

Fall/Winter
2018

the Spotlight



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pleasanthillrec.com



community events



FREE! Tinkers and Thinkers Innovation Fair

**Saturday, September 15
11:00 am–3:00 pm**

Creative Thinkers! Amazing Tinkers! Don't miss Pleasant Hill's spin on the popular "Makers Fair"! Participate in a variety of "hands-on" and make-and-take activities. Engage in science, technology, engineering & mathematics (S.T.E.M.)! Marvel at the latest mind-blowing innovations from local makers, entrepreneurs, businesses, non-profits and educators. Free for all ages. Brought to you by Pleasant Hill Library & PHRec & Park District.



Pleasant Hill Park & Teen Center
See back cover for more information.

Event sponsored by:



Special Recreation Dances Fridays, 7:00–9:00 pm

Pleasant Hill Rec & Park District, in partnership with City of Concord and City of Walnut Creek, hosts dances specifically designed for developmentally disabled adults. For more information contact Holly Frates at Hfrates@pleasanthillrec.com.

Senior Center: Chateau Room

Admission: \$7 per person (Caregivers free)

- September 21 Walnut Creek Heather Farms
- October 19 PH Senior Center; Grant funded by PH Foundation; Wear Halloween costume; Free photo booth!
- November 2 Concord Senior Center
- December 14 Walnut Creek Heather Farms

Share the Magic Friday, October 12

All new show every year! An evening filled with fun, mystery, and excitement. See illusions, card experts, and close-up performers by The Society of American Magicians. Come in costume for a chance to win a prize. Pre-registration is suggested, space is limited. Doors open at 6:30 pm. Co-Sponsored by the Society of Magicians.

Senior Center: Chateau Room

Admission: \$10 advance
\$12 at the door (space permitting)

6154.701 10/12 F 7:00–9:00 pm

Pumpkin Splash is Back!

Sunday, October 14, 1:00–3:00 pm

Don't miss this spooktacular fun for all ages! See page 26 for details.



FREE! Trunk or Treat Friday, October 26

Bring the whole family in costume and enjoy the evening going from trunk to trunk, collecting candy from community members who have decorated their vehicles for this fun, spooktacular event. Crafts, activities and a goodie bag for each child. FREE for Trick-or-Treaters.

Don't want to trick or treat? Register your decorated vehicle for a chance to win a great prize (we ask that you provide three large bags of store bought candy on arrival that will be inspected before distribution). Food and drinks available for purchase. (Candy donations appreciated).

**Pleasant Hill Park, Parking Lot:
147 Gregory Lane**
FREE to public | Pre-register your car

5164.701 10/26 F 6:00–8:00 pm

Brought to you by PHRec & Park District & Generations Church

Sponsored by: Surfside Kids Dental and Rachel Baiati



Fairytales Princess Breakfast Saturday, November 3

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 also register, all guests attending must pay admission.

Registration deadline: 11/2, 12:00 pm
Senior Center: Chateau Room
Admission: \$10.50/\$9.50 (Dist. Res.)

6163.701 11/3 Sa 8:30–9:30 am

FREE! Holiday Boutique & Crafts Fair Saturday, November 17

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! Proceeds benefit the PHSC Care Management Program.

Saturday, November 17, 9:00 am–3:00 pm
Senior Center

Take Home a Turkey! 43rd Annual Turkey Trot Trail Run

Sunday, November 18

Ready for a fun challenge? Experience the tradition of this annual 8.4 mile run in the beautiful hills of Briones Regional Park. Rain or Shine/All ages. Top winners take home a turkey for Thanksgiving dinner! Race starts at 9:00 am (sharp). See page 24 for details.

Find your Perfect Tree! 36th Annual Dolphins Tree Lot November 23–December 24

See page 26.



**Fall Registration Begins
August 6. See page 34.**

NO ONLINE REGISTRATION FEES!

The Spotlight, Fall/Winter 2018: Published three times/year; next issue November 2018. 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, left to right:
Bianca Santini, Allyssa Christie, Anjanette Taguinold.
Photo by Susan Wood. susanwoodphotography.com*

**Breakfast with Santa
Saturday, December 1**

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; 8:30 and 10:00 am. Must pre-register online by noon, November 30.

Senior Center: Chateau Room

Admission: \$10.50/\$9.50 (Dist. Res.) per person

6159.701 12/1 Sa 8:30-9:30 am

6159.702 12/1 Sa 10:00-11:00 am

Sponsored by Rachel Baitai

**Clarinet Fusion Holiday Concert
Thursday, December 20, 7:00 pm**

Pleasant Hill's very own Clarinet Fusion will perform live holiday music to the delight of all ages! Bring the whole family!

