MEMORANDUM

TO: Board of Directors

FROM: Interim General Manager

DATE: July 7, 2016

RE: July 14, 2016 Board Meeting

Please note that Board Chair Zac Shess will not be in attendance at this meeting.

MEMORANDUM

TO: Board of Directors

FROM: Interim General Manager

DATE: July 6, 2016

RE: Closed Session – July 14, 2016 - 6:00 pm

CONFERENCE WITH LEGAL COUNSEL – PENDING LITIGATION
Pursuant to California Government Code Section 54956.9 (d) (1)
Pleasant Hill Recreation & Park District v. Abey Arnold Associates Inc.,
Contra Costa County Superior Court Case No. CGC-15-546406

CONFERENCE WITH LEGAL COUNSEL—PENDING LITIGATION
Pursuant to California Government Code Section 54956.9 (d) (1)
Pleasant Hill Recreation & Park District v. Contra Costa County
Contra Costa County Superior Court Case No. N16-0477

We have set closed session at 6:00pm regarding the Abey Arnold Associates case. Attorney Bill McInerney will be on hand to give us an update.

Board Member Bobby Glover will report on the Oak Park Case.

Board of Directors AGENDA

PLEASANT HILL RECREATION & PARK DISTRICT

147 Gregory Lane
Pleasant Hill, CA 94523
(925) 682-0896
(925) 682-1633 fax
pleasanthillrec.com

MISSION STATEMENT

In order to serve the diverse recreational needs of individuals and families and to enrich the quality of life for all residents, the Pleasant Hill Recreation & Park District is committed to providing park facilities, open space, and programs and activities for all ages.

ADMINISTRATION OFFICE
CONFERENCE ROOM
147 GREGORY LANE, PLEASANT HILL

Special Board of Directors Meeting
Thursday, July 14, 2016
6:00 p.m.

1. Call to Order

2. Roll Call

3. Public Comment
   Five minutes may be allotted to each speaker and a maximum of twenty (20) minutes to each subject matter. The public may speak regarding agenda items at the time the matter is taken up. Non-agenda items can be addressed under Public Comment.

4. **CLOSED SESSION**

   CONFERENCE WITH LEGAL COUNSEL – PENDING LITIGATION
   Pursuant to California Government Code Section 54956.9 (d) (1)
   Pleasant Hill Recreation & Park District v. Abey Arnold Associates Inc.,
   Contra Costa County Superior Court Case No. CGC-15-546406

   CONFERENCE WITH LEGAL COUNSEL—PENDING LITIGATION
   Pursuant to California Government Code Section 54956.9 (d) (1)
   Pleasant Hill Recreation & Park District v. Contra Costa County
   Contra Costa County Superior Court Case No. N16-0477

Documents that are disclosable public records required to be made available under California Government Code Section 54957.5 (b) (1) and (2) are available to the public for inspection at no charge during business hours at our administrative office located at 147 Gregory Lane, Pleasant Hill, California.

The Pleasant Hill Recreation & Park District will provide reasonable disability-related modification or accommodations to a person who requires such in order to participate in the meeting of the Board of Directors. Please contact Susie Kubota (925) 682-0896 at least 48 hours before the meeting.

MEMORANDUM

TO: Board of Directors

FROM: Interim General Manager

DATE: July 6, 2016

RE: July 14, 2016 Board Meeting

Consent Calendar **(ACTION)**

a. To Approve Bills to be Paid
b. To Approve Minutes of June 10, 2016 Special Meeting and June 23, 2016 Special Meetings and Board Meeting

Accounts Payable
Computer Check Register Totals

Check	Date	Vendor No	Vendor Name	Amount	Voucher
22892	07/14/2016	Aantex	Aantex Pest Control	1,265.00	000000
22893	07/14/2016	Accela	Accela, Inc. # 774375	5,374.99	000000
22894	07/14/2016	AmerSta	American Stage Tours	5,005.00	000000
22895	07/14/2016	AmFid	American Fidelity	2,648.27	000000
22896	07/14/2016	AmFidAs	American Fidelity Assurance	431.12	000000
22897	07/14/2016	AmosGG	GG Amos	500.00	000000
22898	07/14/2016	Antai	Antai Solutions LLC	8,324.00	000000
22899	07/14/2016	ATT CC	AT & T	220.90	000000
22900	07/14/2016	BatenMar	Mark Batenburg	120.00	000000
22901	07/14/2016	BayAlar	Bay Alarm Company	1,459.97	000000
22902	07/14/2016	BayBuil	Bay Building Maintenance Inc.	1,112.05	000000
22903	07/14/2016	BeckRob	Robert Becker	444.00	000000
22904	07/14/2016	BillAce	Bill's Ace Hardware	21.65	000000
22905	07/14/2016	Bliss Po	Bliss Point Productions	1,125.00	000000
22906	07/14/2016	BonaSan	Sandra Bonato	200.00	000000
22907	07/14/2016	CaliCon	California Consulting	4,500.00	000000
22908	07/14/2016	Capri	CAPRI	47,030.00	000000
22909	07/14/2016	Carojim	Jim Caroompas	500.00	000000
22910	07/14/2016	CaUsss	California USSSA	323.00	000000
22911	07/14/2016	CCCAudit	Contra Costa County Auditor -C	3,887.50	000000
22912	07/14/2016	CCHeal	Contra Costa Health Services	1,379.00	000000
22913	07/14/2016	CCSNP	Contra Costa Senior Nutrition	2,182.50	000000
22914	07/14/2016	CCWat	Contra Costa Water District	4,449.48	000000
22915	07/14/2016	CintCorp	Cintas Corp # 185	770.49	000000
22916	07/14/2016	Cole	Cole Supply Co., Inc.	196.58	000000
22917	07/14/2016	ConSoft	Concord Softball Umpires	2,312.00	000000
22918	07/14/2016	CPSCons	CPS HR Consulting	6,209.44	000000
22919	07/14/2016	Denelect	Denalect Alarm Company	124.55	000000
22920	07/14/2016	DonDen	Dennis A. Donaghu	200.00	000000
22921	07/14/2016	DSRSD	Dublin San Ramon Services Dist	293.00	000000
22922	07/14/2016	DynaAud	Dynamic Audio Concepts	2,200.00	000000
22923	07/14/2016	EBMUD	East Bay Mud	527.72	000000
22924	07/14/2016	Ecolab	Ecolab	481.79	000000
22925	07/14/2016	Ewing	Ewing Irrigation	1,440.40	000000
22926	07/14/2016	FranJan	Janet Franklin	715.88	000000
22927	07/14/2016	FranTx	Franchise Tax Board	105.00	000000
22928	07/14/2016	Furber	Furber Saw, Inc.	84.78	000000
22929	07/14/2016	GasAnd	Andrea Gaspari	1,562.25	000000
22930	07/14/2016	GiovFra	Frank Giovanni	600.00	000000
22931	07/14/2016	GlovBob	Bobby Glover	200.00	000000
22932	07/14/2016	HolmBas	Holm Base	270.87	000000
22933	07/14/2016	HurdAss	Hurd & Associates	6,617.00	000000
22934	07/14/2016	INKEM	INKEM	4,648.96	000000
22935	07/14/2016	JetMul	Jet Mulch, Inc.	1,204.35	000000
22936	07/14/2016	KiddCur	Law Office of Curtis S. Kidder	3,553.00	000000
22937	07/14/2016	LincEqu	Lincoln Aquatics	1,838.31	000000
22938	07/14/2016	MacaRon	Ronald Macaluso	150.00	000000
22939	07/14/2016	MacJam	James MacCabe	800.00	000000
22940	07/14/2016	Mallory	Mallory Safety & Supply	364.09	000000
22941	07/14/2016	MDUSD2	MDUSD, M&O Dept	36,615.89	000000
22942	07/14/2016	MillSta	Miller Starr Regalia	6,959.90	000000
22943	07/14/2016	Nextel	Nextel Communications/Sprint	858.78	000000
22944	07/14/2016	P&DApp	P&D Appliance	245.75	000000
22945	07/14/2016	ParkSB	Parker South Bay	707.50	000000
22946	07/14/2016	PerlGui	Guillermo Perla	800.00	000000
22947	07/14/2016	PERS	CalPERS	15,089.24	000000

Check	Date	Vendor No	Vendor Name	Amount	Voucher
22948	07/14/2016	PG&E	Pacific Gas & Electric Co	17,816.19	000000
22949	07/14/2016	PhCham	Pleasant Hill Chamber Of Comme	350.00	000000
22950	07/14/2016	PhCit	Pleasant Hill, City of	4,340.71	000000
22951	07/14/2016	PitBow	Pitney Bowes Global	287.74	000000
22952	07/14/2016	PleaHill	Pleasant Hill Rec & Park Distr	163,223.46	000000
22953	07/14/2016	R-Comput	R-Computer	29.30	000000
22954	07/14/2016	RehaSer	Rehabilitation Services of No	9,229.40	000000
22955	07/14/2016	RotoRoot	Roto-Rooter Sewer Service	4,080.64	000000
22956	07/14/2016	ShessZac	Zac Shess	200.00	000000
22957	07/14/2016	Standard	Standard Insurance Company	350.30	000000
22958	07/14/2016	StarSpo	Star Sports	4,310.60	000000
22959	07/14/2016	StePrint	Steven's Printing	65.10	000000
22960	07/14/2016	SterSher	Sherry Sterrett	200.00	000000
22961	07/14/2016	SupAuto	Superior Auto Parts Warehouse	162.23	000000
22962	07/14/2016	SuppWor	Supply Works	1,486.65	000000
22963	07/14/2016	TheBrew	The Brewing Network	350.00	000000
22964	07/14/2016	Travel	Travel Center, Trust Account	2,964.00	000000
22965	07/14/2016	TraxTrax	Trax Trax Inc	27,631.25	000000
22966	07/14/2016	TriVall	TriValley Fence Works	1,700.00	000000
22967	07/14/2016	UNIVAR	UNIVAR USA Inc	1,614.80	000000
22968	07/14/2016	USBank	U.S. Bank	4,316.20	000000
22969	07/14/2016	USBankEq	US Bank Equipment Finance	340.25	000000
22970	07/14/2016	USBankP	U.S. Bank Corporate Payment	36,993.16	000000
22971	07/14/2016	USBKLoan	US Bank	36,590.97	000000
22972	07/14/2016	Valic	Valic	500.00	000000
22973	07/14/2016	WrigGre	A.G. Wright	1,000.00	000000
22974	07/14/2016	Zarpana	Zarpana Design	900.00	000000
			CHECK TOTAL:	**$512,283.90**	

Board of Directors Special Meeting Minutes
June 10, 2016
DRAFT

The June 10, 2016 Special Board Meeting of the Pleasant Hill Recreation & Park District Board of Directors was called to order by Board Chair Zac Shess at 4:00 p.m. in the Republic Services Room at the Community Center.

ROLL CALL

BOARD PRESENT: Bonato, Shess, Sterrett

PUBLIC COMMENT

There was no public comment.

CLOSED SESSION

Board Chair Zac Shess adjourned to closed session to conduct interviews for the General Manager position.

TO CONSIDER APPOINTMENT OF PUBLIC EMPLOYEE
Pursuant to California Government Code Section 54957(b)(1)
Position: General Manager

Board Chair Shess announced there were no decisions made at closed session.

ADJOURNMENT

Board Chair Shess adjourned the meeting at 8:39 p.m.

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Tina Young, Acting Clerk of the Board

Board of Directors Special Meeting Minutes
June 23, 2016
DRAFT

The June 23, 2016 Special Board Meeting of the Pleasant Hill Recreation & Park District Board of Directors was called to order by Board Chair Zac Shess at 5:33 p.m. in the Conference Room at the Administration Office.

ROLL CALL

BOARD PRESENT: Bonato (arrived at 5:40pm), Donaghu, Glover, Shess, Sterrett

PUBLIC COMMENT

There was no public comment.

CLOSED SESSION

Board Chair Zac Shess adjourned to closed session.

TO CONSIDER APPOINTMENT OF PUBLIC EMPLOYEE
Pursuant to California Government Code Section 54957(b)(1)
Position: General Manager

The Board of Directors recessed at 6:20 p.m. and reconvened to the closed session at 7:20 p.m. Board Chair Shess announced there were no decisions made.

ADJOURNMENT

Board Chair Shess adjourned the meeting at 7:29 p.m.

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Tina Young, Acting Clerk of the Board

Board of Directors Special Meeting Minutes
June 23, 2016
DRAFT

The June 23, 2016 Special Board Meeting of the Pleasant Hill Recreation & Park District Board of Directors was called to order by Board Chair Zac Shess at 6:20 p.m. in the Conference Room at the Administration Office.

ROLL CALL

BOARD PRESENT: Bonato, Donaghu, Glover, Shess, Sterrett

STAFF PRESENT: Young

PUBLIC COMMENT

There was no public comment.

CLOSED SESSION

Board Chair Zac Shess adjourned to closed session.

CONFERENCE WITH LEGAL COUNSEL—PENDING LITIGATION
Pursuant to California Government Code Section 54956.9 (d) (1)
Pleasant Hill Recreation & Park District v. Contra Costa County
Contra Costa County Superior Court Case No. N16-0477

Board Chair Shess announced there were no decisions made.

ADJOURNMENT

Board Chair Shess adjourned the meeting at 7:20 p.m.

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Tina Young, Acting Clerk of the Board

Board of Directors Meeting Minutes
June 23, 2016
DRAFT

The June 23, 2016 meeting of the Pleasant Hill Recreation & Park District Board of Directors was called to order by Board Chair Shess at 7:30 p.m. in the Conference Room at the Administrative Office. Board Chair Shess reported that the Board had met in Closed Session and that no decisions were made.

PLEDGE OF ALLEGIANCE
Board Vice Chair Donaghu led the Pledge of Allegiance.

ROLL CALL
BOARD PRESENT: Bonato, Donaghu, Glover, Shess, Sterrett

STAFF PRESENT: Blair, Cotruvo, Hunn, Luke, Miller, Riley, Young

PUBLIC COMMENT
There was no public comment.

PUBLIC HEARING
ASSESSMENT DISTRICT ANNUAL ASSESSMENT
VALLEY HIGH II
VALLEY HIGH IV
VALLEY HIGH V
WOODSIDE HILLS I
WOODSIDE HILLS III
LANDSCAPING AND LIGHTING DISTRICT #6

There was no public hearing comments.

CONSENT CALENDAR (ACTION)

a. To Approve Bills to be Paid, warrants #22827-22891
b. To Approve Minutes of April 14, 2016
c. To Approve Resolutions 2016-06-23A – 2016-06-23E for Properties of the Landscape Maintenance Districts of Valley High II, Valley High IV, Valley High V, Woodside Hills I and Woodside Hills III Approving Final Engineer's Report for the Annual Levy of Assessments for Fiscal Year 2016-17
d. To Approve Resolution 2016-06-23F for Properties of the Landscape & Lighting District #6 Approving the Final Engineer's Report for the Annual Levy of Assessment for Fiscal Year 2016-17
e. To Approve Resolutions 2016-06-23G – 2016-06-23K for Properties of the Landscape Maintenance District of Valley High II, Valley High IV, Valley High V, Woodside Hills I and Woodside Hills III Ordering the Levy of Assessments for Fiscal Year 2016-17
f. To Approve Resolution 2016-06-23L for Properties of the Landscaping Maintenance Districts of Landscape and Lighting District #6 Ordering the Levy of Assessment for Fiscal Year 2016-17
g. To Approve Resolution 2016-06-23M, July as Parks and Recreation Month

Upon motion of Board Members Donaghu & Bonato, the Board approved the Consent Calendar with minor changes to the minutes of April 14, 2016.

REPORT FROM PLEASANT HILL DOG OWNERS GROUP (DOG)

Interim General Manager Tina Young mentioned that the outgoing President of the Pleasant Hill Dog Owners Group introduced the new Presidents Chet Frietag and Brian Agastino. Chet reported that he has been with the Dog Group for 16 years and the posts for the fence are rotted and the Dog Group will fund to replace the fence. Frietag said our park maintenance staff recommends the fence be pushed back just a bit, which will be left up to park staff to determine. He stated they need more dirt to fill in holes. Frietag said their membership fee is $35 and they will confirm the number of members they currently have. Board Member Sterrett mentioned there may be a possibility of another dog park at Chilpancingo Park with the new development on Golf Club Road where the old Kmart used to be. Staff will keep Frietag informed. Board Chair Shess encouraged the group to come back or keep the new General Manager informed of new activities and Shess thanked him for their report.

REPORT ON WINE WOMEN AND SHOES 2016 AND PRESENTATION OF CHECK TO REHABILITATION SERVICES OF NORTHERN CALIFORNIA (RSNC)

Recreation Supervisor and Wine Women and Shoes Chair Kendra Luke introduced RSNC CEO Debbie Toth. Luke reported on the event and showed a video of the successful event. She mentioned there were six shoe guys who learned a choreographed routine and started the show with their routine. Everyone was so excited. These men dedicated their time and met with a choreographer at Studio A. The instructor donated her time to teach the men the routine they performed. Luke said the total attendance was 320 sold tickets including 17 VIP tables. The fundraising events were a success, a dinner at a firehouse sold for $12,000.

Board Member Glover asked for a breakdown of where the funds come from. Luke said most funds come from the sponsors, then the auction and finally the ticket sales. Board Member Sterrett asked if the committee thinks we are hinting that we are coming to the life line of this event with a 5 year cap. The committee does not feel it is, but they try to get new sponsors and new partnering agency and also new highlights to bring to the event. Luke said while she is out on maternity leave, the committee will be starting to interview for a partnering agency for 2017. Board Member Sterrett asked to consider some agencies for special needs. Board Chair Shess asked how we thank the sponsors and attendees. Luke responded that the committee sends a personal email and also personal thank you letters thanking the sponsors for their support. Shess has attended each year and said it is a great event, but takes a lot of work. The Committee presented RSNC CEO Debbie Toth with a check for $18,740. Toth thanked the committee and District Board for choosing RSNC to be a partner. Toth stated she has attended the event every year and will continue to be a supporter in the future.

