55-5:25 p.m.</td>
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<tr>
<td>Sep 11-14 M-Th</td>
<td>5:30-6:00 p.m.</td>
</tr>
<tr>
<td>Sep 18-21 M-Th</td>
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</tr>
<tr>
<td>Sep 25-28 M-Th</td>
<td>5:30-6:00 p.m.</td>
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</table>

**Deep Water Workout**

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

<table>
<thead>
<tr>
<th>Age: 18+</th>
<th>Concord Community Pool</th>
<th>Andrea Legualt</th>
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</thead>
<tbody>
<tr>
<td>Check website for class schedule and details at <a href="http://www.ConcordReg.org">www.ConcordReg.org</a></td>
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</tr>
</tbody>
</table>
Lap Swim

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

Fees

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>$5.50 R/$6.50 NR</th>
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</thead>
<tbody>
<tr>
<td>Daily</td>
<td></td>
<td>$4.75 R/$5.75 NR</td>
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<tr>
<td>Monthly</td>
<td></td>
<td>$75 R/$80 NR</td>
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<tr>
<td>15 Swims</td>
<td></td>
<td>$66 R/$76 NR</td>
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<tr>
<td>30 Swims</td>
<td></td>
<td>$123 R/$133 NR</td>
</tr>
<tr>
<td>45 Swims</td>
<td></td>
<td>$171 R/$181 NR</td>
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</table>

Lap Swim - September 5 - November 30

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

Holiday Hours 10 a.m. – Noon
- Veterans Day: Nov 10
- Day After Thanksgiving: Nov 24

Pool Closures
- Swim Meet Nov 17-19
- Thanksgiving Nov 23

Fall Recreational Swim

September 9-24 | Sa & Su | 1-4 p.m.

Admission

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>15 swim pass</th>
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</thead>
<tbody>
<tr>
<td>Adult (18+)</td>
<td>$5.50 R/$6.50 NR</td>
<td>$66 R/$76 NR</td>
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<tr>
<td>Child (3-17)</td>
<td>$4.75 R/$5.75 NR</td>
<td>$55 R/$66 NR</td>
</tr>
<tr>
<td>Tot (2 &amp; Under)</td>
<td>Free</td>
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<tr>
<td>Senior (65+)</td>
<td>$4.75 R/$5.75 NR</td>
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<td>Inflatables</td>
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<td>$2</td>
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</table>

Plan your summer birthday party at Concord Community Pool.
The pool provides a fun and unique atmosphere for many types of occasions.

Contact the pool at 671-3480 for information or to make a reservation.
www.cityofconcord.org
DOWNTOWN EVENTS

Farmers’ Market • Music and Market

Special Events at Todos Santos Plaza
Located at Willow Pass Road and Grant Street in Concord

Concord Farmers’ Market
Tuesdays: Year-round, 10 a.m.–2 p.m.
Thursdays: April 20–October 26, 4–8 p.m.
1-800-949-FARM

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

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

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

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

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

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

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

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

Homework Help
Mondays
4–6 p.m.

Check with Library,
days/hours subject to change
SIGN UP NOW - FIVE (5) EASY WAYS TO SIGN UP

1. Online Registration
   www.ConcordReg.org

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

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

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

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

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

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

   Centre Concord
   5298 Clayton Road, Concord
   (In the Clayton Fair Shopping Center next to Clayton Valley Bowl)
   Monday–Friday, 10 a.m.–12 p.m. and 1–3 p.m.

Please Remember:

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

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

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

#### HOW DID YOU HEAR ABOUT THIS PROGRAM?
- [ ] Activity Guide
- [ ] On-going Program
- [ ] Friend or Family
- [ ] Brochure or flyer through school
- [ ] City Website
- [ ] Email Newsletter
- [ ] Cable TV Channel
- [ ] Banner/Public Display
- [ ] Newspaper
- [ ] Other ________________________________

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

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Date of Birth</th>
<th>Course #</th>
<th>Course Title</th>
<th>Fee</th>
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**Total Fees $**

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

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

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

(check one) [ ] Self  [ ] Parent  [ ] Guardian

Signature __________________________________________ Date __________________

#### Method of payment:
- [ ] Check payable to: Concord Parks & Recreation
- [ ] VISA
- [ ] MasterCard
- [ ] American Express

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

Print name as it appears on card __________________________ Signature __________________________
Rental facilities for all occasions

weddings, quinceañeras, 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
An addictive sport. Perfect for all ages.

Classes, Clinics & Private Lessons
Tournaments and Leagues

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

For more information see page 25