Senior Center: Chateau Room

Tickets: Pre-sale: \$7; Day of \$10; Students: \$5

Tickets on Sale 10/29

Santa at Your Home

**Saturday, December 22 or
Sunday, December 23**

T'was the night before Christmas and Santa visited your house! Schedule a 15-minute visit at your home between 5:00 pm and 8:30 pm. Sign up in person at the District office or by calling (925) 682-0896. District residents only.

Santa Visit: \$60

6158.701 12/22 Sa 5:00-8:15 pm

6158.702 12/23 Su 5:00-8:15 pm

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**FREE! 2018 PHRec & Park
Holiday Festival**

May The Magic Be With You!

Wednesday, December 5, 5:00-8:00 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. Meet and greet Star Wars characters. Build a massive LEGO city in the LEGO Winter Village. Experience the inside of a giant snow globe. Chat with our famous Talking Christmas Tree. Enjoy live holiday youth performances. Ride the Holiday Express train. Take photos with strolling characters. Buy dinner and treats. And visit the big man himself, Santa Claus. Don't miss this magical evening of holiday fun!

Community Center: 320 Civic Drive

FREE to the public

Sponsored by Republic Services, Rachel Baitai



Preschool Activities

Arista's Jump Start Gymnastics

"I did it" is what your child will be saying throughout each session. Our classes are jam packed with continuous activities. We use a circuit format, allowing each child to stay moving and having fun. We focus on building confidence and gross motor skills through tumbling, climbing, jumping, balancing and bar skills, plus a variety of ball sports and fun games. Siblings class is a chance for a wider age group to participate together. (You don't have to be a "sibling" to sign up). The class is less structured allowing the children to explore. The 2.5-5 years classes are structured through the whole class. Parent participation is required for all classes.

Instructor: Arista Lemos

SIBLINGS CLASS

20 months-4 yrs

Community Center: McHale Room

\$105/\$90 (Dist. Res.)

6663.703 9/12-10/17 W 9:45-10:25 am

6663.704 10/31-12/19 W 9:45-10:25 am

No class 10/10, 11/21, 12/5

Community Center: Preschool Room 1

\$122/\$107 (Dist. Res.)

6663.701 9/15-10/20 Sa 9:45-10:25 am

6663.702 11/3-12/15 Sa 9:45-10:25 am

No class 11/24

JUMP START GYMNASTICS

2.5-5 yrs

Community Center: McHale Room

\$105/\$90 (Dist. Res.)

6664.703 9/12-10/17 W 10:30-11:10 am

6664.704 10/31-12/19 W 10:30-11:10 am

No class 10/10, 11/21, 12/5

Community Center: Preschool Room 1

\$122/\$107 (Dist. Res.)

6664.702 9/15-10/20 Sa 10:30-11:10 am

6664.701 11/3-12/15 Sa 10:30-11:10 am

No class 11/24

Broadway Babies

2-5 yrs

Sing your hearts out, dance your feet off, and discover the magic of Broadway in this Musical Theatre performance class for preschool aged children. Through games, students will be introduced to pitch and rhythm, basic vocal production, and music appreciation. These young learners will have fun while learning group songs and easy choreography to bring numbers from popular musicals to life. December 5 is a performance day; time TBD.

Instructor: Myeve Capozzi Vocal Training

Community Center: Republic Services Room

\$220/\$205 (Dist. Res.)

6659.701 9/5-12/5 W 1:40-2:25 pm

No class 10/31, 11/21

Challenge Island **NEW!**

3-5 yrs

What is Challenge Island? Challenge Island is a one-of-a-kind enrichment program on the cutting edge of S.T.E.A.M. (science, technology, engineering, art & math) education and 21st Century Learning. We take children on a unique "island" adventure where they work in collaborative tribes to take on carious STEM/STEAM challenges using only the materials in their treasure chest and their creativity.

Instructor: Challenge Island Staff

SHARK TOOTH ISLAND

Get ready to chomp into some FINTastic challenges on Shark Tooth Island! You and a tribeful of friends will test your STEM savvy at action-packed destinations like Great White Bridges, Blow Cart Beach and Ice Cream Stream. Don't miss out on this amazing Challenge Island adventure.

Community Center: Republic Services Room

\$240/\$225 (Dist. Res.)

6667.701 9/4-10/23 Tu 2:30-3:30 pm

RAINFOREST ISLAND

Grab your survival gear for an Amazonian adventure on Rainforest Island. You and a tribe of friends will take on a jungle of challenges at breathtaking destinations like Jaguar's Claw, Monkey Swings, and Anaconda Squeeze. This not-to-be missed island is sure to sell out fast so save your spot in the Rainforest today!

Community Center: Republic Services Room

\$240/\$225 (Dist. Res.)