REPORT ON BLUES AND BREWS FESTIVAL

Recreation Supervisor Katrina Hunn and Special Events Coordinator Sheila Cotruvo reported on the Blues and Brews Festival for July 15 and 16. Cotruvo reported the music will be free to the community and the beer tasting tent tickets are $40 advance, $50 at door and $55 VIP. There will be single ticket sales for beer or wine. She said they are looking for a few more beer booth sponsors. They have four food vendors, six craft vendors and 17 breweries in the tent. Hunn said Friday will be featuring the Big Jangle and they have added a home brew contest, people's choice tasting where they will receive three bottle caps, placing them in the order of their likeness. Hunn said they have been working with Doze Home Brew Club in Walnut Creek where many of their applicants for Friday have come from, 20 so far, and some requests are from the website as well. Saturday headliner is Gregg Wright; Frankie G and the Conviction is returning,

Caroompas Room and a female performer GG Amos are performing. The Get Famous contest winner was the Indecision Band from Martinez where people vote on Facebook. She said past volunteers, District Staff, Chamber, friends and families assist with the event. There are many openings to volunteer if you would like to help with the event. Hunn reviewed over all the marketing they have been conducting for the Blues and Brews Festival. The Board thanked Hunn and Cotruvo for their report.

BUDGET AND FINANCE COMMITTEE REPORT

a. **To Approve Resolution 2016-06-23N, Amending Fiscal Year 2015-16 (ACTION)**
b. **To Approve Resolution 2016-06-23O, Amending Fiscal Year 2016-17 (ACTION)**

The Interim General Manager Tina Young stated since the amended budget completed by past General Manager Bob Berggren has been revised, the Budget and Finance Committee met with staff and completed some further revisions for Board approval. Board Member Bonato reviewed some of the revisions and asked if Accounting Supervisor Mark Blair had other comments. He reviewed the amended budget more closely and said Bob was the orchestra of the budget. He thinks the changes made are better and this is a general financial plan for the District. Young reminded the Board Members that past General Manager Bob Berggren did put in the 2016-17 amended budget a 3% cost of living increase. Young pointed out that the current index report is 2.7%. The Board appreciated Young bringing this up and approved the budgeted amount of the 3% COLA for the 2016-17 amended budget.

Upon motion of Bonato and Donaghu, the Board approved the resolutions amending the Fiscal Year 2015-16 budget and amending the Fiscal Year 2016-17 budget as presented.

REPORTS AND TO SET BOARD COMMITTEE MEETING DATES

a. **Land and Facility Development Committee** – Board Member Bonato reported that the Land and Facility Development Committee meets next Tuesday, June 28.
b. **Personnel Committee** – no report
c. **Budget & Finance Committee**
d. **Program Committee –** Board Member Donaghu reported that the Program Committee met on June 21 for the Fall/Winter Spotlight and a report will be made at the July 14, 2016 Board Meeting. He also mentioned they will cover rental fees and facility issues.

BOARD ANNOUNCEMENTS AND REQUESTS TO STAFF

Bonato made the following announcements/questions:

- She congratulated Board Member Glover on becoming a new daddy.

Glover made the following announcements/questions:

- He congratulated Bonato on her daughter's marriage.
- A Liaison Committee meeting was set tentatively for July 27, 11 a.m. at the City Manager's Conference Room.

Sterrett made the following announcements/questions:

- She asked about the Family Camp Out. Hunn reported there were 109 people that camped out at Pleasant Hill Park on Saturday, June 18.
- She is interested in meeting with the new Chamber CEO. Shess recommended, maybe after the Blues and Brews Festival, to invite him to a Board Meeting.

Donaghu made the following announcements/questions:

- He attended the Chamber Meeting last Thursday. He said Martin Nelis did a presentation on the City's needs and the priorities of those needs. It was an interesting presentation. He asked staff to follow up with Nelis to see if he can do a presentation to our Board.

Shess made the following announcements/questions:

- He started writing a column in the Community Focus. He went to all the District parks in one day with his son. He wrote an article about the parks and tied it into July as Parks and Recreation Month.

STAFF ANNOUNCEMENTS

The Interim General Manager made the following announcements:

- Staff met with Brian Royer of California Consultants on June 21, 2016 to finalize the Zero-Emissions Vehicle Grant, and to discuss the CalRecycle Tire-Derived Product Grant for outdoor basketball courts and the Habitat Conservation Fund for removal and restoration of Eucalyptus groves.
- Young also reported that the District was notified that we were denied the grant for 10 iPads and keyboard cases for the Teen Center by Wayne and Gladys Valley Foundation.
- The Teen Center had shades installed in the center and at the snack shack and staff already can see a difference in the cooling of the rooms.
- She showed the Board the article and ad from the Bay Area News Group's Sunday East Bay Times, announcing that the Pleasant Hill Community Center Perera Pavilion won The Best Venue for a Wedding in the East Bay. The District got a full page ad in the inside back cover of the "Best in the East Bay" insert.
- Kendra Luke will be going on maternity leave July 1 – September and Holly Frates will be Acting Supervisor in her absence.
- Attorney Bill McInerney wants to meet in closed session on July 14 to update the Board on the Pleasant Oaks Park case.

ADJOURNMENT

Board Chair Shess adjourned the meeting at 9:37 p.m.

_____

Tina Young, Acting Clerk of the Board

MEMORANDUM

TO: Board of Directors

FROM: Interim General Manager

DATE: July 6, 2016

RE: July 14, 2016 Board Meeting

Report from Society of Young Magicians

Representative Jerry Barrilleaux will give an update on the membership and activities of the Society of Young Magicians.

MEMORANDUM

TO: Board of Directors

FROM: Interim General Manager

DATE: July 6, 2016

RE: July 14, 2016 Board Meeting

Review June Grant Report from California Consulting, LLC

Enclosed is the June grant report from Brian Royer, Project Manager with California Consulting, LLC. We have submitted three grants to date and unfortunately have been denied by two of them. Submitted and currently under review is the Heavy-Duty Zero-Emissions (ZEV) Program Grant for the purchase of a new ADA compliant 14 plus passenger Shuttle Bus vehicle. Other grants in development are the CalRecycle Tire-Derived Product Grant for potential funding for outdoor basketball courts at Pleasant Hill Park and Brookwood Park, and the California Department of Parks and Recreation: Habitat Conservaiton Fund Program for removal of eucalyptus grove and oak restoration at Valley High II.

Pleasant Hill Recreation and Park District
GRANTS SUBMITTED
June 2016

1. **CA State Parks, Land Water Conservation Fund**
Submitted: February 3, 2016
Amount: $241,290.50 (requested amount)
PHRPD Project: Proposed project application was the renovation/ repair of the Pleasant Hill Aquatic Park diving pool deck and electrical underwater lighting system. If approved, the project will replace the damaged concrete pool decking as well as the underwater pool lighting system.

2. *Wayne and Gladys Valley Foundation*
Submitted: 04/20/16
Amount: $6,000
PHRPD Project: Grant proposal submitted for the purchase of 10 IPADS for PHRPD Teen Center after-school teen program.

3. Heavy-Duty Zero-Emissions Vehicle (ZEV) Program
Deadline: 06/22/16
Amount: $123,755.00 (requested amount)
PHRPD Project: Grant project proposal for the purchase of a new the Phoenix Motorcars ZEUS 305, ADA compliant 14 plus passenger Shuttle Bus vehicle.

Total Grant Amount Submitted: $371,045.50

Pleasant Hill Recreation and Park District
GRANTS IN-DEVELOPMENT
June 2016

1. CalRecycle Tire-Derived Product Grant
Deadline: Anticipated Agency Deadline Summer 2016
PHRPD Project: Pleasant Hills & Brookwood Parks basketball courts resealed / paved. This grant could also be a potential funding source for expansion to other park playground sites.

2. **California Department of Parks and Recreation: Habitat Conservation Fund (HCF) Program**

Deadline: October 3, 2016

PHRPD Project: Removal of eucalyptus grove and oak restoration at Valley High II area of approximately 8 acres of the hillside while also eliminating an extreme fire danger. This project site has the potential to increase the scope by connecting several smaller park land segments together.

Pleasant Hill Recreation and Park District
MEETINGS & OTHER ACTIVITIES
June 2016

Meeting/ Activity Date	Purpose	Attendees
05/04/16	Monthly grant report and a brief reintroduction email to Tina Young discussing potential projects and funding sources.	Brian R. Royer & Tina Young
06/06/16	Follow-up email to Lance Hurtado concerning vehicle specific questions for the Heavy-Duty Zero-Emissions Vehicle (ZEV) grant application.	Brian R. Royer & Lance Hurtado
06/10/16	Follow-up email to Lance Hurtado concerning additional vehicle questions and clarification for the Heavy-Duty Zero-Emissions Vehicle (ZEV) grant application.	Brian R. Royer & Lance Hurtado
06/13/16	Follow-up email to Tina, Tom and Lance concerning 6/20 site visit agenda.	Brian R. Royer, Tina Young, Lance Hurtado and Tom Bradley,
06/15/16	Follow-up email with Tarek Helou, Manager – Sales & Marketing, regarding the availability of the vehicle model accommodating 12 -18 people & ADA adaptable.	Brian R. Royer and Tarek Helou, Manager – Sales & Marketing, Phoenix Cars LLC. Phoenix Motorcars Leasing LLC.
06/16/16	Follow-up email to Tom B. concerning vehicle specific questions for the grant application, i.e. engine name,	Brian R. Royer and Tom Bradley

	maintenance log, registration.	
06/16/16	Follow-up emails with Tarek Helou, Manager – Sales & Marketing, concerning their Company's ability to provide a written price quote for the Phoenix Motorcars ZEUS 300 Shuttle Bus.	Brian R. Royer and Tarek Helou, Manager – Sales & Marketing, Phoenix Cars LLC. Phoenix Motorcars Leasing LLC
06/20/16	Site visit to PHRPD to photograph Pleasant Hill Park and Valley High II., Brookwood Park and Dinosaur Hill Park.	Brian R. Royer, Tina Young, Lance Hurtado, and Tom Bradley
6/21/16	Follow-up email from Lance H. with vehicle documentation / questions for the grant application, i.e. maintenance log, registration.	Brian R. Royer and Tom Bradley
06/21/16	Follow-up email reminder with Tarek Helou, Manager – Sales & Marketing, concerning their Company providing a price quote for comparable diesel vehicle required for the Heavy-Duty Zero-Emissions Vehicle (ZEV) grant packet.	Brian R. Royer and Tarek Helou, Manager – Sales & Marketing, Phoenix Cars LLC. Phoenix Motorcars Leasing LLC.
06/21/16	Follow-up email to Lance Hurtado, Katrina Hunn and Tom Bradley concerning the engine name of the Teen Center Shuttle for the Heavy-Duty Zero-Emissions Vehicle (ZEV) grant application.	Brian R. Royer, Lance Hurtado, Katrina Hunn and Tom Bradley
06/22/16	Telephone call with Mike Neward Admin. Analysis, BAAQMD concerning problems with application upload. Advised to mail hardcopy with postage date and cover letter explaining the problems encountered.	Mike Neward, Admin. Analysis, BAAQMD and Brian R. Royer
06/22/16	Series of telephone calls and	Tina Young and Brian R. Royer

	emails with Tina Young concerning problems with application upload. As per Mike Neward, Admin. Analysis, BAAQMD recommendations I emailed hardcopy with cover letter explaining the problems encountered for her signature and mailing.	
06/24/16	Telephone message left, emailed document and mailed additional mileage log information to Mike Neward, Admin. Analysis with the BAAQMD.	Brian R. Royer and Mike Neward, Admin. Analysis with the BAAQMD
06/27/16	Follow-up thank you email to Tarek Helou, Manager – Sales & Marketing for his Company's assistance with providing written price quotes for the BAAQMD and requesting assurance that price quote remain open.	Brian R. Royer & Tarek Helou, Manager – Sales & Marketing, Phoenix Cars LLC. Phoenix Motorcars Leasing LLC.

MEMORANDUM

TO: Board of Directors

FROM: Interim General Manager

DATE: July 6, 2016

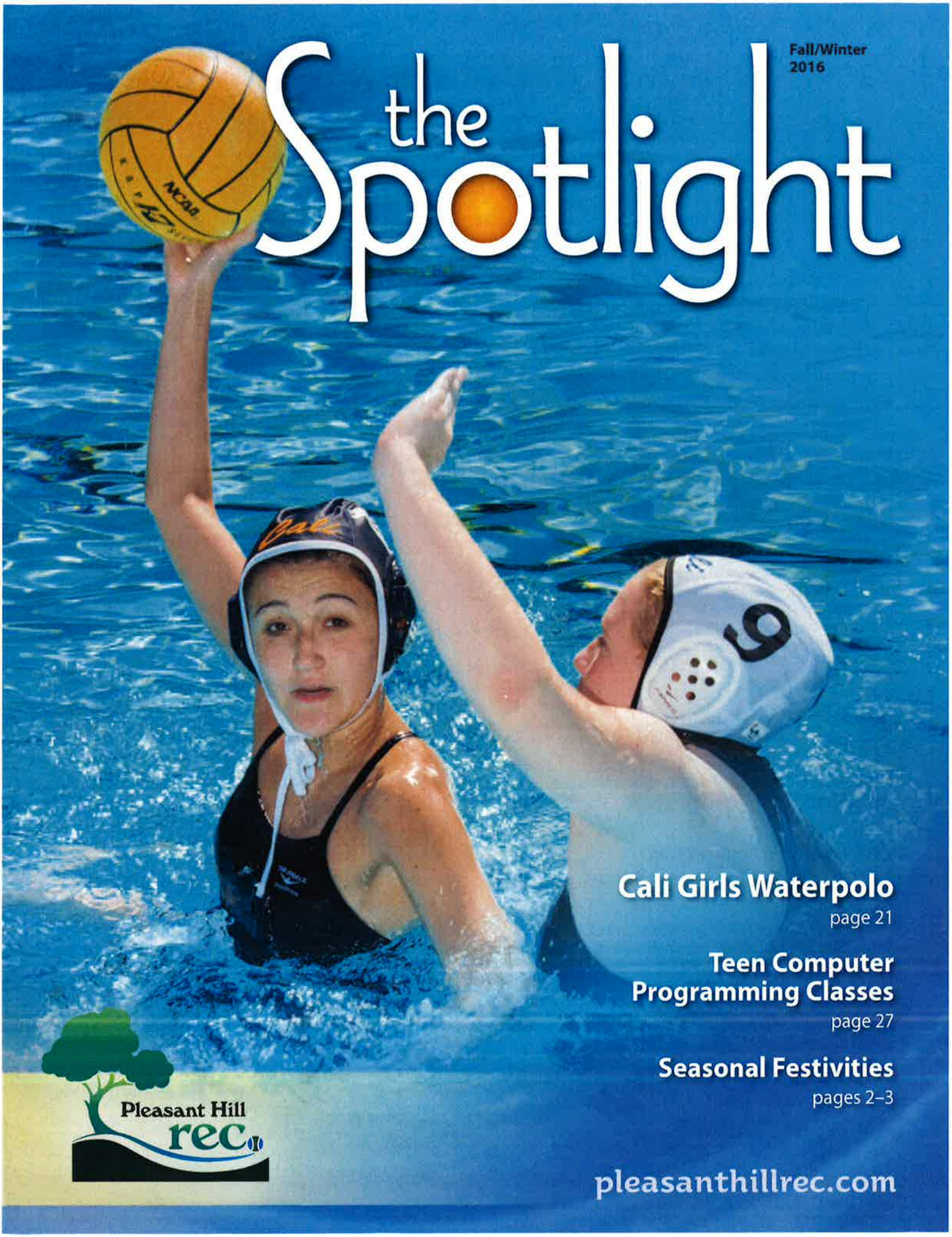
RE: July 14, 2016 Board Meeting

Report from Program Committee
a. Review Fall/Winter Spotlight

The Program Committee met with staff on June 21, 2016 to go over upcoming Fall program and rental highlights and Fall Spotlight information. Draft of the Fall/Winter Spotlight is enclosed. Committee Chair Dennis Donaghu and Member Sherry Sterrett will give a report.

the Spotlight

Fall/Winter
2016



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pages 2–3

Pleasant Hill rec

pleasanthillrec.com

community events

An Eventful Hire

Sheila Cotruvo, a talented and long-time Pleasant Hill community supporter, recently joined Pleasant Hill Rec full-time as our Special Event Coordinator. Sheila is no stranger to our events, serving as both a part-time employee and volunteer for over the past seven years. Her enthusiasm, people skills and creative ideas are not only improving our existing event traditions, but her unique skill set is also serving to produce events for more segments of our community such as Special Recreation dances and a new Social Club for adults with disabilities. Sheila enjoys bringing the community together to build connections and friendships. She helps make Pleasant Hill an event-full and special place to live.

Fairytale Princess Breakfast

Saturday, September 10

Join us for a breakfast fit for a royal family. Wear your favorite princess outfit. Includes Princess Story Time, pancake breakfast, and a visit with our very special guest. Online pre-registration required. Child should be between 1–8 years old. Parent must register also. All guests attending must pay admission.

Senior Center: Chateau Room

Admission: $10.50/$9.50 (Dist. Res.)

6163.101 9/10 Sa 8:30–9:30 am

Super Hero Party

Saturday, October 1

Calling all Super Hero trainees! Dress up like your favorite character. Includes superhero training, a snack, and more. Online pre-registration (parent and child) required by September 23. Bring your camera and catch your superhero in action.

Teen Center: Lounge

Admission: $9.50/$8.50 (Dist. Res.)