6667.702 10/30-12/18 Tu 2:30-3:30 pm



Kids Warrior Fitness

Inspired by the television show American Ninja Warrior, this class gives our littlest Warriors a chance to explore exciting obstacle course action! We focus on positive encouragement and building self-confidence. The children will jump, climb, balance, run, and tumble through the course. We include fun age-appropriate games and creative strength activities. Parent participation required.

Instructor: Arista Lemos

2-3.5 YRS

Community Center: McHale Room

\$105/\$90 (Dist. Res.)

6660.705 9/12-10/17 W 4:30-5:10 pm

6660.706 10/31-12/19 W 4:30-5:10 pm

No class 10/10, 11/21, 12/5

3.5-5 YRS

Community Center: McHale Room

\$105/\$90 (Dist. Res.)

6660.703 9/12-10/17 W 3:45-4:25 pm

6660.704 10/31-12/19 W 3:45-4:25 pm

No class 10/10, 11/21, 11/24

Community Center: Preschool Room 1

\$122/\$107 (Dist. Res.)

6660.707 9/15-10/20 Sa 9:00-9:40 am

6660.708 11/3-12/15 Sa 9:00-9:40 am

No class 11/24

KinderBOTS **NEW!**

4-6 yrs

A unique program that is aimed at fostering creativity through science and technology in younger children, our KinderBot program has a strong focus on introducing simple engineering and technology concepts in a fun, hands-on way. Each child gets a computer and LEGO kit with motors and sensors to learn with. What is a GEAR? What is a PULLEY? Where do we see it? Can I build one? Our custom designed curriculum encourages young kids to question engineering and technology.

Instructor: Tiny Techs Club

Community Center: Preschool Room 1

\$188/\$173 (Dist. Res.)

6666.701 9/19-10/24 W 1:00-2:00 pm

6666.702 9/21-10/26 F 10:00-11:00 am

Preschool Sports

See page 13-14 for Kidz Love Soccer and SkyHawk Multi-Sports programs for ages 2-5 years

Let's Make Music

1-3 yrs

Join this multi award winner, song writer and children's entertainer, on an amazing musical adventure. Using your bodies, voices, instruments and props, we will dance, learn, sing, and play making wonderful music together. The perfect class to prepare for circle time and preschool.

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

Winslow Center: Rooms 1 & 2

\$153/\$138 (Dist. Res.)

6636.701 9/10-10/22 M 10:30-11:10 am

6636.702 10/29-12/17 M 10:30-11:10 am

\$10 lab fee payable to instructor.

No class 11/12, 11/19

Piano & Me **NEW!**

3.6-5 yrs

Join award winning teacher, entertainer, and song writer Andrea Gaspari on a musical adventure exploring musical concepts as they pertain to the piano. We will use our voices, rhythm instruments, bodies, keyboards, worksheets and more as we sing, dance, and play games that teach us tonal and rhythm patterns for piano. We will read and write music and learn our finger numbers and letter notes for the piano and musical staff. Kids love to learn when it is fun!

Instructor: Andrea Gaspari

Winslow Center: Rooms 1 & 2

\$153/\$138 (Dist. Res.)

6636.703 9/10-10/22 M 1:00-1:40 pm

6636.704 10/29-12/17 M 1:00-1:40 pm

No class 11/12, 11/19

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

Community Center: Dance Studio 1 & 2

\$104/\$89 (Dist. Res.)

6619.701 9/10-10/22 M 3:00-3:45 pm

6619.702 10/29-12/17 M 3:00-3:45 pm

No class 11/12



Tiny Tot Science **NEW!**

2-4 yrs

Introduce your little ones to the exciting world of science. Each week we will explore a new topic and will include a story, songs, and hands-on science experiments specifically tailored for this young and curious age group. This supportive environment will allow children to develop fine motor skills and grow a love for science. This is a parent-participation class.

Instructor: Maria Kapadia

Community Center: Preschool Room 3

\$125/\$110 (Dist. Res.)

6658.701 9/17-10/29 M 9:30-10:30 am

\$15 lab fee payable to instructor at first class.

No class 10/8

Tiny-Tot Morning Care

18 months and walking-30 months

Parents! Give yourself some time off. Let us watch your children! Indoor games, story time, snack time (provided), and outdoor playground time. Bring beverage.

REGISTRATION

Call (925) 676-5200 for registration information. Children must be less than 30 months at the start of the session and proficiently walking. Registration opens: 8/15 at 9:30 am online or by phone at (925) 676-5200.

Teachers: Jan Ertola & Brittany Oberbruner

Community Center: Preschool Room 1

Standard charge:

\$35 per day per child, space reserved

Fall Session

9/5-1/31 M/W/F 9:00 am-12:00 pm

Cancellations: You will be billed unless your cancellation has been received by noon one business day prior to your reservation

Heart & Soul

For the past 22 years, Tina Fitzsimmons, Head Preschool Teacher at Rec & Park's Pleasant Hill Preschool has poured her heart and soul into ensuring her 3-5 year old students have the best possible introduction to school.



Her warm smile and friendly, caring demeanor instantly puts children at ease as they learn how to socialize and build confidence both inside and outside of the classroom. Tina's teaching skills are bar none. She always finds fun and unique ways of teaching language skills, reading, math and science through creative activities that are cleverly disguised as play. She also provides her students the opportunity to explore art, music, dance and theater. In each of her lessons, Tina teaches key life skills that adults often forget like sharing, kindness and not to pick your nose in front others. This June, Tina retired. She will miss her fellow teachers and all her eager sweet students but looks forward to new life chapter dedicating more time to her beautiful grandchildren and family. Lucky them!



Priority Preschool

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 9/1/18. For more information please contact director, Sarah Smith at (925) 771-7626 or ssmith@pleasanthillrec.com.

The Pleasant Hill Recreation & Park District Preschool has been encouraging the love of learning since 1973. Our preschool establishes the foundation for a child's future education. Come grow with us! Our Philosophy: A child who is playing is a child who is learning. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful. Classes are in session September–June.

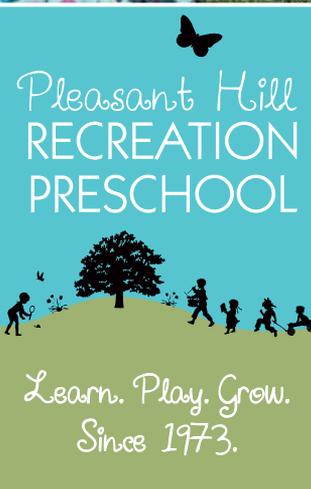
WEE-TOT (2 yrs 6 mos–3 yrs 6 mos)

- Tu/Th, 9:00–12:00 pm, Winslow Center
\$375/\$355 (Dist. Res.) monthly
- M/W/F, 9:00 am–12:00 pm,
Winslow Center
\$460/\$440 (Dist. Res.) monthly

NEW HORIZONS (3 yrs 6 mos–4 yrs 6 mos)

Students required to be fully potty-trained.

- AM: Tu/W/Th, 8:30–11:30 am,
Community Center
\$390/\$370 (Dist. Res.) monthly
- PM: M/W/F, 12:30–3:30 pm **NEW!**
Community Center
\$370/\$350 (Dist. Res.) monthly



PRE-K (4–6 yrs by 9/1/18)

Students required to be fully potty-trained.

- AM: M–Th, 8:30–11:30 pm,
Community Center
\$489/\$469 (Dist. Res.) monthly
- PM: Tu/W/Th, 12:30–3:30 pm,
Community Center
\$353/\$333 (Dist. Res.) monthly



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**



**SingOut
Musical Theatre**

Welcome to SingOut Musical Theatre Program!

SingOut is an exciting comprehensive musical theatre program for children and teens held throughout the school year. The program is brought to you by Diablo Theatre Company and PHRec & Park.

Mini Kids

4-7 yrs

SingOut's Mini Kids Theatre is broken into three sessions. In our Fall and Winter Sessions, the students sing and dance to Broadway's favorite songs using props and costumes, then join the Kids onstage for some musical numbers in the Kids show. In the Spring Session, the Minis fill the role of supportive ensemble, working with our Kids, our JTs, and our Teens to build one spectacular show. Students can sign up for any or all Sessions. Prior theatre experience is not required.

**Regular Rehearsals:
Senior Center, Dance Studio
Performance: TBD**

\$180/\$165 (Dist. Res.) per session

Session 1 (Fall): Wonka Mini Kids

Wednesdays | Instructor: Michelle Dotts
6181.701 9/26-12/5 W 3:30-4:15 pm
Performance: 12/5, 7:00 pm
No class 11/21

Fridays | Instructor: Michelle Dotts
6181.702 9/28-12/7 F 3:30-4:15 pm
Performance 12/7, 7:00 pm
No class 11/23

**Session 2 (Winter): Magic Tree House:
Pirates Past Noon Mini Kids**

Wednesdays | Instructor: Michelle Dotts
6181.801 1/9-3/6 W 3:30-4:15 pm
Performance: 3/6, 7:00 pm

Fridays | Instructor: Michelle Dotts
6181.802 1/11-3/8 F 3:30-4:15 pm
Performance: 3/8, 7:00 pm



Kids Theatre

8–14 yrs

SingOut Kids Theatre is broken into three sessions. In our Fall and Winter Sessions, the students produce a musical and will audition for roles (everyone gets a part!), rehearse scenes, songs and dances. Costumes and sets round out the show and a fun, stress-free performance for family and friends is just the ticket! In the Spring Session, Kids Theatre fill the role of supportive ensemble, working with our Minis, our JTs, and out Teens to build one spectacular show. Students can sign up for any or all Sessions. Prior theatre experience is not required.