6156.101 10/1 Sa 11:00 am–12:30 pm

First Thursday Social Club

Thursdays, 6:30-8:30 pm NEW!

Monthly Social Club for adults with developmental disabilities. Held on first Thursday of the month. Open social time plus structured group activities. Pool and air hockey tables available. Snack provided. Emergency Contact Waiver required at first visit.

Teen Center: 147 Gregory Lane

Drop In Fee: $7 (Caregivers free)

9/1, 10/6, 11/3, 12/1

For more information contact Sheila Cotruvo at scotruvo@pleasanthillrec.com

Special Recreation Dance

Friday, October 7, 7:00-9:00 pm

Music by Rhythm Master DJ.

Senior Center

Admission: $7 per person (Caregivers free)

For more information, call Sheila Cotruvo at (925) 771-7652.

Share the Magic

Friday, October 14

All new show every year! An evening filled with FUN, MYSTERY, and EXCITEMENT. See illusions, card experts, close-up performances by the Society of American Magicians. Come in costume for a chance to win a prize. Online pre-registration is required. Sign up early, space is limited. Doors open at 6:30 pm. Co-Sponsored by the Society of Magicians.

Community Center: Perera Pavilion

Admission: $10 advance

$12 at the door (space permitting)

6154.101 10/14 F 7:00–10:00 pm

FREE! Trunk or Treat

Friday, October 28

Bring the whole family in costume and enjoy collecting candy going from trunk to trunk of decorated vehicles. Crafts, activities and a goodie bag for each child. Don't want to trick or treat? Register your decorated vehicle for a chance to win a great prize; bring two large bags of store-bought candy (will be inspected before distribution). Hot dogs and drinks available for $1 to support the Pleasant Hill Teen Center. FREE for Trick-or-Treaters, donations appreciated. Co-sponsored by Generations Church.

Pleasant Hill Park, Parking Lot: 147 Gregory Lane

FREE to public | Trunk Entry Fee: $5

5164.101 10/28 F 6:00–8:00 pm

Cover2Cover Reunion Dance Party NEW!

Friday, November 4, 8:00–11:00 pm

Get ready to dance! Long-time favorite, high-energy dance band, Cover2Cover, will reunite for one special evening only. Original members, Toni Bryant, Paul Cotruvo, Stephanie Harwood, Larry Hall, Dan Hertlein, Rob Goldberg, Jon Leonardy and Stephen Anthony will share the stage once again. Beer and wine available for purchase. Get your tickets early at pleasanthillrec.com!

Community Center: Perera Pavilion

Admission: $20 (21+ yrs only)

FREE! Holiday Boutique & Craft Fair

Saturday, November 19, 9:00 am–2:00 pm

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors!

Senior Center FREE Admission

41st Annual Turkey Trot Trail Run

Sunday, November 20

Ready for a fun challenge? Experience the tradition of this annual 8.4-mile race in the beautiful hills of Briones Regional Park. The first three men and first three women take home a turkey for Thanksgiving dinner!

See page 19 for more details.

Breakfast with Santa

Saturday, December 3

Santa has taken time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast, and live entertainment. Breakfast includes pancakes, sausage and more. Don't forget your camera! All attending must register. Two seatings available. Must pre-register online by November 30.

Senior Center: Chateau Hall

Admission: $10.50/$9.50 (Dist. Res.)

6159.101	12/3	Sa	8:30–9:30 am
6159.102	12/3	Sa	10:00–11:00 am

Santa at Your Home

Thursday, December 22 and Friday, December 23

T'was the night before Christmas and Santa visited your house! Schedule a 10-minute visit at your home between 6:00 and 9:00 pm. Sign up in person at the District office or by calling (925) 682-0896. District residents only.

Santa Visit: $40

Fall Registration Begins August 8. See page 26.

NO ONLINE REGISTRATION FEES!

The Spotlight, Fall/Winter 2016: Published three times/year; next issue November 2016. Circulation: 68,000 per issue; sent to homes and businesses in Pleasant Hill and surrounding areas. Copies available at District Office, local libraries and businesses.

On the cover: Madison Ohrman and Kelsey Morris.

Find us on Facebook

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FREE! 2016 PHRec Holiday Festival Returns!

Let The Magic Continue!

Wednesday, December 7, 5:00–8:30 pm

Mark your calendars for the most magical Holiday Festival in Contra Costa County! Get into the holiday spirit with a variety of activities sure to delight the whole family—a winter wonderland, including a LEGO Winter Village, and complete with Santa Claus!

Chat with our famous Talking Christmas Tree. Enjoy holiday youth performances. Participate in arts & crafts. Ride the Holiday Express train. Take photos with strolling characters. Shop in the holiday marketplace. Buy dinner and treats. And visit the big man himself, Santa Claus. Don't miss this magical evening of holiday fun. Sponsored by Republic Services.

Community Center: 320 Civic Drive

FREE to the public

preschool activities

California Gymnastics

California Gymnastic Services offers classes throughout the Bay Area and is structured to bring its innovative instructional program to Pleasant Hill. CGS has been teaching in the Bay Area since 1985.

PARENT AND ME GYMNASTICS

18 months–36 months & parents

This popular class, designed for parents and toddlers, will enhance children's motor development and confidence. Emphasis is placed on movement, basic gymnastics skills, rolling, climbing, hanging and jumping in a fun and social environment. Music games and group activities/circle time are introduced in this class. Parent participation is required.

Instructor: CGS Gymastic Services, Inc.

Community Center: Soroptimist Room

6 weeks | $110/$95 (Dist. Res.)

6603.101	9/9–10/14	F	9:30–10:15 am
6603.102	10/21–12/9	F	9:30–10:15 am

No class 11/11, 11/25

TINY TUMBLER GYMNASTICS

3–5 yrs

This class is designed to enhance your child's motor development skills, balance, coordination and confidence. Emphasis is placed on developing beginning gymnastics skills in a fun, non-competitive environment and also introduces children to learn to participate in a structured class without their parents. Music games and group activities are incorporated into each class.

Instructor: CGS Gymnastic Services, Inc.

Community Center: Soroptimist Room

6 weeks | $110/$95 (Dist. Res.)

6605.101	9/9–10/14	F	10:20–11:05 am
6605.102	10/21–12/9	F	10:20–11:05 am

No class 11/11, 11/25

Pre-Ballet

3–4 yrs

The basics of ballet are presented in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty-trained and able to participate without parent's presence. Attire: light pink leotard, tights, ballet shoes. NO skirts or tutus please.

Instructor: Christie Tomlinson, *teacher of preschool/youth dance classes; professional dancer, performer, choreographer*

Community Center: Dance Studio 1

8 weeks | $116/$101 (Dist. Res.)

6619.101	9/12–10/31	M	3:00–3:45 pm

7 weeks | $104/$89 (Dist. Res.)

6619.102	11/7–12/19	M	3:00–3:45 pm

Spanish Immersion PreSchool

3–6 yrs

Hola amigos, vamos a divertirnos, aprendiendo Español con Maestra Miriam. Hello friends, let's go and have fun learning Spanish with Maestra Miriam. Join Miriam in this hands-on interactive and stimulating environment. In this class your child will develop social, fine and gross motor skills. Your child will have fun singing, doing creative art, making puzzles and other wonderful activities about Fall. All the activities are in Spanish.

Instructor: Spanish 4 Children

Winslow Center: Rooms 1 & 2

5 weeks | $193/$178 (Dist. Res.)

6631.101	9/7–10/5	W	9:00 am–12:00 pm
6632.101	9/9–10/7	F	9:00 am–12:00 pm
6631.102	10/12–11/16	W	9:00 am–12:00 pm
6632.102	10/14–11/18	F	9:00 am–12:00 pm

5 weeks | $327/$312 (Dist. Res.)

6633.101	9/7–10/7	W/F	9:00 am–12:00 pm
6633.102	10/12–11/18	W/F	9:00 am–12:00 pm

$10 supply fee payable to instructor at first class.
No class 11/9, 11/11

Let's Make Music with Andrea Gaspari

1–3 yrs

Join this multi award-winning teacher and performer in this magical fun-filled parent participation music class. You and your child will sing, dance, and pretend, all while learning to make music together.

Instructor: Andrea Gaspari, *over 15 years teaching and performing in the Bay Area*

Winslow Center: Room 2

6 weeks | $122/$107 (Dist. Res.)

6636.101	9/12–10/17	M	10:30–11:10 am

7 weeks | $140/$125 (Dist. Res.)

6636.102	10/24–12/12	M	10:30–11:10 am

$15 lab fee payable to instructor for at home materials and CD. No class 11/21

Parent Tot Preschool Prep

22 months–3 yrs

Parents! Come with your little one to enjoy songs, activities, and art while preparing your child to attend a class on his/her own. Children will learn to be with others as parents exchange ideas. Bring snack daily. Enrollment is limited. PARENT PARTICIPANT & REGISTERED CHILD ONLY.

Instructor: Stephanie Carson

Community Center: Preschool Room 3

6 weeks | $110/$95 (Dist. Res.)

6655.101	9/9–10/14	F	9:00–10:45 am
6655.102	10/21–12/9	F	9:00–10:45 am
6655.103	12/16–2/3	F	9:00–10:45 am

No class 11/21, 11/25, 12/23, 12/30

Tiny Tot Morning Care

12 months–33 months

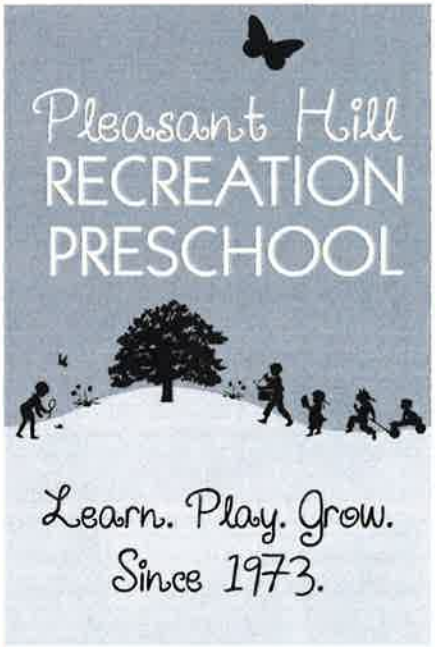
Parents! Give yourself some time off. Let US watch your children, walking to 33 months. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:15 am for .101 on August 3 and for .201 on November 16.
After initial registration dates, call (925) 676-5200 for registration information. $30/day/child, space reserved. You will be billed unless your cancellation has been received by NOON the business day prior to your reservation. NEW families may register for a maximum of two days per week. Current families may register for a maximum of three days per week. Children must be less than 33 months at the start of the session.

Teachers: Jan Ertola and Stephanie Carson

Community Center: Preschool Room 1
Standard charge: $30 per day

.101	9/7–11/30	M–F	9:15 am–12:15 pm
.201	12/1/16-2/28/17	M–F	9:15 am–12:15 pm

No class 11/11, 11/21–11/25, 12/7, 12/19-12/30, 1/16, 2/15



Priority Preschool 2016–2017

Register Now! The Pleasant Hill Recreation & Park District Preschool has been encouraging the love of learning since 1973. Our Philosophy: A child who is playing is a child who is learning.

Registration is on a first come, first serve basis. Birth certificate, immunization records and proof of residency required for discount. Children must be age-appropriate by 9/1/16.
For 2016–17 fees and information please contact director, Sarah Smith at (925) 676-5200 ext. 626 or ssmith@pleasanthillrec.com.
Visit www.pleasanthillpreschool.com.

Classes are in session September–June.

pleasanthillpreschool.com

WEE-TOT
(2 yrs 4 mos–3 yrs 7 mos)

- Tu/Th, 9:00 am–11:30 am, Winslow Center
- Tu/Th, 9:00 am–12:00 pm, Winslow Center

NEW HORIZONS
(3 yrs 3 mos–4 yrs 3 mos)

Students required to be fully potty-trained.

- M/W/F, 8:45–11:45 am, Winslow Center
- Tu/W/Th, 9:00 am–1:00 pm, Community Center

PRE-K (4–6 yrs)

Students required to be fully potty-trained.

- Tu/W/Th, 12:30–3:30 pm, Community Center
- M–Th, 8:45–11:45 am, Community Center

youth classes

Ballet
5–10 yrs

This class is designed for the budding ballerina! Floor exercises will increase strength and flexibility. Using the barre will teach basic positions and proper body alignment. Dance steps will be taught to improve coordination and grace. Attire: black leotard, pink tights, pink slippers. NO skirts or tutus, please, even if attached.

Instructor: Christie Tomlinson

Community Center: Dance Studio

8 weeks | $124/$109 (Dist. Res.)

6042.101	9/12–10/31	M	3:55–4:55 pm

7 weeks | $111/$96 (Dist. Res.)

6042.102	11/7–12/19	M	3:55–4:55 pm

Tap
5–8 yrs

Tip tap toe! It's off to tap we go! In this fun, rhythmic, and energetic class, students will learn basic tap steps, such as flaps and shuffles to be combined into a dance routine. Attire: comfortable clothes.

Instructor: Christie Tomlinson

Community Center: Soroptimist Room

8 weeks | $100/$85 (Dist. Res.)

6045.101	9/12–10/31	M	5:00–5:30 pm

7 weeks | $90/$75 (Dist. Res.)

6045.102	11/7–12/19	M	5:00–5:30 pm

Little Medical School Session 1 & 2
Grades K–5

Little Medical School is an academic enrichment program that helps students from K–5th grade explore the world of medicine, science, and importance of health in an engaging and fun way. The children will enjoy dressing up as doctors while learning about medical equipment and functions of the human body. Using demonstrations, crafts, and games, students will learn to tie sutures like a real surgeon and the connections between our heart, lungs and digestive systems.

Instructor: Kalgold Technologies

Community Center: Republic Services Room

6 weeks | $125/$110 (Dist. Res.)

6047.101	9/19–10/24	M	3:30–4:30 pm
6047.102	11/7–12/12	M	3:30–4:30 pm

$20 lab fee payable at first class.

Art with the Masters
6–10 yrs

Students will work in several mediums to create works by Van Gogh, Matisse, Monet and Picasso. We will cover art techniques, texture, composition, color and history.

Instructor: M.J. Studios

M.J. Studios

6 weeks | $92/$77 (Dist. Res.)

6049.101	9/9–10/14	F	3:15–4:15 pm
6049.102	10/21–12/2	F	3:15–4:15 pm

$20 lab fee payable at first class. No class 11/25

Draw Your Favorite Animal
6–10 yrs

Students will learn to draw by using simple shapes. Explore different medium including graphite, pen & ink, pastels, and charcoal.

Instructor: M.J. Studios

M.J. Studios

6 weeks | $92/$77 (Dist. Res)

6050.101	8/29–10/10	M	3:15–4:15 pm
6050.102	10/17–11/21	M	3:15–4:15 pm

$20 lab fee payable at first class. No class 9/5

Cartooning & Pokemon
Grades K–5

The basics of cartooning are discussed—including history, types of cartooning humor, storytelling and creating your own personal style. Hands-on learning, fun guaranteed!

Instructor: M.J. Studios

M.J. Studios

6 weeks | $92/$77 (Dist. Res.)

6051.101	9/7–10/12	W	2:00–3:00 pm
6051.102	10/19–11/30	W	2:00–3:00 pm

$20 lab fee payable at first class. No class 11/23

KIDSTOP Children's Center houses an after-school program during the school year and youth camps during summer, winter and spring breaks.

We Are Family

Danny Martinez, KIDSTOP Children's Center Acting Site Director, considers all the children attending the program as members of one big happy family. Every day Danny and his staff work to create a positive, trusting environment with both hands-on structured and self-directed play activities to meet individual child needs. They also incorporate S.T.E.A.M. (Science Technology, Engineering, Art and Mathematics) into their core curriculum to further enrich the learning experience. During his 10 years with KIDSTOP, Danny has helped children in many ways whether it be making a child have a better day, tutoring a child so they can pass into the next grade level or simply making the children feel comfortable, like they are at home.

PLEASANT HILL REC & PARK DISTRICT
KIDSTOP Children's Center
AT GREGORY GARDENS

Get Inspired!

Science, Technology, Engineering, Arts & Mathematics (S.T.E.A.M.) inspired Youth Programs provided by Pleasant Hill Recreation & Park District

- Before & After-school Care
- Holiday Break Camps
- Summer Adventure Kids Camp

Come visit & meet our professional staff!

Contact Danny Martinez, Site Director at (925) 680-5298 or via email at dmartinez@pleasanthillrec.com.

Located at Gregory Gardens Elementary, 1 Corritone Court, Pleasant Hill

Watercolor & Colored Pencil

Grades K–5

Learn to draw and have fun with watercolor and colored pencil. Create a color wheel, learn technique, texture and value.

Instructor: M.J. Studios

M.J. Studios

6 weeks | $92/$77 (Dist. Res.)

6052.101	9/7–10/12	W	3:15–4:15 pm
6052.102	10/19–11/30	W	3:15–4:15 pm

$20 lab fee payable at first of class. No class 11/23

Drawing, Painting & Sculpture

5–12 yrs

Draw, paint and sculpt a variety of subjects. Learn about elements of art including line, shape, color, form, space, composition and color mixing.

Instructor: Charlene Elliott

Community Center: Republic Services Room

4 weeks | $94/$79 (Dist. Res.)

6073.101	9/6–9/27	Tu	3:15–4:30 pm
6073.102	10/11–11/1	Tu	3:15–4:30 pm
6073.103	11/15–12/13	Tu	3:15–4:30 pm

$25 materials fee payable at first class. No class 12/6

Video Game Design for Beginners! NEW!

8–12 yrs

Using PCs, beginning game developers work with a partner to conceive, design and build their own original computer game. Everything created is original to the team, including characters, backgrounds and theme. Students use creative and critical thinking to complete their games.

Community Center: Republic Services Room

7 weeks | $125/$110 (Dist. Res.)

6077.101	10/5–11/16	W	3:00–4:30 pm

Building Public Speaking Confidence

Grades 1–3

Learn the beginning building blocks of public speaking. Starting with being ready, practiced and focused, children learn the importance of body language and variation in their voices. Within the fun milieu of show and tell, storytelling and poetry recitals, the goal is for your child to start developing more confidence and skill in expressing themselves to a group. To learn more visit www.guruseducation.com.

Instructor: Gurus Education

Community Center: Republic Services Room

8 weeks | $180/$165 (Dist. Res.)

6075.101	9/27–11/15	Tu	5:30–6:30 pm

10/18 class held at McHale Room.

KIDSTOP Winter Camp

Grades K–5

Science, crafts, art, structured play, music, LEGO building and so much more!

Instructor: KIDSTOP Staff

KIDSTOP Children's Center

1 week | $305 Full Day/$285 Rec Day*

6060.101	12/19–12/23	M–F	7:00 am–6:00 pm
6060.102	12/19–12/23	M–F	6 hours or less

**Rec Day is any 6-hour (or less) block of time during camp hours.*

4 days | $245 Full Day/$225 Rec Day*

6060.103	12/27–12/30	Tu–F	7:00 am–6:00 pm
6060.104	12/27–12/30	Tu–F	6 hours or less

**Rec Day is any 6-hour or less) block of time during camp hours.*

youth sports

Kidz Love Soccer

2–12 yrs

This soccer 'school' is a recreational setting. Children learn through age-appropriate skill demonstrations, games, and instructional scrimmages. Participants receive a Kidz Love Soccer (KLS) Jersey. KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com.

Instructor: Kidz Love Soccer Staff

PH Park: 147 Gregory Lane

5-WEEK FALL SESSION:
Friday, 9/23–10/21 | $97/$82 (Dist. Res.)

5030.100	Mom/Dad & Me: 2–3.5 yrs	5:30–6:00 pm

8-WEEK FALL SESSION:
Friday, 9/23–11/11 | $131/$116 (Dist. Res.)

5030.101	Mom/Dad & Me: 2–3.5 yrs	9:30–10:00 am
5031.100	Tot/Pre Soccer: 3.5–5 yrs	4:45–5:20 pm
5031.101	Tot/Pre Soccer: 3.5–5 yrs	10:10–10:45 am
5033.101	Soccer 1: 5–6 yrs	3:15–4:00 pm
5034.101	Skills & Scrimmage: 7–10 yrs	4:00–4:45 pm

Saturday, 10/1–11/19 | $131/$116 (Dist. Res.)

5030.102	Mom/Dad & Me: 2–3.5 yrs	8:30–9:00 am
5030.112	Mom/Dad & Me: 2–3.5 yrs	9:05–9:35 am
5031.102	Tot Soccer: 3.5–5 yrs	11:05 am–1:40 pm
5032.102	Pre Soccer: 4–5 yrs	10:30–11:05 am
5033.102	Soccer 1: 5–6 yrs	9:45–10:30 am
5034.102	Skills & Scrimmage: 7–10 yrs	11:35–12:20 pm

8-WEEK WINTER SESSION:
Friday, 1/20–3/10 | $131/$116 (Dist. Res.)

5031.201	Tot/Pre Soccer: 3.5–5 yrs	5:00–5:35 pm
5033.201	Soccer 1: 5–6 yrs	3:30–4:15 pm
5034.201	Skills & Scrimmage: 7–10 yrs	4:15–5:00 pm

Saturday, 1/2–3/11 | $131/$116 (Dist. Res.)

5030.201	Mom/Dad & Me: 2–3.5 yrs	8:30–9:00 am
5030.202	Mom/Dad & Me: 2–3.5 yrs	9:05–9:35 am
5031.202	Tot Soccer: 3.5–4 yrs	1:05–11:40 am
5032.201	Pre Soccer: 4–5 yrs	10:30–11:05 am
5033.202	Soccer: 5–6 yrs	9:45–10:30 am
5034.202	Skillz & Scrimmage: 7–10 yrs	11:35 am–12:20 pm

NFL Youth Flag Football

Co-Ed, Grades 3–8

The National Football League is the official sponsor our Youth Flag Football Program. Season begins play early October for six weeks. Games are always on Saturdays. All participants receive a NFL sports jersey and football. A $75 refund is given to parents interested in coaching and who complete training provided by the District.

Instructor: Rec Staff

Pleasant Oaks Park:
2 Santa Barbara Road

GRADES 3–5
6 weeks | $150/$135 (Dist. Res.)

5050.101	10/8–11/12	Sa	10:00 am–2:00 pm

GRADES 6–8
6 weeks | $150/$135 (Dist. Res.)

5050.102	10/8–11/12	Sa	10:00 am–2:00 pm

FREE! NFL Sponsored: Punt, Pass, Kick

Co-Ed, 8–13 yrs

The NFL PUNT, PASS & KICK (PPK) program is a national skills competition. Sign up at the park and come show off what you can do! Birth certificate required. Tennis shoes only.

PH Park Field: 147 Gregory Lane

Saturday, September 24, 10:00 am

Group Tennis Lessons

6–12 yrs

Top-quality classes run four consecutive weeks through the end of the month. Wear tennis shoes, bring racket and one unopened can of tennis balls. Beginner/Advanced Beginner: minimal skills and playing experience.

Instructor: Joey Martinez

College Park High School Tennis Courts: 320 Civic Drive (adjacent to Community Center Parking Lot)

4 weeks | $63/$55 (Dist. Res.)

5555.101	9/6–9/27	Tu	6:00–7:00 pm
5555.102	10/4–10/25	Tu	6:00–7:00 pm
5555.103	11/1–11/22	Tu	6:00–7:00 pm

For NBA/WNBA Youth Basketball, see inside back cover.

Winter Break Tennis Camp

6–12 yrs

Activities and games are age-appropriate and the campers are sure to have fun learning a lifetime sport. Wear tennis shoes, bring racket, one unopened can of tennis balls and a snack. Lunch is not provided.

Instructor: Joey Martinez

College Park High School Tennis Courts: 320 Civic Drive (adjacent to Community Center Parking Lot)

1 week | $145/$130 (Dist. Res.)

5589.101	12/26–12/30	M–F	9:00 am–12:00 pm

After School Tennis Program

Grades 6–8

Beginner players will be introduced to the game by using fun games that focus on the fundamentals: proper grip, stroke development, movement and hand-eye coordination. Intermediate players will learn about proper footwork, strategy, scoring and competition. Wear tennis shoes, bring racket and water.

Instructor: Monica Ruiz-Hiramoto

PHMS Tennis Courts: 1 Santa Barbara Rd.

BEGINNING TENNIS
9 weeks | $205/$190 (Dist. Res.)

5550.101	9/19–11/28	M	3:00–4:00 pm

No class 10/10, 11/21

INTERMEDIATE TENNIS
9 weeks | $205/$190 (Dist. Res.)

5550.102	9/21–11/16	W	3:00–4:30 pm

PLEASANT HILL TEEN SCENE

Teen Scene programs are designed for youth in grades 6–12 unless otherwise noted. Some programs are open to youth and adults. Teen Scene Members receive a 10% discount on all enrichment classes.

Pleasant Hill Chess & Games Club

Join us Friday nights with your friends for chess, knightmare chess, circular chess, 3D chess and 4-way chess. Learning and playing chess helps build cognitive and problem-solving skills. We also play strategy games like Star Wars stratego and Star Wars miniatures. Chess puzzles, tournaments, contests and prizes.

Instructor: David DeFabio

Winslow Center: Rooms 1 & 2

8 weeks | $61/$50 (Dist. Res.)

5102.101	9/9–10/28	F	6:00–10:00 pm

6 weeks | $47.50/$39 (Dist. Res.)

5102.102	11/4–12/30	F	6:00–10:00 pm

Babysitting 101 for Beginners

10–18 yrs

Learn the skills needed to be a responsible babysitter. Learn about child development, bedtime strategies, discipline, how to find jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency is covered. Dress to play; bring a lunch.

Instructor: Jenny Cooper

Senior Center: Classroom 1 & 2

1 class | $60/$49 (Dist. Res.)

Teen Scene Members: $55.60/$44.60 (Dist. Res.)

5105.101	10/8	Sa	9:00 am–1:00 pm

FREE! College Admissions 101 Workshop

High School Juniors and parents! Are you interested in learning more about the college application process? What colleges are the best fit? When do students apply? How much do colleges cost? The first seminar is designed to help both students and their parents gain an understanding of the College Admissions process. The evening will review entrance requirements, unique majors, application timelines, and yearly costs for Community Colleges, California State Colleges (CSU), University of California (UC) systems, and private colleges.

Instructors: Patricia Lamson, MS and Patricia Whalen, MA

Teen Center: Lounge

1 workshop | Free

5124.101	9/15	Th	6:30–8:00 pm

College Admissions 101 (Your Unique Path)

Going to college can be a confusing and stressful process. This interactive course will help high school seniors take the stress out of the process by helping students explore their college possibilities while developing a step-by-step plan of action. Let experts guide you through the admissions process. They will help you understand your transcript and standardized test requirements (which test will best demonstrate your strengths). Other areas explored will include; selecting colleges that are the "Right Fit For You," understanding what colleges require for their admissions process, and, examining common terms that will help you through the entire process. Financial aid options and important deadlines to consider will also be discussed. Bring an unofficial high school transcript to first class.

Instructors: Patricia Lamson, MS and Patricia Whalen, MA

Teen Center: Meeting Room

3 weeks | $68/$55 (Dist. Res.)

5124.102	9/29–10/13	Th	6:30–7:30 pm

Xtreme Winter Break Camp

Grades 6 & up, and siblings Grade 3 & up

Experience an action-packed week at the Teen Center! Daily on-site activities and local field trips. Camp runs 12/19–12/22 and 12/27–12/29. Register by the day.

Instructor: Teen Center Staff

Teen Center

1 Day: 7:30 am–6:00 pm | $55/$45 (Dist. Res.)

5189.119	12/19	M	Movies
5189.120	12/20	Tu	Bowling
5189.121	12/21	W	Skating
5189.122	12/22	Th	Rock Climbing
5189.127	12/27	M	QZar
5189.128	12/28	Tu	Sky High Sports
5189.129	12/29	W	Movies

Cooking Classes NEW!

New adult cooking classes now welcome teens, 16 years & up! Learn how to prepare Mexican empanadas, healthy Japanese cooking, Halloween cookies, Thanksgiving tarts, and traditional Christmas Yule Log cake. See page 11.

Teen Computer Classes NEW!

- Build & Publish Your Own Website
- Coding, Creativity & Critical Thinking
- Game Programming & Design

See page 27; inside back cover.

Teen After-School Program

Monday–Friday, School Dismissal–6:00 pm
A fun and safe place to go after school. A perfect combination of structured activities, homework help and time with friends. Transportation available from PHMS and VVMS. Limited availability. Call (925) 691-5645 or visit phteenscene.com for more information.

Teen Center Rentals

A perfect place for your next family celebration! Modern, airy room, game tables and direct park access. For reservations, contact Ryan Herriman, Rental Supervisor at (925) 676-5200.

For Teen Computer Classes: Coding, Game Programming and more; see inside back cover.

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

arts and crafts classes

Art Workshop

This course is for those who have never taken an art class or feel they are lacking in the basic fundamentals of various art applications. Topics include drawing, color theory, composition, light & shadow, perspective, various painting techniques along with info on artists past and present.

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room
4 weeks | $120/$105 (Dist. Res.)

4556.101	9/7–9/28	W	7:00–9:00 pm
4556.102	10/5–10/26	W	7:00–9:00 pm
4556.103	11/2–11/23	W	7:00–9:00 pm
4556.104	11/30–12/21	W	7:00–9:00 pm

Braided Rug & Basket Making Intro

Learn the basics of this traditional craft while making useful & decorative objects: rug, seat mat, basket, pet bed and more.

Instructor: Arlene Magarian

Senior Center: Arts & Crafts Room
1 class | $35/$29 (Dist. Res.)

4578.101	10/1	Sa	10:00 am–1:00 pm

$10 materials fee payable to instructor.

Drawing: Sketching & Rendering

Learn to draw quickly, accurately and with confidence. Learning how to reduce objects down to their basic shapes and forms and sketching them onto paper will be the focus of this class. Topics include still life, composition, texture, basic perspective, and shading, along with landscape and figurative themes. Students should bring paper, pencils, ruler and eraser to class. Beginners welcome!

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room
4 weeks | $120/$105 (Dist. Res.)

4556.105	9/6–9/27	Tu	7:00–9:00 pm
4556.106	10/4–10/25	Tu	7:00–9:00 pm
4556.107	11/1–11/22	Tu	7:00–9:00 pm
4556.108	11/29–12/20	Tu	7:00–9:00 pm

Exploring Watercolor

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students will work together in a series of little paintings using the magic of watercolor to create our own Artists Voice. Beginners pay additional $25 lab fee to instructor.

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room
6 weeks | $100/$85 (Dist. Res.)
Senior Club Members: $91/$76 (Dist. Res.)

2231.101	9/6–10/25	Tu	9:30 am–12:00 pm
2231.102	11/1–12/20	Tu	9:30 am–12:00 pm
2232.101	9/1–10/6	Th	12:15–2:45 pm
2232.102	11/3–12/15	Th	12:15–2:45 pm

No class on 9/13, 10/11, 11/8, 11/24, 12/13

How to Draw the Human Head

Drawing the human head is not as hard as it looks. This course will break down the face to its basic shapes and forms. Give expression and emotion to your life drawings. We will do realistic and caricatures. Bring to class: paper, pencils, pencil sharpener, eraser and clipboard.

Instructor: Dennis Yee

Senior Center: Classroom 2
4 weeks | $120/$105 (Dist. Res.)
Senior Club Members: $110/$95 (Dist. Res.)

2267.101	9/6–9/27	Tu	11:00 am–1:00 pm
2267.102	10/4–10/25	Tu	11:00 am–1:00 pm

Quilting

Supply lists given out at the first class for all sessions.

Instructor: Carol Madsen

Senior Center: Chateau Room

BEGINNING QUILTING

Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters are welcome to join the class.

10 weeks | $70/$57 (Dist. Res.)
Senior Club Members: $65/$52 (Dist. Res.)

2243.101	9/12–11/14	M	12:30–3:00 pm

QUILTING: BEYOND THE BASICS

Emphasis on quilting patterns using various techniques, some simple and others more complex. Participants should have completed at least one quilt.

10 weeks | $80/$65 (Dist. Res.)
Senior Club Members: $74/$59 (Dist. Res.)

2244.101	9/12–11/14	M	9:00 am–12:00 pm

QUILTING: BASICS +

Quilting class topics include: use of color, picking out fabrics, piecing techniques, rotary cutting, introduction to machine quilting, basting, binding & more. Beginners work on a lap-sized quilt using basic techniques while more advanced techniques will be taught to those with more experience.

11 weeks | $80/$65 (Dist. Res.)
Senior Club Members: $74/$59 (Dist. Res.)

2245.101	9/6–11/15	Tu	6:45–9:15 pm

QUILTING: HOLIDAY WORKSHOP

4 weeks | $55/$45 (Dist. Res.)
Senior Club Members: $50/$40 (Dist. Res.)

2246.101	11/21–12/12	M	9:00 am–1:00 pm

4 weeks | $44/$35 (Dist. Res.)
Senior Club Members: $40/$31 (Dist. Res.)

2246.102	11/22–12/13	Tu	6:45–9:15 pm

SATURDAY QUILT-IN

Join fellow quilters on one Saturday each month. Focus on quilting and other related projects. Instructor will be on site for help if needed.

5-class punchcard: $50 or drop in: $15

Senior Center: Classroom 1 & 2
9/17, 10/15, 11/12, 12/10 8:30 am–1:30 pm

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Watercolor

Have you ever been told that art isn't your forte? Let Trudi transform you into an artist! Beginners will learn basic techniques on watercolor. Advanced students work on a project of their choice with instructor's approval. Color theory, composition, and painting techniques are covered in an ongoing lecture series. Materials list at first class.

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2

6 weeks | $91/$79 (Dist. Res.)

4521.101 9/12–10/17 M 7:00–9:00 pm

5 weeks | $79/$67 (Dist. Res.)

4521.102 10/24–11/28 M 7:00–9:00 pm

Beginners pay $30 lab fee to cover all supplies for first project. No class 10/31

culinary and wine classes

Wine Analysis: A Journey Through A Glass of Wine

Learn to identify and describe the seven major components of wine by tasting five very specific wines that exemplify each component of wine's structure. Learn the proper technique for tasting wine in addition to understanding best practices of serving-temperature, stemware, etc. Must be 21 years or older.

Instructor: Bob Becker, Certified Sommelier

Senior Center: Arts & Crafts Room

1 class | $61/$50 (Dist. Res.)

4206.101 9/10 Sa 3:00–5:30 pm

4206.102 10/15 Sa 3:00–5:30 pm

Community Center: Republic Services Room

1 class | $61/$50 (Dist. Res.)

4206.103 11/19 Sa 3:00–5:30 pm

Cooking Classes NEW!

Chef Masumi is a chef instructor at Diablo Valley College and Emeritus College. She worked for world-renowned properties including Pebble Beach Resort, The Bellagio Hotel, Amanyara Resort, The Modern and The White House. She is looking forward to sharing her passion and experience with you!

Instructor: Masumi Kodama

MEXICAN DELIGHT: EMPANADAS

16 yrs & up

Learn to prepare sweet and savory empanadas. It's a perfect party finger food because it can be made ahead, frozen and fried/baked as your guests arrive. Students will be hands-on, in small groups and taste everything they make!

Senior Center: Kitchen

1 class | $80/$65 (Dist. Res.)

4570.101 9/27 Tu 6:00 pm–9:00 pm

$10 lab fee payable to instructor at class.