Regular Rehearsals:
Senior Center, Dance Studio

Performance: TBD
\$300/\$285 (Dist. Res.) per session

Session 1 (Fall): Wonka Kids

Wednesdays | Instructor: Michelle Dotts

6180.711 9/26–12/5 W 4:15–6:00 pm
Performance: 12/5, 7:00 pm
No class 11/21

Fridays | Instructor: Michelle Dotts

6180.712 9/28–12/7 F 4:15–6:00 pm
Performance: 12/7, 7:00 pm
No class 11/23

Session 2 (Winter): Magic Tree House Pirates Past Noon Kids

Wednesdays | Instructor: Michelle Dotts

6180.811 1/9–3/6 W 4:15 pm–6:00 pm
Performance: 3/6, 7:00 pm

Fridays | Instructor: Michelle Dotts

6180.812 1/11–3/8 F 4:15–6:00 pm
Performance: 3/8, 7:00 pm

Jr. Theatre

PIRATES OF PENZANCE JR., MADAGASCAR JR.

Grade 6–8

By audition only. Jr. Theatre works on the finer skills of dance, vocals, character development and production. Jr. Theatre cast members will perform in two mainstage shows, one in the winter and one in the spring. In the second show, they hold the lead roles in SingOut's end of the year All SingOut production. When committing to Jr. Theatre, you are committing to the entire year and both productions regardless of the roles received. Prior theatre experience is not required but is recommended.

Instructor: Chelsea Bardellini and Kevin Weinert

Auditions (required)

9/6 or 9/10, 3:30–8:30 pm

Sign up for audition online at
<http://www.singouttheatre.org/>

Mandatory Orientation

9/18, 4:00–6:00 pm (Dress to dance)
Senior Center

Required for all new & returning students and parents.

Regular rehearsals: Senior Center, Chateau Room

Performance: TBD
\$880/\$865 (Dist. Res.)

5183.701 9/18–5/9 Tu/Th 4:00–6:00 pm

Performance dates: January/February
TBD and 5/11–12. No class 11/20,
11/22, 12/25, 12/27, 12/31,
1/1, 4/2, 4/4



Jr. Competition Team

SLEEPING BEAUTY KIDS

8–14 yrs

By audition only. SingOut's Jr. Competition Team will audition and rehearse to compete at Jr. Theatre Festival West, February 9 & 10, 2019 at the Sacramento Convention Center. After the competition, cast members will apply what they learned in workshops and from professional feedback as they perform the entire musical for family and friends. Prior theatre experience is not required but is recommended.

Instructor: Chelsea Bardellini and Kevin Weinert

Auditions (required)

9/6 or 9/10, 3:30–8:30 pm

Sign up for audition online at <http://www.singouttheatre.org/>

Mandatory Orientation

9/17, 4:00–6:00 pm (Dress to dance)
Senior Center

Required for all new & returning students and parents.

Regular rehearsals:
Senior Center, Chateau Room

Sleeping Beauty Performance: 3/18, 7:00 pm
\$530/\$515 (Dist. Res.)

5184.701 9/17–3/11 M 4:00 pm–6:00 pm
No class 11/12, 11/19, 12/24, 12/31, 1/21, 2/18,



By the Kids, For the Kids

8–18 yrs

An award-winning charity event benefiting local community. This special program is student produced and performed. SingOut provides adult supervision but all onstage creative decisions are made by student directors and producers. Students will work and play with their peers, learning music and choreography to create exciting theatrical numbers. High school students can also apply to join the team of student directors, allowing them to see their artistic vision come alive. All funds raised through tickets, concessions, raffles, and auctions during the event is divided between the SingOut Scholarship Fund, and distributed to Monument Crisis Center and Diablo Theatre Company's Tuition Assistance Program.

Senior Center: Dance Studio and Arts & Crafts Room

\$30/\$25 (Dist. Res.)

6183.701 8/15–9/21 W/F 4:00–6:00 pm

Performance: 9/21, 7:00 pm



Teen Competition Team

SELECTIONS FROM ANASTASIA THE MUSICAL

Grade 9–12

By audition only. Our oldest theatre performers produce only a competition piece. Teen Comp works on the finer skills of dance, vocals, character development and production. Teen Comp will compete at the National Performing Arts Festival in Orlando, Florida and participate in workshops and an award ceremony at Disney World. Every Teen is required to compete with a solo or duet at the Festival. Prior theatre experience is not required but is strongly recommended.

Instructor: Chelsea Bardellini and Kevin Weinert

Auditions (required)

9/6 or 9/10, 3:30–8:30 pm

Sign up for audition online at <http://www.singouttheatre.org/>

Mandatory Orientation

9/17 (Dress to dance), 6:00–8:00 pm
Senior Center

Required for all students and parents.