HEALTHY JAPANESE COOKING

16 years & up

Learn to prepare pickled vegetable and omega-3 rich salmon (cooked) sushi rolls. The students will also learn to prepare traditional fish stock and miso soup. Students will be hands-on, in small groups and taste everything they make!

Senior Center: Kitchen

1 class | $80/$65 (Dist. Res.)

4570.102 10/18 Tu 6:00 pm–9:00 pm

$10 lab fee payable to instructor at class.

FAMILY FUN! HALLOWEEN COOKIE DECORATION

Family fun, 5 yrs & up with adult!

Let's get creative and learn how to decorate Halloween sugar cookies! This is a great class to do with your children/grandchildren (age 5 & up). Students will be hands-on, in small groups and taste everything they make! Children must be accompanied by an adult.

Senior Center: Arts & Crafts Room

1 class | $80/$65 (Dist. Res.)

Each child is $10 with a paying adult.

4570.103 10/29 Sa 3:00–6:00 pm

$10 lab fee payable to instructor at class.

THANKSGIVING TREAT: TARTS

16 yrs & up

Let's get out of our comfort zone (traditional pumpkin pie) and impress your guests with poached pear frangipane tarts and complementary sauces, including caramel sauce. Students will be hands-on, in small groups and taste everything they make!

Senior Center: Kitchen

1 class | $80/$65 (Dist. Res.)

4570.104 11/21 M 3:00–6:00 pm

$10 lab fee payable to instructor at class.

CHRISTMAS TRADITION: YULE LOG CAKE

Learn to prepare chocolate cake, ganache filling and chocolate buttercream to create your special Yule Log cake. Students will be hands-on, in small groups and taste everything they make!

Senior Center: Kitchen

1 class | $80/$65 (Dist. Res.)

4570.105 12/13 Tu 6:00–9:00 pm

$10 lab fee payable to instructor at class.

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

music classes

Drumming Intensive with John Waller

Instructor: John Waller

BEGINNING HAND DRUMS

Learn the very basics of rhythm on hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Punchcards purchased from instructor.

Winslow Center: Rooms 1 & 2
Drop In: $8 | 10-class punchcard: $80*

9/13–12/13 Tu 6:45–7:30 pm

INTENSIVE DRUMMING

Intermediate to advanced level drumming

Winslow Center: Rooms 1 & 2
Drop In: $11 | 8-class punchcard: $80*

9/13–12/13 Tu 7:30–8:30 pm

**Punchcard is good for any of John Waller's Adult Drumming Intensives. The punchcards do not expire. The district is not respnsible for lost or stolen cards. No class 10/25*

Beginning Ukulele

The basics of playing the ukulele. Focus on learning chords, strumming and melodies through playing contemporary and traditional Hawaiian songs. Notes in the open position will be covered as well. Additional $20 lab fee will be collected in class for a book with CD.

Instructor: Glenn Staller

Senior Center: Game Room
6 weeks | $110/$95 (Dist. Res.)
Senior Club Members: $100/$85 (Dist. Res.)

2236.101 9/14–10/19 W 11:00 am–12:00 pm

Ukulele Strum and Sing

A continuation of the beginning class with focus on songs, various styles and "putting it all together." We'll learn a new song each week and practice playing together. Guaranteed to be a fun class for everyone.

Instructor: Glenn Staller

Senior Center: Game Room
6 weeks | $110/$95 (Dist. Res.)
Senior Club Members: $100/$85 (Dist. Res.)

2236.102 11/2–12/14 W 11:00 am–12:00 pm

$10 lab fee due to instructor at first class.
No class on 11/30

enrichment classes

Birding Contra Costa County

Fall observance of local avian residents and new migrating residents. Learn something about their habitats and behaviors in the field. Bring binoculars. Meeting locations: September 24, Hidden Lakes parking lot (where Chilpancingo & Morello meet); October 1, Martinez Marina; October 8, Briones/Alhambra; October 15, Lafayette Resevoir. If rain, meet Sunday morning.

Instructor: Jan Rae Cook

4 weeks | $37/$30 (Dist. Res.)

4739.101 9/24–10/15 Sa 9:00–11:00 am

Creative Writing: Start YOUR Novel or Short Story

You will explore innovative ways to create and develop characters. Learn how you can experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing the craft of writing, reading great literature, and sharing with your writing peers.

Instructor: Janice DeJesus

Community Center: Republic Services Room
4 weeks | $70/$60 (Dist. Res.)

4510.101 9/3–9/24 Sa 10:00 am–12:00 pm
4510.102 10/1–10/22* Sa 10:00 am–12:00 pm
4510.103 10/29–11/19 Sa 10:00 am–12:00 pm

$5 lab fee payable to instructor at first class.
**10/22 class held at Senior Center, Arts & Crafts Room.*

ipad/iphone for Beginners

Learn the basics of your iPad including but not limited to tips, techniques, useful accessories and a complete tour of your iPad! Class material is applicable to iPhones as well.

Instructor: Leo Vardas

Senior Center: Computer Lab
4 classes | $51/$41 (Dist. Res.)
Senior Club Members: $47/$37 (Dist. Res.)

2304.101 10/26–11/4 W/F 10:00 am–12:00 pm

Taking the Inner Journey

In *Finding Meaning in our Retirement Years* we learned about taking the inner journey to find fulfillment in this stage of life. In this new course we will embark on the inner journey step-by-step. Over eight weeks we will come to know ourselves in a new and powerful way and discover within the source of meaning that we crave.

Instructor: Mark Batenburg

Community Center: Republic Services Room
8 weeks | $100/$85 (Dist. Res.)
Senior Club Members: $91/$76 (Dist. Res.)

2261.102 9/29–11/17 Th 10:00 am–12:00 pm

Retirement Planning Today

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. You will learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Individual situations addressed. 233-page class notebook included in class fee and one copy is provided to each couple or each individual person.

Instructor: Bill Lahl

Community Center: McHale Room
2 weeks | $61/$49 (Dist. Res.)

4608.101 10/4–10/11 Tu 6:30–9:30 pm
4608.102 10/15–10/22* Sa 9:00 am–12:00 pm
4608.104 10/29–11/5 Sa 9:00 am–12:00 pm

**10/22 class held at Senior Center, Classrooms.*

Senior Center: Dining Room
2 weeks | $61/$49 (Dist. Res.)

4608.103 10/18–10/25 Tu 6:30–9:30 pm

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Wills, Trusts & Estate Planning

You need this information for yourself, parents, or children. Topics: wills, living trusts, joint tenancies, and tax planning. Learn how to avoid estate taxes and probate fees. Learn about the new estate tax rules and when to update your documents. Major revisions may be required to a married couple's trust due to law changes.

Instructor: Randall Thompson

Community Center: Republic Services Room
1 class | $25/$20 (Dist. Res.)

4610.901 9/19 M 7:00–8:30 pm

self-care classes

Care for People Who Take Care of Others

Learn strategies to ensure your physical and emotional wellness while you care for others, including how to recruit effective help, set kind but firm boundaries, maintain your sense of humor and avoid burnout.

Instructor: Julie Levin

Senior Center: Game Room
1 class | $25/$20 (Dist. Res.)

4576.101 9/17 Sa 10:00 am–12:00 pm

Techniques to Relieve Stress, Anger & Anxiety

Learn guided visualization and gentle, easy exercises to reset your "fight or flight" system and relieve stress, anxiety and anger.

Instructor: Julie Levin

Senior Center: Game Room
1 class | $25/$20 (Dist. Res.)

4576.102 10/6 Th 7:00 pm–9:00 pm

The Healing Power of Compassion

Learn skills to increase your compassion for self and others to feel happier, more peaceful, decrease stress and increase resilience.

Instructor: Julie Levin

Senior Center: Game Room
1 class | $25/$20 (Dist. Res.)

4576.103 10/22 Sa 10:00 am–12:00 pm

Positive Psychology Workshop

Learn how to lead with your strengths, find the good in life. Turn around negative thinking by understanding why you discourage yourself and what to do instead.

Instructor: Julie Levin

Senior Center: Arts & Crafts Room
1 workshop | $25/$20 (Dist. Res.)

4576.104 11/5 Sa 10:00 am–12:00 pm

adult dance

Belly Dance Technique, Level II

Take your dance performance to another level! Focus on solo improvisation and choreography, including: props and balancing, cymbals, modern and traditional style of belly dance. Prerequisite: mastered beginning level 1 or equivalent.

Instructor: Sharifa

Senior Center: Dance Studio

6 weeks | $80/$65 (Dist. Res.)

4133.101 9/6–10/18 Tu 8:00–9:00 pm
No class 10/4

5 weeks | $68/$55 (Dist. Res.)

4133.102 10/25–11/22 Tu 8:00–9:00 pm

Halloween Belly Dance Hafla!

Join the students of Sharifa's belly dance classes to celebrate Halloween. Potluck and bazaar with entertainment by students and special guests. Doors open 6:00 pm, showcase 6:30–8:30 pm.

Senior Center: Chateau Room
$10 for adults, $5 Seniors over 65, and children 12 & under free

4132.103 10/30 Su 6:30–8:30 pm

Bollywood/Belly Dance Fusion

16 yrs & up

A fusion mix of both Bollywood Dance and Belly Dance. Top hits of India's Bollywood dances as well as popular Middle Eastern music will be used to get a great cardio dance workout. Bring your hip scarves and come join the fun! NO experience necessary.

Instructor: Layla Habib

Community Center: Dance Studio 1
5 weeks | $68/$55 (Dist. Res.)

4660.101 9/7–10/5 W 6:25–7:20 pm
4660.102 10/19–11/16 W 6:25–7:20 pm

Goddess Fitness Workout

A complete workout for any level of fitness, incorporating a cardio belly dance segment for heart health; pilates for strengthening and lengthening; and yoga stretches and poses for balance and well-being. No dance, pilates or yoga training is required! Bring yoga mat, instructor can supply hip scarves.

Instructor: Sharifa

Senior Center: Dance Studio

6 weeks | $80/$65 (Dist. Res.)

4132.101	9/6–10/18	Tu	7:00–8:00 pm

No class 10/4

5 weeks | $68/$55 (Dist. Res.)

4132.102	10/25–11/22	Tu	7:00–8:00 pm

Let's Dance: Ballroom

16 yrs & up

Are you looking for a fun hobby, weekly date night or a place to meet new people? Then our ballroom dance class is the place for you! Let us show you what a great dancer you can become. Bring your favorite partner and learn to dance to the music you've always loved. Feel comfortable and confident to join in on the dance floor at parties, cruises, and weddings. This class will provide students with all the easy basics needed in Ballroom & Latin style dancing. PARTNER RECOMMENDED.

Instructor: Alberta Bagneschi

Senior Center: Chatea Room

5 weeks, Wednesdays | $68/$55 (Dist. Res.)

Fox Trot & Swing

4114.101	Beginning	9/14–10/12	7:30–8:30 pm
4116.101	Intermediate	9/14–10/12	8:30–9:30 pm

Rumba & Cha Cha Cha

4114.102	Beginning	10/19–11/16	7:30–8:30 pm
4116.102	Intermediate	10/19–11/16	8:30–9:30 pm

Winter Wonderland Waltz Workshop

The Romantic Waltz is an elegant ballroom dance in which the man leads and the lady follows. Smooth flowing patterns will prepare a routine you can use at any dance, party or wedding. Simple instructions build confidence quickly. This dance is as easy as walking!

Instructor: Alberta Bagneschi

Senior Center: Dance Studio

2 weeks | $68/$55 (Dist. Res.)

4114.103	11/30–12/7	W	7:30–10:00 pm

Jingle Bell Rock Holiday Dance Party

16 yrs & up

Get into the holiday spirit with a special evening of dancing! Join ballroom dance students at their holiday dance party. Former students encouraged to come. Everyone welcome! Lots of great music and a fun dance lesson included. ALSO, SPECIAL FORMATION SHOW NUMBER! Bring an hors d'oeuvre to share. Buffet: 7:45 pm. Party ends at 9:30 pm.

Instructor: Alberta Bagneschi

Senior Center: Chateau Room

Individual Fee: $6, Couple Fee: $10

4116.103	12/14	W	7:30–9:30 pm

Salsa Dancing with Soul & Spirit

Learn basic and advanced routines based on choreography from instructor's Salsa Championships (1973–2014). Do not wear sandals or tennis shoes. No alcohol-based perfumes/scents due to instructor's allergy.

Instructor: Ron Bermudez

Community Center: Dance Studio

Drop-in Fee: $10 (past participants)

Beginning | 5 weeks | $62/$50 (Dist. Res.)

4155.101	9/6–10/4	Tu	7:30–8:30 pm
4155.102	10/11–11/8	Tu	7:30–8:30 pm
4155.103	11/15–12/20	Tu	7:30–8:30 pm

Intermediate | 5 weeks | $62/$50 (Dist. Res.)

4156.101	9/6–10/4	Tu	8:30–9:30 pm
4156.102	10/11–11/9	Tu	8:30–9:30 pm
4156.103	11/15–12/20	Tu	8:30–9:30 pm

No class 12/6

Line Dance

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required! Basics: for those brand new to Line Dance. Beginners: must know basic steps. Note: please refrain from wearing heavy perfumes and scents. Instructor experiences perfume allergies.

Instructor: Millie Dusha

Senior Center: Dance Studio

Drop in: 1 class $5, 2 classes $8, 3 classes $10 (same day)

Basics	Sa	8:15–9:00 am
Beginners	Sa	9:00–10:00 am
Improver	Sa	10:00–11:00 am
Intermediate	Sa	11:15 am–12:30 pm

No class in September or 10/1, 11/19, 11/26, 12/24, 12/31

Line Dance Social

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required!

Senior Center: Chateau Hall

Admission: $10 Drop-in

11/20	Su	3:00–6:00 pm

Contemporary Self-Defense for the 21st Century NEW!

A modern realistic approach to self-defense that teaches you reality-based self-defense for the 21st century; no traditions, no uniforms, or colored belts. No difficult moves or drills. You'll learn vocal commands and action to take in a variety of scenarios, including prevention, post-traumatic stress and police interaction. The Combative Instruction is from Israeli Martial Arts and Street Wise Instruction from the legendary Sargent Jim Wagner (LA SWAT Member/Trainer). The proper use of pepper spray will be included. Wear comfortable clothing and foot wear.

Instructor: John Castro

Community Center: Soroptimist Room

5 weeks | $68/$55 (Dist. Res.)

4648.101	9/12–10/10	M	7:00–8:00 pm
4648.102	10/17–11/21	M	7:00–8:00 pm

No class 11/7

4 weeks | $55/$45 (Dist. Res.)

4648.103	11/28–12/19	M	7:00–8:00 pm

12/5 class in Republic Services Room.

adult health & fitness

Get Fit with Alison

Purchase a multi-fitness punch card and use it for any of the fitness classes offered by Alison Raphael-Klippel such as Barre Plus, Pilates, Stretching for Everyone and Weight Training. Vacation planned? Try a new class, or work out more than once a week. Buy a punch card! Need to bring punch card to class.

Instructor: Alison Raphael-Klippel, *Certified instructor in Barre, Pilates, Weight Training, Zumba and Group X*

Punch cards (6 classes): $81

BARRE PLUS

45-minute version of Strengthen from Within—Barre Plus combines the best of the Lottie Berk Method, ballet techniques and Pilates movement principles to provide an energizing, dance-based workout that strengthens, stretches and tones the whole body. It will leave you energized from head to toe. Bring mat, light weights (1–3 lbs) and sneakers.

Community Center: Dance Studio 1

7 weeks | $113/$98 (Dist. Res.)

4634.111 9/7–10/19 W 5:30–6:15 pm

6 weeks | $99/$84 (Dist. Res.)

4634.112 10/26–12/14 W 5:30–6:15 pm
No class 11/23, 12/7

PILATES

14 yrs & up

A new challenging workout that's fun and exciting! Bring the mind, body and breathing together while learning the fundamentals of Pilates. Learn muscular control; core awareness, coordination, flexibility and posture. Comfortable clothing; no shorts. Bring padded mat. Ball is optional. All levels welcome.

Community Center: McHale Room

7 weeks | $90/$75 (Dist. Res.)

4688.101 9/12–10/24 M 5:30–6:30 pm

8 weeks | $100/$85 (Dist. Res.)

4688.102 10/31–12/19 M 5:30–6:30 pm
No class 11/21

Community Center: Dance Studio

7 weeks | $90/$75 (Dist. Res.)

4690.101 9/1–10/13 Th 9:10–10:10 am
9/29 class in McHale Room

8 weeks | $100/$85 (Dist. Res.)

4690.102 10/20–12/15 Th 9:10–10:10 am
10/27 class in McHale Room, 12/8 class at Teen Center. No class 11/24

STRETCHING FOR EVERYONE

Improve the health of your body by increasing the flexibility of your hips, shoulders, core and hamstrings. Improve the length of your muscles and range of motion in your hands and feet, fingers and toes, ankles and wrists. Open up and loosen your back and neck. Rejuvenate, refresh and re-energize the mind, body and soul. Please bring a mat, pillowcase and water.

Community Center: Dance Studio

7 weeks | $74/$60 (Dist. Res.)

4634.101 9/1–10/13 Th 10:15–10:45 am
9/29 class in McHale Room

8 weeks | $84/$69 (Dist. Res.)

4634.102 10/20–12/15 Th 10:15–10:45 am
10/27 class in McHale Room, 12/8 class at Teen Center. No class 11/24

WEIGHT TRAINING

Sculpt a better and healthier you with this total body workout. Wear workout clothes and shoes; bring two sets of hand weights.

Winslow Center: Assembly Room

8 weeks | $100/$85 (Dist. Res.)