Performance Schedule

Showcase, Date, Time, Location TBD

Competition Travel Dates: 2/22–2/25/19

Solos, duets, ensemble competition pieces
National Performing Arts Festival Orlando, Florida

Regular rehearsals:
Senior Center, Chateau Room

Anastasia Performance: TBD
\$530/\$515 (Dist. Res.)

5180.701 9/17–3/4 M 6:00–8:00 pm

Additional travel fees will be required.

Additional rehearsals on 2/20, 6:00–9:30 pm.

No class 11/12, 11/19, 12/24, 12/31, 1/21, 2/18,

Teen Theatre

SELECTIONS FROM COME FROM AWAY LITTLE SHOP OF HORRORS

Grade 9–12

By audition only. Our Teen Theatre works on advance skills of dance, vocals, character development and production. The ensemble will travel to the National Performing Arts Festival in Orlando, Florida and does one major production a year. When committing to Teen Theatre, you are committing to the entire school year and both productions regardless of the roles received. Prior theatre experience is not required but is recommended.

Instructor: Chelsea Bardellini and Kevin Weinert

Auditions (required)

9/6 or 9/10, 3:30–8:30 pm

Sign up for audition online at <http://www.singouttheatre.org/>

Mandatory Orientation

9/18, 6:00–8:00 pm (Dress to dance)
Senior Center

Required for all students and parents.

Performance Schedule

Competition Travel Dates: 2/22–2/25/19

Performance Dates: 4/26, 4/27

Solos, duets, ensemble competition pieces
National Performing Arts Festival, Orlando, Florida

Regular rehearsals:
Senior Center, Chateau Room

Performance: TBD
\$880/\$865 (Dist. Res.)

5182.701 9/18–4/25 Tu/Th 6:00–8:00 pm

Additional travel fees are required.

Additional rehearsals on 2/1, 6:00–10:00 pm & 2/11, 6:00–9:30 pm.

No class 11/20, 11/22, 12/25, 12/27, 1/1, 4/2, 4/4

Park Pop-up Play Date NEW!

FRIDAY OCTOBER 5
3:00–4:30 PM

2–15 yrs

Pop in and play with us! Join Rec & Park staff for organized outdoor games and activities in Pleasant Hill Park! We will provide the fun—you provide the smiles. FREE to the public.

PH Park Basketball Court: 147 Gregory Lane



Winter Break Camps

Adventure Kids 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 Corritone Court

Full Day | \$180/\$165 (Dist. Res.)

6060.701 12/26–12/28 W–F 7:00 am–6:00 pm

6060.702 1/2–1/4 W–F 7:00 am–6:00 pm

Winter Break Skyhawk Basketball Camp

6–12 yrs

This fun and popular, skill-intensive program is designed for beginning to intermediate players looking to take the next step in basketball. Participants will learn the fundamentals of dribbling, passing, shooting, rebounding, and defense. Our age-appropriate drills and games teach young athletes skill development in addition to vital life lessons including leadership, teamwork, and sportsmanship. At the end of the week, your child will show you why this is one of our most popular programs. All participants receive a Skyhawks basketball and t-shirt. Campers will be split into groups based on age and skill level on first day of class.

Pleasant Hill Middle School: Gym

\$143/\$128 (Dist. Res.)

5099.912 1/2–1/4 W–F 1:00–4:00 pm

Jedi Engineering with LEGO

5–10 yrs

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Instructor: Play-Well TEKologies Staff

Community Center: Republic Services Room

\$150/\$135 (Dist. Res.)

6066.701 12/26–12/28 W–F 9:00 am–12:00 pm

Super Hero Engineering with LEGO®

5–10 yrs

Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

Instructor: Playwell TEKologies Staff

Community Center: Republic Services Room

\$150/\$135 (Dist. Res.)

6066.801 1/2–1/4 W–F 9:00 am–12:00 pm

Teen Winter Break Camp

See page 15

Youth Classes

Aloha Mind Math

6–12 yrs

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

Instructor: Aloha Mind Math Staff

Community Center: Republic Services Room

\$240/\$225 (Dist. Res.)

6071.701 9/13–11/1 Th 3:30–4:30 pm

Ballet

5–9 yrs

Designed for the budding ballerina! Floor exercises increase strength and flexibility. Barre exercises teach basic positions, and proper body alignment. Dance steps 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 1 & 2

\$118/\$103 (Dist. Res.)

6042.701 9/10–10/22 M 3:55–4:55 pm

6042.702 10/29–12/17 M 3:55–4:55 pm

No class 11/12



Tap

5–8 yrs

Tip tap toe! It's off to tap we go! In this fun rhythmic 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 1 & 2

\$90/\$75 (Dist. Res.)