4643.101 9/2–10/21 F 10:30–11:30 am
4643.102 10/28–12/16 F 10:30–11:30 am
No class 11/25

Dance Mixx Jazzercise

Co-Ed (Ongoing, all levels)

Torch fat, sculpt lean muscle and crush calories with this high-intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy. This is the new JAZZERCISE. Additional formats: FUSION: A circuit workout. CORE: Cardio with a crunching core focus, STRIKE: Cardio kickboxing, HIT: Interval.

Instructor: Annemieke Howsepian/Staff

Winslow Center: Assembly Room

AM	M–Sa	9:00–10:00 am
PM	M–Th	5:45–6:45 pm

Strength45

Forge the tight, lean body you're looking for while the pulse-pounding playlist distracts you from the burn. Fire up the muscles, all of them, in this 45-minute hard-core muscle sculpting strength workout.

Contact: Annemieke Howsepian, *call for fee information (925) 323-2522*

Winslow Center: Assembly Room
Register at class only M/W/Sa 8:05–8:50 am

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Fencing: The Ultimate Sport

Fencing is a physical and mental challenge, developing mind and body while improving agility, alertness, balance, coordination, and competitiveness. Foils, plastrons/masks provided; bring equipment if possible. Teens ages 16–17 years are welcome with parent.

Instructor: James Parker

Winslow Center: Assembly Room
Experienced Fencers
Drop-in: $7/per night/person

4630.104 9/12–12/19 M 7:45–10:00 pm
No class 9/5, 12/26

Fit for Life

Low impact easy dance moves for a good cardio workout. You'll have lots of FUN while burning calories. Muscle conditioning and stretching are part of the program. Appropriate for all fitness levels.

Instructor: Tari Nicholson

Senior Center: Dance Studio
8-class punch card: $50
Monthly | $40/$35 (Dist. Res.)
Senior Club Members: $36/$31 (Dist. Res.)

2214.101 9/1–9/29 Tu/Th 9:00–10:00 am
2214.102 10/4–10/27 Tu/Th 9:00–10:00 am
2214.103 11/1–11/29 Tu/Th 9:00–10:00 am
2214.104 12/1–12/29 Tu/Th 9:00–10:00 am
No class on 11/24

Flex for Fitness

Stretching and band resistance exercises. All exercises can be done in a chair.

Instructor: Varies

Senior Center: Dance Studio (M)
Senior Center: Classroom 1 & 2 (W/F)
12-class "anytime" punch card: $15
Senior Club Members: $12

Monday 1:00–2:00 pm
Wednesday/Friday 9:30 am & 10:30 am

Gentle Pilates

Stretch and strengthen your body and mind with gentle therapeutic Pilates movements and sequences to help improve balance and coordination, build core strength and maintain muscle tone. Breathing exercises calm the mind, alleviate stress and anxiety and increase mobility and range of motion. Bring light weights, a pillow case and water.

Instructor: Alison Raphael-Klippel

Senior Center: Dance Studio
6-class "anytime" punch card: $90
8 weeks | $100/$85 (Dist. Res.)
Senior Club Members: $92/$77 (Dist. Res.)

2238.101 9/7–10/26 W 1:00–2:00 pm
2238.102 11/2–12/21 W 1:00–2:00 pm

La Blast

16 yrs & up

La Blast was created by Louis Van Amstel of "Dancing with the Stars" and "So You Think You Can Dance." It's cardio ballroom disguised as exercise! A variety of dances will be used... Salsa, Cha Cha Cha, Rumba, Tango, Swing Waltz as well as other dances to give you a great cardio dance workout. No experience necessary, no partner needed.

Instructor: Lois Davis, *Certified LaBlast® instructor*

Senior Center: Dance Studio
6 weeks | $80/$65 (Dist. Res.)

4662.101 9/1–10/6 Th 7:15–8:10 pm

5 weeks | $68/$55 (Dist. Res.)

4662.102 10/20–11/17 Th 7:15–8:10 pm

Living Tai Chi

Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life.

Instructor: Jasmine-rose Kam

FOUNDATIONS

This class is for both beginners and experienced students.

Senior Center: Dance Studio
8 weeks | $80/$65 (Dist. Res.)
Senior Club Members: $73/$58 (Dist. Res.)

2210.101 9/19–11/21 M 10:00 am–12:00 pm
No class on 10/10, 11/7

FOUNDATIONS & FORMS

With gentleness and grace we learn to harmonize mind, body and spirit with the art and discipline of tai chi movement. This class is for experienced students only. Prerequisite: Foundations Class.

Senior Center: Dance Studio
8 weeks | $108/$93 (Dist. Res.)
Senior Club Members: $99/$84 (Dist. Res.)

2213.101 9/21–11/23 W 9:30 am–12:30 pm
No class on 10/12, 11/9

FOUNDATIONS & FORMS PACKAGE

Students attend Monday and Wednesday. Five hours a week of supervised practice provide ideal conditions to jump-start your own personal daily practice. Memory and homework involved.

Senior Center: Dance Studio
4 weeks | $94/$79 (Dist. Res.)
Senior Club Members: $86/$71 (Dist. Res.)

2218.101 9/19–10/19 M/W See times above
2218.102 10/24–11/23 M/W See times above
No class on 10/10, 10/12, 11/7, 11/9

Mindfulness in Motion with T'ai Chi Chih/Qigong

Would you like to feel more calm, relaxed, balanced and alive? These soft, flowing, healing movements are easy to learn and help you face the stresses of daily life with greater peace of mind.

Instructor: Wendy Helms, Ph.D.

Senior Center: Classroom 1 & 2
7 weeks | $97/$82 (Dist. Res.)
Senior Club Members: $89/$74 (Dist. Res.)

2242.101 9/8–10/20 Th 6:15–7:30 pm
2242.102 10/27–12/15 Th 6:15–7:30 pm
No class on 11/24

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Mixed Martial Arts

Bring out your cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion! Non-classical combative martial arts training emphasizes physical fitness and self-defense. Methods incorporated: Kung-Fu, Boxing, Kick Boxing, Karate, and more. Contact is on pads and kicking shields. Wear sweats and running shoes. Plan to purchase 12-ounce boxing gloves ($35).

Instructor: John Castro

Senior Center: Classrooms
6 weeks | $80/$65 (Dist. Res.)

4652.101	9/7–10/12	W	7:20–8:20 pm
4652.102	10/19–12/7	W	7:20–8:20 pm

No class 11/9, 11/23

Nia® Body-Mind-Spirit Exercise

You'll be HOOKED! Get back in shape, maintain, or challenge your fitness level! Nia is cardiovascular fitness blending movements from dance, Martial Arts, and the Healing Arts. Full-body conditioning to increase flexibility, agility, and strength. Set to music ranging from New Age, Electronic, World Music, and Pop. Optional: towel or mat for cool down.

Instructor: Janet Kaufman

Senior Center: Dance Studio
7 weeks | $90/$75 (Dist. Res.)

4692.101	9/13–10/25	Tu	5:45–6:45 pm

6 weeks | $80/$65 (Dist. Res.)

4692.102	11/1–12/13	Tu	5:45–6:45 pm

No class 12/6

Stretch and Be Fit with a Smile!

Designed to help maintain important life skills and general fitness. A variety of exercises to improve balance, strength, flexibility and overall coordination including brain cognitive skills. Class includes floor exercises, resistance bands, simple yoga poses and dance moves with an emphasis on proper breathing and body alignment. Each class will end with soothing relaxation to allow the body to release tension and return to a peaceful calm state.

Instructor: Darlene Roth

Senior Center: Dance Studio
8 class "anytime" punch card: $68

Tuesday 11:00 am–12:00 pm
No class on 9/6, 10/4, 11/1 and 12/6

Touch for Health: Acupressure Self Care

This is a fun and easy class for all ages—kindergarten to the "golden age," designed to keep you healthy and happy. Touch for Health is an integrated approach building on insights from acupuncture, therapeutic tai chi, positive psychology, yoga and other alternative healing modalities. These help reduce stress, aches, pains, illness and disease. You will experience a daily energy routine that is so simple a child could do it. It's not costly, is non-invasive and requires no special equipment. Sharing what you learn from this class with friends and family helps build healthy relationships!

Instructor: Tra Boxer

Senior Center: Game Room
8 weeks | $100/$85 (Dist. Res.)
Senior Club Members: $91/$76 (Dist. Res.)

2220.101	9/15–11/3	Th	9:30–11:00 am
2220.102	9/14–11/2	W	6:00–7:30 pm

Total Fitness: The Way to Energize & Vitalize

Work your body from head to toe, inside and out! A 10-minute warm-up; a 30-minute aerobic (cardiovascular) segment; then toning and strength training. Last, a cool down/stretch. Modifications given so every BODY can work at its own pace! Bring mat/towel, water bottle, hand weights.

Instructor: Christie Tomlinson

Community Center: Dance Studio 1
8 weeks | $124/$109 (Dist. Res.)

4636.101	9/12–10/31	M	5:45–7:15 pm

7 weeks | $111/$96 (Dist. Res.)

4636.102	11/7–12/19	M	5:45–7:15 pm

12/5 class in Soroptimist Room

Weight & Strength

Enjoy the best combination of low impact training and strengthening all in one fun session. Improve your flexibility, strength, balance and well being. Appropriate for all fitness levels! Students should bring their own weights and floor mats. Try it out.

Instructor: Debbie Murdock

Senior Center: Room Varies
6-class "anytime" punch card: $60
6 classes | $60/$48 (Dist. Res.)
Senior Club Members: $55/$43 (Dist. Res.)

2205.101	9/8–9/29	M/Th	5:30–6:30 pm
2201.104	12/1–12/19	M/Th	8:15–9:15 am
2202.104	12/1–12/19	M/Th	9:30–10:30 am
2205.104	12/1–12/19	M/Th	5:30–6:30 pm

No class 9/12

7 classes | $70/$56 (Dist. Res.)
Senior Club Members: $64/$50 (Dist. Res.)

2201.101	9/8–9/29	M/Th	8:15–9:15 am
2202.101	9/8–9/29	M/Th	9:30–10:30 am
2201.103	11/3–11/28	M/Th	8:15–9:15 am
2202.103	11/3–11/28	M/Th	9:30–10:30 am
2205.103	11/3–11/28	M/Th	5:30–6:30 pm

No class 11/24

8 classes | $79/$64 (Dist. Res.)
Senior Club Members: $73/$58 (Dist. Res.)

2205.102	10/3–10/31	M/Th	5:30–6:30 pm

No class 10/6

9 classes | $87/$72 (Dist. Res.)
Senior Club Members: $80/$65 (Dist. Res.)

2201.102	10/3–10/31	M/Th	8:15–9:15 am
2202.102	10/3–10/31	M/Th	9:30–10:30 am

Online Learning
anytime, anywhere...

COURSE TOPICS INCLUDE:
- Accounting & Finance
- Business
- College Prep
- Computer & Technology
- Health Care & Medical
- Language & Arts
- Personal Development
- Teaching & Education

PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities.
The classes offered can enhance your performance at work, school and home. Printable certificate of completion included. Visit www.ed2go.com/pleasanthillrec for more information and to register.

Just a click away!
www.ed2go.com/pleasanthillrec

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Gentle Yoga

Get a complete workout of all your muscles while promoting healthy joint movement and challenging your balance. Regular Yoga practice builds strength, improves flexibility, balance and promotes a sense of calm. The breathing naturally becomes deeper, slower and more regular, benefiting the cardiovascular and immune system. Bring a Yoga mat and a light blanket, wear loose clothing.

Instructor: Maxine Davis

Senior Center: Dance Studio

5-class "any time" punch card: $75
5 classes | $69/$55 (Dist. Res.)
Senior Club Members: $63/$49 (Dist. Res.)

2235.101	9/1–9/29	Th	10:30–11:30 am
2235.102	10/6–11/3	Th	10:30–11:30 am

6 classes | $80/$65 (Dist. Res.)
Senior Club Members: $73/$58 (Dist. Res.)

2235.103	11/10–12/22	Th	10:30–11:30 am

No class on 11/24

Hatha Yoga

Hatha Yoga is a path toward creating balance and uniting opposites. In our physical bodies we develop a balance of strength and flexibility. We also learn to balance our effort and surrender in each pose. This class will offer powerful tools for self-transformation. Learn to bring attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. All Welcome. Great for beginners and advanced students.

Instructor: Linda Burkard

Senior Center: Chateau Room

5 weeks | $74/$60 (Dist. Res.)

4656.101	9/7–10/5	W	6:00–7:15 pm
4656.102	10/12–11/9	W	6:00–7:15 pm

6 weeks | $86/$71 (Dist. Res.)

4656.103	11/16-12/21	W	6:00-7:15 pm

No class 11/23

Sugi Yoga: Gentle Yoga & Movement

ANYONE can do Sugi Yoga! This Yoga style is a combination of Hatha Yoga and the Feldenkrais technique of movement. Gentle postures, breathing exercises, and deep relaxation help relieve stress on three levels: spirit, mind, body. Wear comfortable clothing; bring Yoga mat and pillow.

Instructor: Nancy Guzzaldo

Winslow Center: Assembly Room

5-week session | $68/$55 (Dist. Res.)
4-week session | $55/$45 (Dist. Res.)
Punch cards: $72 (6 classes)
Drop-ins welcome: $12

4637 9/6–12/22 M/Tu/W/Th/Sa 10:30–11:45 am
See website to review each session date.
No class 9/5, 11/23, 11/24, 11/26, 12/23-1/7

Yoga Stretch

You are as old as your spine is flexible. A regular Yoga practice will improve and maintain flexibility, improve posture, prevent injury and relieve stress. Integrate basic Yogic principles with modifications given to accommodate all levels. Yoga balances body, mind and spirit to reach optimal health and well-being. All abilities. Wear loose clothing and bring a mat.

Instructor: Maxine Younger

Community Center: Dance Studio 1

6 weeks | $80/$65 (Dist. Res.)

4649.101	9/1–10/20	Th	6:00–7:10 pm
4649.102	10/27–12/8	Th	6:00–7:10 pm

10/13 and 12/8 class in McHale Room.
No class 9/22, 9/29, 11/24

Zumba® Gold

A low-impact version of this wildly popular dance-fitness program. With easy-to-follow moves and exhilarating Latin rhythms, we dance our way to improved cardiovascular fitness, balance and agility. We add toning elements using weighted toning sticks (provided by instructor) to enhance rhythm, build strength and tone up! All fitness levels are welcome. No dance experience necessary. Wear shoes without a heavy tread. First time? Try it out for only $5!

Instructor: Barbara Ward, *licensed Zumba® Instructor*

Senior Center: Dance Studio

8-class "anytime" punch card: $68

Mondays 9:00–9:50 am
Fridays 10:00–10:50 am
No class 9/5, 11/11, 11/25, 12/23, 12/26, 12/30

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

adult sports and leagues

Adult Leagues

- Basketball (3 on 3)
- Basketball (5 on 5)
- Bocce
- Cornhole—Bean Bag Toss
- Flag Football
- Soccer (5 on 5)
- Softball
- Volleyball

For details, visit pleasanthillrecsports.com, call (925) 682-0896 or email sgeorge@pleasanthillrec.com

Drop in Adult Sports

Basketball | $5 per person

Pleasant Hill Education Center Gym: 1 Santa Barbara Road

- Sunday 8:00–10:00 am
- Monday 6:00–8:00 pm
- Friday 6:00–8:00 pm

Badminton | $5 per person

Pleasant Hill Education Center Gym: 1 Santa Barbara Road

- Sunday 10:00 am–12:00 pm

Cornhole | $5 per person

Winslow Center: 2590 Pleasant Hill Road

- Tuesday 7:00–9:00 pm

Sports website: pleasanthillrecsports.com

Get league registration packets, schedules, standings, roster addition forms, field conditions, etc.

Badminton: Learn to Play Clinic for Beginners

Learn the correct basic skills and techniques of badminton: basic gripping, footwork, strokes, serve and stance. Bring your own racket and feather birds required. Following the clinic time, feel free to participate at Badminton's open gym time from 11:00 am–12:00 pm.

Instructor: Randy Piona

Location: PH Education Center Gym, 1 Santa Barbara Road

8 Weeks | $95/$80 (Dist. Res)

5720.101	9/11–10/30	Su	10:00–11:00 am
5720.102	1/8–2/26	Su	10:00–11:00 am

Monthly Group Tennis Lessons

13 yrs & up

Top-quality classes begin on the first day of the month and run four consecutive weeks through the end of the month. Wear tennis shoes, bring racket and one unopened can of tennis balls.

Instructor: Joey Martinez

College Park High School: Tennis Court 320 Civic Drive (adjacent to Community Center parking lot)

BEGINNER/ADVANCED BEGINNER

Minimal skills and playing experience.

4 weeks | $68/$55 (Dist. Res.)

5565.101	9/1–9/22	Th	6:00–7:00 pm
5565.102	10/6–10/27	Th	6:00–7:00 pm
5565.103	11/3–11/17	Th	6:00–7:00 pm

INTERMEDIATE

Must be able to serve and maintain a slow rally. Improve consistency, learn placement and spin, then finish up with a friendly competitive match to develop match toughness.

4 weeks | $68/$55 (Dist. Res.)

5566.101	9/1–9/22	Th	7:00–8:00 pm
5566.102	10/6–10/27	Th	7:00–8:00 pm

3 weeks | $55/$43 (Dist. Res.)

5566.103	11/3–11/17	Th	7:00–8:00 pm

TENNIS LESSONS

Private; any age or level.

Per hour | $71/$57 (Dist. Res.)
Six 1-hour classes | $292/$277 (Dist. Res.)

Semi-private; two per/same level; must register together.

Per hour | Per person: $38/$30 (Dist. Res.)
Six 1-hour classes | Per person: $155/$140 (Dist. Res.)

To arrange private/semi-private lessons, call/email (925) 682-0896 sgeorge@pleasanthillrec.com

For Youth Tennis, see page 8.

Experience the Tradition

41st Annual Turkey Trot Trail Run

Sunday, November 20

All ages

Ready for a fun challenge? Experience the tradition of this annual 8.4-mile race in the beautiful hills of Briones Regional Park. Winners take home a turkey for Thanksgiving dinner! Top three finishers in each division receive medals. Divisions include: 13 yrs & under; 14–18; 19–29; 30–39; 40–49; 50+. The course starts and finishes at Bear Creek Staging area and includes trail running and an uphill trek to Briones Peak. This race is not for beginning joggers. Rain or shine.

Thank you to our sponsor, Alpine Awards!

Pre-registration closes Wednesday, November 9. Pre-registration packets available on race day only. Race shirts included for pre-registration only. After November 9, shirts will be available while supplies last on race day for $8 each. Race day registration begins at 7:30 am. On race day, enter Briones Regional Park through the main gate off of Bear Creek Road.

For more information or phone registration, call (925) 682-0896 or email sgeorge@pleasanthillrec.com. Online registration available at pleasanthillrec.com.

Briones Regional Park: Bear Creek Entrance

$20: Pre-registration by 11/9
$30: 11/10–11/20

5370.101	11/20	Su	9:00 am–1:00 pm

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

swim lessons

Fall Swim Lessons

Pleasant Hill Recreation & Park District offers a wide variety of swim lessons from 6-month tots to adults year-round! Private and group lessons available.

LESSON SCHEDULES and REGISTRATION NOW ONLINE!
Visit pleasanthillrec.com/aquatics/swimlessons.html

Questions?
Contact (925) 682-0896

Private Aquatic Park Parties

Reserve the pool for your own private party! Minimum 2-hour rental includes lifeguards. No alcohol or smoking permitted in the pool area. Fees are based on the parts of the facility used.

Call the District Office at 682-0896 or visit www.pleasanthillrec.com for more information.

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.

water exercise

Water Walking

18 yrs & up

Water walking is an easy, low-impact exercise that can provide an aerobics workout while also strengthening and building muscles by using the water's resistance. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain. Pool is heated and ADA accessible. Water shoes recommended. Students may register for the session or drop-in using the Water Aerobics Punch Card.

Instructor: Nay Albertson

PH Aquatic Park: 147 Gregory Lane
4 weeks | $50/$40 (Dist. Res.)
Senior Club Members: $46/$36

2240.101	9/15–10/6	Tu/Th	8:30–9:30 am
2240.102	10/11–11/13	Tu/Th	8:30–9:30 am

Water Aerobics

18 yrs & up

The ultimate in low-impact aerobics for men & women! Classes offer all the benefits of land aerobics while cushioning the body from impact and providing resistance during exercise. Emphasis is on cardiovascular workout, while toning muscles, and slimming the body. Swimming skills are not required.

Instructor: Mary Beth McCarthy, Bryce Halliday

PH Aquatic Park: 147 Gregory Lane
Year-round classes | Drop-in $8
Water Aerobics Punch Card: $45 (8 classes)

Mary Beth	W	7:20–8:20 am
Mary Beth	Tu/Th	8:30–9:30 am
Mary Beth	Tu/Th	7:00–8:00 pm
Bryce	M/W/F	8:30–9:30 am

Starting 9/26 Bryce's class meets at PH Education Center Pool. Starting 11/7, all classes meet at PH Education Center Pool. No class on legal holidays and instructor scheduled vacations. Modified class schedule during the Nov/Dec holiday break.

Aqua Zumba®

16 yrs & up

Aqua Zumba® integrates the Zumba philosophy and its exotic rhythms with traditional aqua fitness. Great for people who have joint problems, mobility issues, chronic conditions, weight issues, pregnant women or any healthy adult who wants a complete workout without stressing the joints. It is a fun cardio-conditioning and body toning class that feels like a party! No swimming skills required. Water shoes recommended.

Instructor: Sandra Franklin, *Licensed Aqua Zumba® Instructor*

PH Aquatic Park: 147 Gregory Lane
4 weeks | $40/$32 (Dist. Res.)

8124.101	9/12–10/3	M	7:00–8:00 PM

3 weeks | $30/$24 (Dist. Res.)

8124.102	10/17–10/31	M	7:00–8:00 PM

Lap Swim

15 yrs & up

Monthly Swim Pass gives you unlimited access to Lap Swim times during the calendar month. Stay fit, work on your stroke technique, improve your endurance; rejuvenate and energize your mind/body while you swim your way to a healthier life! To purchase a monthly pass online, search "Membership."

Instructors: Staci Lindsay, Carol Madsen

PH Education Center:
1 Santa Barbara Road
Monthly Pass: $62/$50 (Dist. Res.)
Senior 55+ Monthly Pass: $48/$38
8-swim "Anytime" Punch Card: $50

Lap Swim Hours*:
M/W/F 6:00–7:00 am, 8:30–9:30 am, 1:00–2:00 pm
M/Tu/Th 7:00–8:00 pm

Weekends at PH Aquatic Park
Sa/Su 10:00 am–12:00 pm (through 10/30)
Holidays: 9/5, 11/11
Modified schedule during Thanksgiving and Winter Break.
**Visit www.pleasanthillrec.com for a calendar to confirm hours and location.*

Adult classes with this symbol qualify for Senior Club member discount.
Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

clinics and classes

Pre-Swim Team

4–13 yrs

Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while "swimming." Repeat students welcome. There will be a parent meeting and try-outs on the first day.

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

7 weeks | 4–5 years | $135/$120 (Dist. Res.)

8208.101 9/13–10/27 Tu/Th 4:00–4:30 pm

7 weeks | 6–8 yrs | $170/$155 (Dist. Res.)

8209.101 9/13–10/27 Tu/Th 4:30–5:15 pm

For those without swim team experience who would like to learn the skills to be on a swim team or to further develop their swimming skills. Focus will be in developing the four competitive strokes, starts and turns.

Instructor: Carol Madsen

7 weeks | 9–13 yrs | $200/$185 (Dist. Res.)

8210.101 9/12–10/28 M/W/F 4:45–5:45 pm

Winter Swim Clinic

For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. All swimmers must have prior competitive experience.

Instructor: Talli Pitcher

PH Education Center Pool: 1 Santa Barbara Rod

3 weeks | $95/$80 (Dist. Res.)

8727.101 11/29–12/15 Tu/Th 4:00–5:00 pm

Lifeguard Training

15 yrs & up

Become an American Red Cross certified Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED and Administering Emergency Oxygen. Bring lunch each day. Visit www.pleasanthillrec.com for the required pre-requisites, which must be successfully completed on the first day of class.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

3 weeks | $225/$210 (Dist. Res.)

8715.101 9/16–10/1 F 5:00–8:00 pm
Sa 9:00 am–5:00 pm

Splashball

6–10 yrs

The "T-ball" version of water polo designed to introduce the sport of water polo to children. This fun, dynamic class teaches basic skills and understanding of water polo in a recreational format while providing social development through participation in a team sport. Students should be comfortable in the water. Strong swimming skills a plus!

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

7 weeks | $90/$75 (Dist. Res.)

8750.101 9/11–10/23 Su 5:00–6:00 pm

MT. DIABLO DOLPHINS

Mt. Diablo Dolphins is a registered USA Swim Club. Swimmers will be competing in USA swim meets in the fall (short course season). Age group is determined by the swimmer's age for the 2017 summer season. Registration fee includes USA Swimming membership. Season runs 9/12–11/18. No class 10/21, 11/11.

What Makes Mt. Diablo Dolphins Unique

Our experienced coaches provide the foundation and building blocks for each team member to succeed not only as an athlete, but also as a person. Individual members learn to contribute their unique strengths to support the overall success of the swim team. With MDD—MOTIVATION, DETERMINATION, DEDICATION and the sportsmanship of swimming, the team is united and grows together—as individuals and as a group of successful swimmers.

Coaches: Vicky Dewey & Talli PItcher

PH Aquatic Park: 147 Gregory Lane

6 years & Under | $285/$270 (Dist. Res)

8211.101 9/12–11/18 M/W/F 4:00–4:45 pm

7–10 years | $285/$270 (Dist. Res)

8212.101 9/12–11/18 M/W/F 4:45–5:45 pm

11 years & Up | $315/$300 (Dist. Res.)

8213.101 9/12–11/17 M-Th 5:45–6:45 pm

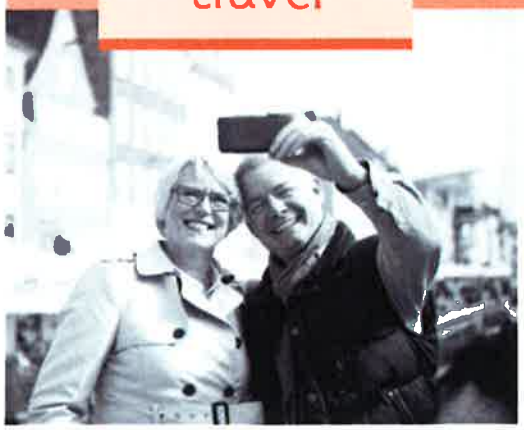
CALI Suns Water Polo: 14U & 16U

Girls, 10–16 yrs

A new USA Water Polo (USAWP) team, Cali Water Polo offers swimmers a positive, encouraging and competitive environment to learn about the sport of water polo and develop new skills. Must be able to swim 50 yards freestyle, with a strong stroke. Registration includes Nor Cal League Tournaments (schedule TBD, weekends) and a t-shirt for each player. Additional shirts available for purchase. A parent meeting will be held in the first couple weeks of the program. Visit www.pleasanthillrec.com for practice times and additional program details. All players must be registered with USAWP (minimum Bronze Level) at www.usawaterpolo.org by the first day of practice—this fee is not included in your registration.

Head Coach: Kelly McCabe

PH Education Center: 1 Santa Barbara Road



Explore your world with us!

Pleasant Hill Recreation & Park District Travel Services offer a variety of exciting adventures that allow you to experience unique cultures, gain broader perspectives and make new friendships in amazing, beautiful places in our great big world. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just adventure. Where in the world do you want to go? Call our Travel Services coordinator who will be happy to help you with your next travel adventure.

TRAVEL OFFICE INFORMATION:
Trip Coordinator: Cassie Eternal
Phone: (925) 771-7636
Hours: Monday, Tuesday, Friday, 9:30 am–2:00 pm
Wednesday & Thursday, 9:30 am–12:00 pm
Location: Senior Center, 233 Gregory Lane

New! Spend your Holidays Traveling!

Enjoy these spirited travel offerings that will bring joy to your holiday season.

New Years in Nashville

Ring in the New Year! Spend four nights in Nashville at the fabulous Opryland Hotel, decorated from top to bottom with electric lights for the occasion. Tour the Studio "B" where Elvis first recorded a record, head onwards to the Johnny Cash Museum and the Country Hall of Fame Tour, enjoy a hosted dinner at the Wild Horse Saloon and party into the New Year on the General Jackson Riverboat for dinner and dancing. Prices below include a Deluxe View of the Opryland Hotel decorations through the Courtyard, discounts available for opting out of this package. *This trip includes home pickup to and from the airport!*

December 30, 2016–January 4, 2017
Cost: $2,380 pp/double; $2,980 pp/single

Tournament of Roses Parade

The 128th Annual Rose Parade is a marvelous spectacle of pageantry, magnificent floral floats, high stepping equestrians and spirited marching bands. Enjoy a 4-night stay at the Renaissance Hotel in Long Beach. Your tour guide will introduce you to the best Hollywood has to offer including dancing in the New Year at a private gala event. For your final day, head to the Queen Mary, a once grand ocean liner now turned hotel, you cannot help but be intrigued by the history. *Single traveler? This trip includes our Roommate Match. If we can't find you a roommate, you will enjoy your trip without the single supplement!*

December 30, 2016–January 4, 2017
Cost: $2,149 pp/double; $2,648 pp/single

New York: Macy's Thanksgiving Day Parade

You've seen it on TV but this once-in-a-lifetime trip is going to put you right in front of the parade itself! Spend four nights in the heart of Times Square, sightsee in this magical city with a tour through Wallstreet, Brooklyn Bridge and Trump Tower. You will witness the highest kicks with reserved seats at the Rockette's Spectacular Christmas Show, go to the top of the Rockefeller building and of course witness the Macy's Day Parade up close and personal. *Single traveler? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

November 20–25, 2017
Cost: $3,129 pp/double; $3,838 pp/single

San Diego Adventure

This 4-night trip has you exploring all the best that San Diego has to offer! Visit the San Diego Zoo where you can see a Panda, Arctic Fox and a clouded leopard, enjoy a narrated Harbor Cruise of San Diego Bay, a trip to Catalina Island will let you explore and shop on your own also includes a tour of Avalon City and finally an evening to remember on the Queen Mary, with dinner and your home for the night. Prices below reflect a motorcoach trip, if you would like to fly please call.

September 5–9, 2016
Cost: $1,599 pp/double; $1,999 pp/single

America's Music Cities

Enjoy a finger-snapping, toe-tapping time on this tour when you spend eight days in America's most famed musical cities. Visit New Orleans, Memphis and Nashville as you revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience America's most singular city in New Orleans, home to the French Quarter where the world's great jazz musicians reside. Have your choice on tour—either stroll through New Orleans' famous French Quarter on a walking tour with a local expert or set out on a panoramic motor coach tour for a different perspective of the city. Spend two nights in Memphis, "birthplace of the blues," tour Elvis Presley's Graceland, and indulge in award-winning barbecue. Enjoy reserved seats at the Grand Ole Opry in Nashville, Tennessee and a backstage tour. Tour historic RCA Studio B and see where country legends recorded hit songs.
A visit to the Country Music Hall of Fame is sure to have you humming long after you return home.

April 21–28, 2017
Cost: $3,169 pp/double; $3,889 pp/single

NEW!

Washington's Waterways and National Parks

Our coast has some of the best National Parks in the country, take your time and explore them thoroughly through this wonderful Washington trip. You will spend time in Mount Rainier, Olympic and Butchart Gardens, which all have spectacular views and unique activities, like the Mt. Rainier Scenic Railway with a BBQ dinner, an open air tram in the Northwest Wildlife Park that will give you glimpses of bison, elk and moose in their natural habitat and Hoh Rainforest. If that wasn't enough, you will also visit the Museum of Glass, LeMay-America's Car Museum and a chance to visit Victoria, British Columbia by ferry.

June 22–July 1, 2017
Cost: $3,119 pp/double; $4,188 pp/single

NEW!

Brandywine & The Poconos

Travel to Philadelphia where you will start this trip with a 4-night stay in the Brandywine Village, tour the DuPont mansions, Independence Hall, the Liberty Bell and Elfreth's Alley. Then you will have a whole day dedicated to Hershey's with a factory tour and then a city tour of all of the buildings Milton Hershey built In the town dedicated to all things chocolate. Just when you thought it couldn't get better then chocolate, take a tour of the QVC shopping network studios. Finally you will visit the beautiful Poconos during the Autumn color change and this is the perfect opportunity for photos! *At home pickup and drop off included in this tour!*

October 7–13 2017
Cost: $2,995 pp/double; $3,395 pp/single

NEW!

New England & Canada Autumn Cruise

On this 9-day trip, witness the foliage turn its beautiful Autumn colors as you sail across the Atlantic to visit all of the best parts of the East Coast. In Halifax make your way to Peggy's Cove also known as "The World's Most Beautiful Fishing Village." Or in Saint John witness the reversing waterfall. Go back to the 1900s in Bar Harbor and visit the beaches where America's Elite used to vacation. Finally, in Portland walkabout and enjoy the unique shops or take the optional tour of Kennebunkport. *Travel insurance, port charges, airport transfers and airfare included.*

September 29–October 8, 2017
Cost: Inside cabins
starting at $2,980.72 pp/double

50+ travel

Pleasant Hill Recreation & Park District Travel Services offer special day trips and excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts. Non-Senior Club Members pay an additional $10 for daytrips. Not a Senior Club member yet? Stop by the Senior Center and sign up!

Senior Trip Meetings

Want to learn more about senior trips? Attend a monthly Senior Trip Meeting to get a first look at our upcoming day trips, casino excursions and all-inclusive Air & Sea Travel Adventures. Many day trips and excursions sell out at the trip meeting! Meetings are the first Tuesday of the month, unless noted. We love suggestions to improve our travel program; bring your ideas to the meeting so we can continue to offer exciting adventures. We offer our daytrips for any type of mobility and we do not charge the non-member fee for caretakers. Special accommodations can be made for electric wheelchairs, special dietary requests and service dogs with advance notice and as long as the trip venues are ADA accessible.

Senior Center: Chateau Room
First Tuesday of the month at 1:00 pm

STAY UP TO DATE ON ALL OF OUR TRAVEL NEWS!

Please join our new Travel e-Newsletter online at www.phseniorcenter.com/trips. This newsletter features more of our Air & Sea trips, photos of our adventures and highlights upcoming day trips.

50+ Day Trips and Excursions

Here are some of our upcoming trips. Call (925) 798-8747 to sign up!

Giants vs. Orioles

Sunday, August 14

Take me out to the ball game! These club level seats will give you a beautiful view of the game and access to inside air conditioning if it's hot. Arrive in time to eat and settle down or even explore the Stadium stores, then root your team on until the sun goes down! Trip includes luxury charter transportation, gratuities and club level box 230 tickets.

10:30 am–5:00 pm | $126/$121 (Dist. Res.)

Return time approximate; tickets available 5/9/16

Apple Hill

Thursday, September 22

It's harvest time in El Dorado County and those apples will never be this delicious! Explore all the best Apple Hill has to offer, starting with an apple fritter the size of your head, apple cider to wash it down, a BBQ lunch on the ranch, Horse drawn hay rides through the farm and end the day with apple pie al a mode. Can you think of a better way to spend a Fall day?

7:15 am–6:00 pm | $85/$80 (Dist. Res.)