6045.701 9/10–10/22 M 5:00–5:30 pm

6045.702 10/29–12/17 M 5:00–5:30 pm

No class 11/12

Challenge Island **NEW!**

6–12 yrs

What is Challenge Island? Challenge Island is a one-of-a-kind enrichment program on the cutting edge of S.T.E.A.M. (science, technology, engineering, art & math) education and 21st Century Learning. We take children on a unique "island" adventure where they work in collaborative tribes to take on various STEM/STEAM challenges using only the materials in their treasure chest and their creativity.

Instructor: Challenge Island Staff

Community Center: Republic Services Room

FANTASTIC FICTION

Once upon a time there was a page-turning island that transformed favorite children's books into action-packed STEAM adventures. Challenge Island®'s all new Fantastic Fiction Island® is a learning adventure of epic proportions. You and a tribe-ful of friends will engineer your way through stories galore from the Magic Treehouse to Captain Underpants to Harry Potter. This hot off-the-presses island is sure to be a bestseller so reserve your spot today!

\$240/\$225 (Dist. Res.)

6093.701 9/4–10/23 Tu 3:30–4:30 pm

TIME MACHINE ISLAND

This session's challenges will take place on the action-packed Time Machine Island! You and your tribe will build a time machine to take you to historical destinations like Gold Rush Mountain, Pyramid Peak, and Pinball Wizard Way. This incredible island is sure to be a hit so sign up before your spot is history.

\$240/\$225 (Dist. Res.)

6093.702 10/30–12/18 Tu 3:30–4:30 pm

Group Voice

6–11 yrs

Develop your voice and joy of singing with the Group Voice Class. With all the elements of a private voice lesson, but in a more affordable and fun group setting, Group Voice is a great place to start the learning process. Class will focus on vocal technique, increasing vocal range, enriching resonance, and extending flexibility. December 5th is performance day (time TBD).

Instructor: Myeve Capozzi Vocal Training

Community Center: Republic Services Room

\$230/\$215 (Dist. Res.)

6080.701 9/5–12/5 W 2:30–3:30 pm

No class 10/31, 11/21

Kids Drumming & Fun **NEW!**

7–12 yrs

A great introduction to music for your child through hand drumming, body percussion, rhythmic games and exotic percussion instruments that will set the foundation for music education. We play fun rhythms from around the world including West Africa, South America and India and get our hands dancing on the drum. An energetic class and great fun!

Instructor: John Waller

Winslow Center: Rooms 1 & 2

\$120/\$105 (Dist. Res.)

6090.701 9/25–11/13 Tu 3:30–4:20 pm

Kids Play Guitar! **NEW!**

7–12 yrs

This introduction to guitar will provide an easy way to get your hands and fingers playing quickly. The focus is on basic technique, easy folk songs and open chords that will make it fun and give the student a sense of accomplishment. Videos of the lessons will be part of the curriculum to motivate students to pick up the guitar and play everyday. Bring a guitar to the first class if you can.

Instructor: John Waller

Winslow Center: Rooms 1 & 2

\$120/\$105 (Dist. Res.)

6091.701 9/25–11/13 Tu 4:30–5:20 pm

\$5 lab fee payable to instructor at first class.

Kids Warrior Fitness

5-7 yrs

Inspired by the television show American Ninja Warrior, this class gives our littlest Warriors a chance to explore exciting obstacle course action! We focus on positive encouragement and building self confidence. The children will jump, climb, balance, run, and tumble through the course. We include fun age-appropriate games and creative strength activities.

Instructor: Arista Lemos

Community Center: McHale Room

\$105/\$90 (Dist. Res.)

6660.701 9/12-10/17 W 2:45-3:25 pm

6660.702 10/31-12/19 W 2:45-3:25 pm

No class 10/10, 11/21, 12/5



Pleasant Hill Youth Chess Club **NEW!**

Grades 3-5

Join your friends Friday afternoons for chess, chess quads, Nightmare Chess, circular & 3D chess, and 4-way chess. Learning and playing chess helps improve cognitive & problem-solving skills. Chess puzzles, tournaments, contests, prizes, and a new activity weekly.

Instructor: David DeFabio

Winslow Center: Rooms 1 & 2

\$55/\$45 (Dist. Res.)

6092.701 9/7-10/26 F 3:30-5:30 pm

6092.702 11/2-12/28 F 3:30-5:30 pm

Techsplosion **NEW!**

Grades K-5

Instructor: Techsplosion Staff

Community Center: Soroptimist Room 1 & 2

MINECRAFT, ANIMATED!

Get ready to use cameras and Minecraft characters to create amazing stop-motion animation movies! Whether your story is about fighting the wither, going on an adventure, or building the coolest pixel art in the overworld, you'll have an opportunity to tell it! Create real-life sets as we learn about stop-motion animation (think Wallace and Gromit!), then film, edit, and upload our creations to YouTube!