Return time approximate; tickets available 6/13/16

Academy of Science

Wednesday, September 28

Science! That's the theme of the day. Spend your time wandering the halls of the fabulous Academy of Science which has a beautiful aquarium, an earthquake simulator, a planetarium and the famous Rainforest dome. This special senior package includes a discounted admission, a lunch and a special presentation by a docent during the lunch hour. There will be four hours of free time at the museum.

8:45 am–5:00 pm | $88/$83 (Dist. Res.)

Return time approximate; tickets available 6/13/16

Fleet Week Cruise—SF Bay

Saturday October 8th

Board the San Francisco Belle, an Art Noveau style sternwheeler with 3 spacious levels, for a spectacular Bay cruise and up close show of the impressive Blue Angels fly directly overhead! Enjoy a buffet lunch, bottomless glass of champagne and musical entertainment as you watch the Blue Angels perform. Every passenger gets a complimentary keepsake photo to commemorate the day. Lunch Included.

10:40 am–6:00 pm | $157/$152 (Dist. Res.)

Tickets on sale 7/5/16

Beach Blanket Babylon

Sunday, November 13

This stage show is classic San Francisco and if you haven't seen it, you need to! Dancing, singing and... 40 foot tall hats?!? Yes, these hats are definitely a surprising part of the show! How do they stay on the heads of those poor actors? This will be a great time to go, since the elections will be over and the patriotic puns are sure to fly. Before the show enjoy lunch at Swiss Louie's on Fisherman's Wharf. Reserved balcony seating, transportation and gratuities included.

9:40 am–5:30 pm | $138/$135 (Dist. Res.)

Return time approximate; tickets available 7/11/16

Reno Holiday Overnight

Wednesday–Thursday, December 7–8

Great for those who love the holiday season. Your first stop into Nevada will be Boomtown for gaming, followed by a stay at the El Dorado hotel. Enjoy a complimentary buffet dinner and receive a ticket to the evening show "Miracle on 34th St." In the morning enjoy a buffet breakfast and a 4-hour gaming stop at the Silver Legacy.

Wednesday, 7:40 am–Thursday, 6:30 pm
$183 pp/double; $176 pp/double (Dist. Res.)
$197 pp/single; $192 pp/single (Dist. Res.)

Return time approximate; tickets available 8/8/16

All senior enrichment, fitness and dance classes have been moved to the Adult section. See pages 10–19. Look for classes with this symbol for "senior friendly" classes that qualify for a Senior Club Member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788 to sign up.

Pleasant Hill Senior Center
233 Gregory Lane • (925) 798-8788
www.phseniorcenter.com

The award-winning Pleasant Hill Senior Club, sponsored by the Pleasant Hill Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership is open to men & women 50 years and over for $15. Members receive a monthly newsletter and discounts on numerous classes and special events.

For more details on days and times of the following services and activities please visit the website at www.phseniorcenter.com and download the Senior Sounds monthly newsletter.

Senior Services:
- Blood Pressure Screening
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (CC Café/Meals on Wheels)
- iHelp (help for Mac, iPad, iPhone users)
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Screening
- Movie Library
- Notary Service
- Open Computer Lab
- Senior Peer Counseling
- Transportation Ticket Sales: County Connection

Senior Center Activities:
- Amistad—Spanish Resource Group
- American Mah Jongg
- Book Club
- Boutique Group
- Bingo
- Bunco
- Chef's Lunches
- Explorers Hiking Group
- Friday Flicks
- Marathon Bridge
- Men's Corner—men's discussion group
- Pathfinders Walking Group
- Pinochle
- Senior Bridge
- Tea Dance
- Tuesday Talkers—co-ed discussion group
- Wisdom Circles

Additional activities, see pleasanthillrec.com.

Past and present Senior Club Board members.

senior programs & events

Pancake Breakfasts
Bring family and friends to our monthly breakfasts and enjoy pancakes or French toast, eggs, sausage, orange juice and coffee. All ages welcome!

1st Sunday of the month, 8:30–10:30 am
September 4, October 2, November 6, and December 4

Tickets: Adults 11+: $5
Children 5–10 yrs: $3 • 4 & under Free!
Senior Club Members can purchase a 5-Pancake Punch Card for only $20!

Senior Center: Chateau Room

FREE! Care Management Series
The Care Management Series brings a variety of topics from experts in our community. Presentations are free however space is limited so please reserve your spot by calling 798-8788. Sponsored by Carlton Senior Living.

September 8: What is the difference between Hospice and Palliative Care? Presented by Hospice of the East Bay.

October 13: Aging & its implications: Careful planning today to avoid costly mistakes tomorrow, presented by a panel of professionals.
No November/December session

2nd Thursday of each month from 2:00–3:30 pm at the Senior Center

Vagabond Players
The Vagabond Players are here to entertain you! Grab lunch before the play at our Chef's Lunch (not included in ticket price), then watch this award-winning live theater group put on a show.

September 2: "The Trip to Bountiful"

November 4: "Jack Benny Isn't 39 Anymore"

Fridays, 1:30 pm
Tickets: Pre-sale: $10; Day of: $15

Senior Center: Chateau Room

Taste of the Vine
Sip a glass of wine with friends and relax. A variety of red and white wines available for you to choose from, plus light hors d'oeuvres will be served. Non-alcoholic beverages available. Sponsored by Carlton Senior Living.

Friday, October 21, 4:00–6:00 pm
Friday, December 2, 3:00–5:00 pm

Tickets: Pre-sale $10;
Day of $15 (based on availability)

Senior Center: Chateau Room

FREE Admission! Holiday Boutique & Crafts Fair
Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Over 50 craft vendors!

Saturday, November 19, 9:00 am–2:00 pm
Senior Center

Dear Friends of Pleasant Hill Recreation & Park District,

I am very excited for the future of the District as we soon welcome a new General Manager to our team. During this transition, I will serve as Interim General Manager to ensure regular business continuity and assist when the new GM officially comes on board. We look forward to introducing him/her to you soon!

This fall will be an exciting one with hundreds of recreation activities to choose from. We are offering several new classes including a series of cooking classes for adults and teens (16+ yrs).

Also for teens, we have new computer classes that will introduce coding, programming, game design and how to design and build a website. Given the popularity of these types of computer classes, I encourage you to sign up early.

Our fall event calendar is jam-packed with fun for the whole family. Young Fairytale Princesses and Superheroes will have their own special events in September. We will also introduce a new monthly social club for adults with developmental disabilities in the beginning of September. October will bring back the popular 'Share The Magic' show and Trunk or Treat. In November, our one-of-a-kind Turkey Trot Trail Run will challenge runners to an 8.4-mile race in the beautiful Briones Hills.

And then the holidays will be here! Mark your calendars for our Breakfast with Santa event on December 3rd and our extraordinary FREE Holiday Festival on December 7th. You never know what characters might show up there.

Parks make life better! Have a great fall season.

Tina L. Young
Interim General Manager

Mission Statement

In order to serve the diverse recreational needs of individuals and families and to enrich the quality of life for all residents, the Pleasant Hill Recreation & Park District is committed to providing park facilities, open space, programs, and activities.

BOARD OF DIRECTORS

Zac Shess, *Chair*	212-6572
Dennis Donaghu, *Vice Chair*	937-8283
Bobby Glover, *Secretary*	954-7070
Sandra Bonato, *Member*	938-5433
Sherry Sterrett, *Member*	687-2888

Board Meetings: 2nd & 4th Thursdays; 7:00 pm
Administration Office, Conference Room,
147 Gregory Lane

3 Ways to Register Now!

Find us on Facebook

Online at www.pleasanthillrec.com
Visa/MasterCard/American Express accepted.
No convenience fees for online registration!

Phone: 682-0896 M–F, 9:00 am–5:00 pm,
VISA/MasterCard/American Express accepted.

Walk-in:
Administration Office, 147 Gregory Lane, M–F, 9:00 am–5:00 pm.

Registration Begins August 8

See class listings for exceptions to registration dates. **For refund info, visit pleasanthillrec.com.**

ADMINISTRATIVE STAFF

Tina Young, *Interim General Manager*
Mark Blair, *Accounting Supervisor*
Tom Bradley, *Park Superintendent*
Katrina Hunn, *Recreation Supervisor*
Lance Hurtado, *Recreation & Parks Manager*
Susie Kubota, *Executive Secretary*
Kendra Luke, *Senior Services Supervisor*
Carrie Miller, *Building Maintenance Superintendent*
Korey Riley, *Aquatics Supervisor*

CO-SPONSORED CLUBS & ORGANIZATIONS

For club information, visit pleasanthillrec.com/clubs.html

- American Legion #331
- Contra Costa Camera Club
- Diablo Valley Track & Field
- Diablo Valley Macintosh User Group
- East Bay Artists Guild
- Friends of PH Library
- Guild of Quilters
- Las Juntas Artists
- Onstage Theatre
- PH Baseball Association
- PH DOG Owners Group
- PH 4th of July Commission
- PH Garden Study Club
- PH Historical Society
- PHMSA-AYSO Soccer
- PH Tennis Club
- Rodgers Ranch Heritage Center
- Society of Young Magicians
- Treadles to Threads
- Veterans of Foreign Wars

FACILITY & PARK LOCATIONS

Administration: 147 Gregory Lane
M–F, 9:00 am–5:00 pm
682-0896 • Fax 682-1633

Community Center: 320 Civic Drive
M–F, 9:00 am–4:30 pm
676-5200 • Fax 246-9842

Senior Center: 233 Gregory Lane
M–Th, 9:00 am–4:00 pm; F, 9:00 am–3:00 pm
798-8788 • Fax 798-8837

Teen Center: 147 Gregory Lane • 691-5645

Park Maintenance Operations:
310 Civic Drive • M–F, 6:30 am–3:00 pm
671-4649 • Fax 676-7628

Paso Nogal Off-Leash Dog Park:
on Paso Nogal Road

Rodgers Ranch Heritage Center:
315 Cortsen Road • www.rodgersranch.org

Winslow Center: 2590 Pleasant Hill Road

Map of District Parks & Facilities available at pleasanthillrec.com.

Pleasant Hill Community Foundation

The Pleasant Hill Community Foundation was founded in 1987 to promote and support educational, recreational, cultural and other activities for people living and working in the Pleasant Hill area. In addition to its other funds, the Foundation created the "Park Development Fund" to provide the Pleasant Hill Recreation & Park District monies to develop, protect, restore, and conserve our parks. It is organized under section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible.
Details: info@phcommunityfoundation.org

AMERICANS WITH DISABILITIES ACT (ADA)

5% of rental fees and $1 per person per class will be designated for facilities improvements and services to comply with the ADA. PHR&PD welcomes persons with disabilities. For information, call 682-0896.

Learn New Skills!

REGISTER YOUR YOUTH OR TEEN IN THESE EXCITING SKILL-BUILDING ACTIVITIES THIS FALL!

Cooking Classes For Teens & Adults NEW!

16 yrs & up

Instructor: Masumi Kodama

- Mexican Delight: Empanadas
- Healthy Japanese Cooking
- Halloween Cookie Decorating (all ages)
- Thanksgiving Treat Tarts
- Christmas Traditional Yule Log Cake

See page 11 for more details.

NBA/WNBA Youth Basketball

Co-Ed, Grades 3-5 & Grades 6-8

HOOP IT UP! Learn skills, coordination, agility, team work, and sportsmanship through practice drills. Games start January 7 for eight weeks. A $75 refund is given to parents interested in coaching and who complete training provided by the District.

Instructor: Rec Staff

8 weeks | $155/$140 (Dist. Res.)

GRADES 3-5:

5060.201 1/7–2/25 Sa xx

GRADES 6-8:

5060.202 1/7–2/25 Sa xx

NEW!

Teen Computer Classes

11 yrs & up

Instructor: LTP (Learn Teach Portal)

Senior Center: Computer Room

Coding, Creativity & Critical Thinking

In this interactive and hands-on course, students will learn the fundamental programming constructs of C# and Java. Students will learn about variables, if statements, loops, arrays, methods, and basic Object-Oriented programming. More importantly, students will apply critical skills and programming concepts they have learned to build personal or custom desktop applications and games.

8 weeks | $205/$190 (Dist. Res.)

Teen Scene Members: $186/$171.50 (Dist. Res.)

5118.101 9/6–10/25 Tu 4:30–6:00 pm

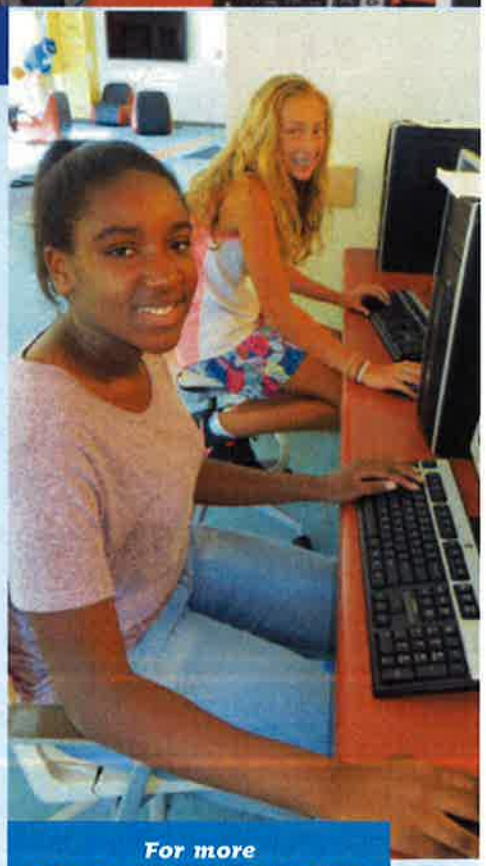
Game Programming & Design

Learn what it takes to code, animate and design a custom 2D game in an industry-level game engine—Unity. Utilize C# code for character movement, spawning game objects and collision recognition. Create custom pixelated 2D sprites. Add special effects such as particle system and audio to provide feedback to the player. Complete an alpha build of your 2D platformer game.

8 weeks | $305/$290 (Dist. Res.)

Teen Scene Members: $276.50/$261.50 (Dist. Res.)

5119.101 9/8–10/27 Th 4:30–6:30 pm



For more Teen Programs and Classes see page 9.

Pleasant Hill rec
147 Gregory Lane
Pleasant Hill, CA 94523

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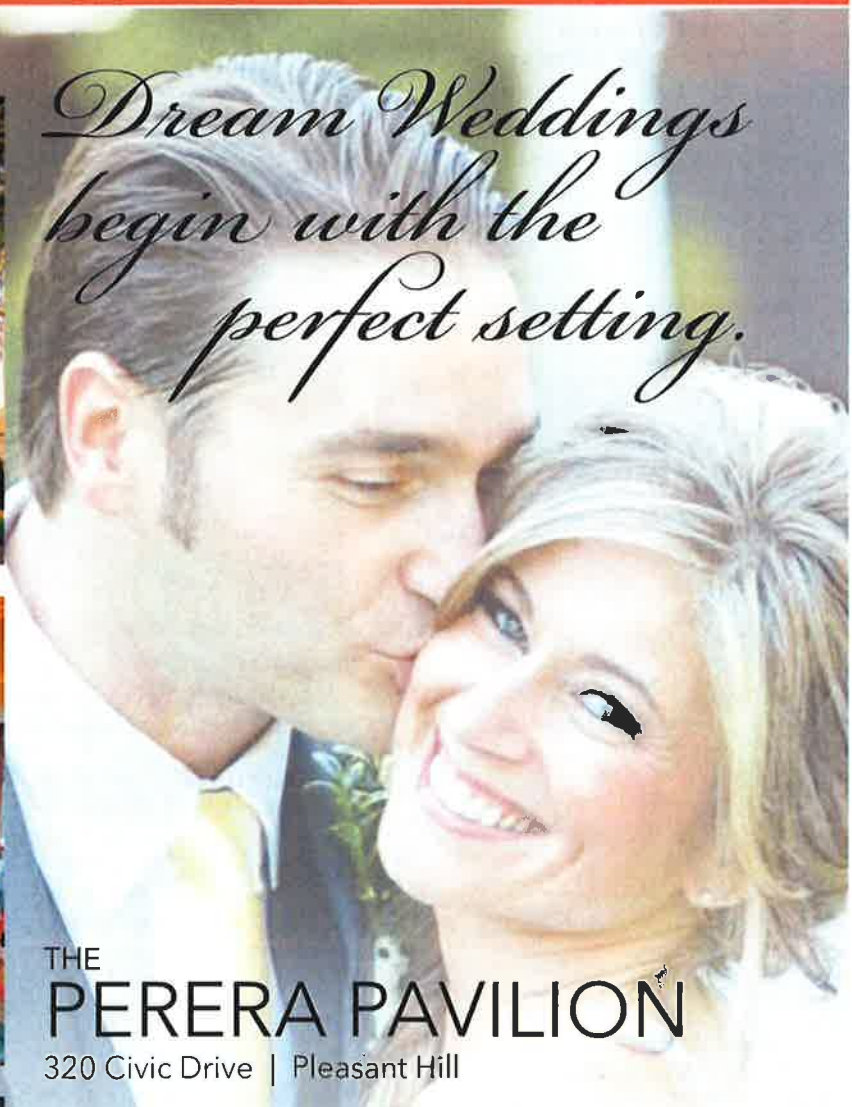
Residential Customer

AVIAN FILMS

Photo by Eric Tse



THE
PERERA PAVILION
320 Civic Drive | Pleasant Hill

Visit the elegant Perera Pavilion at the new Pleasant Hill Community Center and discover where dreams begin.

Bright, airy interior with soaring vaulted ceiling and windows.
Beautiful gazebo in park setting for perfect outdoor ceremony.
Private entrance for grand arrival and departure.
Convenient access to hotels, downtown, freeways & airport.

Contact Ryan Herriman, Facilities Supervisor
(925) 676-5200 | rherriman@pleasanthillrec.com

Come see where dreams come true.

PLEASANT HILL RECREATION & PARK DISTRICT

Pleasant Hill rec