\$220/\$205 (Dist. Res.)

Grades K-2

6094.701 9/6-10/25 Th 3:30-4:30 pm

Grades 2-5

6094.702 9/6-10/25 Th 4:30-5:30 pm

MINECRAFT, YOUTUBERS: LET'S PLAY!

Learn what it takes to make epic Minecraft videos for YouTube like TheDiamondMinecart, CaptainSparklez, Stampy, and more! Whether you want to make a "Let's Play" video, a funny skit, a build battle, or something even cooler, you'll have the tools and expert help needed to make your dreams a reality! And all the while we'll learn about internet safety so that when class is over, we can upload your video to YouTube!

\$195/\$180 (Dist. Res.)

Grades K-2

6094.703 11/1-12/20 Th 3:30-4:30 pm

Grades 2-5

6094.704 11/1-12/20 Th 4:30-5:30 pm

No class 11/22

Youth Sports

NFL Sponsored Flag Football Boys Leagues &

NEW! All-Girls Leagues

Grades K-2, 3-5 & 6-8

Hut! Hut! Hut! All players receive a NFL sports jersey and football. Games are on Saturdays; season begins October 6 for six weeks.

Instructor: PHRec Staff

Pleasant Oaks Park: Football Field,

2 Santa Barbara Road

\$150/\$135 (Dist. Res.)

GIRLS

5050.800 Grades K-2

5050.801 Grades 3-5

5050.802 Grades 6-8

BOYS

5050.803 Grades K-2

5050.804 Grades 3-5

5050.805 Grades 6-8

\$75 refund to parents who head coach.

Fall 2018 Drop-in Basketball BOYS AND GIRLS—GRADES 3-8

Mondays and Fridays, 3:30-5:30 pm

PH Middle School: Gym,

1 Santa Barbara Road

\$2 per person

JR. NBA/WNBA Youth Basketball

Boys Leagues &

NEW! All-Girls Leagues

Winter 2019

REGISTER EARLY!

Grades K-2, 3-5 & 6-8

HOOP IT UP! Learn skills, coordination, agility, team work, and sportsmanship. All participants receive a jersey and ball. Games are played on Saturdays; season begins January 5 for eight weeks.

PH Middle School: Gym, 1 Santa Barbara Road

\$155/\$140 (Dist. Res.)

Includes jersey & basketball

GIRLS

5060.901 Grades K-2

5060.902 Grades 3-5

5060.903 Grades 6-8

BOYS

5060.904 Grades K-2

5060.905 Grades 3-5

5060.906 Grades 6-8

Coaches needed! \$75 refund to parents who head coach.

SAVE THE DATE Spring 2019 BOYS Leagues **NEW!** ALL-GIRLS Leagues!

Spring registration available now, play starts March 16 for eight weeks.



NEW!
All-Girls
Sports Leagues!

NEW! Home School Programs

An opportunity for homeschooled children to keep active.

PE/MULTI-SPORT

7–14 yrs

Boys and girls will learn the rules and essential skills of Dodgeball, Kickball, Capture the Flag and more of your favorite recess games.

Rodgers-Smith Park: Basketball Court

\$149/\$134 (Dist. Res.)

5099.931 9/11–10/30 Tu 11:00 am–12:00 pm

Aquatics

14 and under must be accompanied by a participating parent. See pages 26 and 27 for pricing and schedule details.

LAP SWIMMING

Monday, Wednesday, Friday

6:30–7:30 am PH Education Center Pool

8:30–9:30 am PH Aquatic Park Pool

WATER AEROBICS

PH Aquatic Park Pool

Wed 7:20–8:20 am

Mon–Fri 8:30–9:30 am

Skyhawks Sports

Instructor: Skyhawks Staff

AFTER SCHOOL VOLLEYBALL

7–12 yrs

All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player.

Rodgers-Smith Park: 750 Grayson Road

\$149/\$134 (Dist. Res.)

5099.901 9/11–10/30 Tu 4:45–5:45 pm

BASKETBALL

7–12 yrs

This fun and popular, skill-intensive program is designed for beginning to intermediate players looking to take the next step in basketball. Participants will learn the fundamentals of dribbling, passing, shooting, rebounding, and defense. Bring your friends or come make new ones

Rodgers-Smith Park: 750 Grayson Road

\$149/\$134 (Dist. Res.)

5099.911 9/22–11/10 Sa 11:30 am–12:30 pm



PARENT & ME SPORTS

2–3 yrs

Using modified equipment, participants discover the basics of baseball, basketball, soccer, and track & field. Skyhawks patient and knowledgeable staff provide a safe and positive environment where kids can develop at their own pace. All participants receive a Skyhawks Medal.

Rodgers-Smith Park: 750 Grayson Road

\$119/\$104 (Dist. Res.)

5090.900 9/11–10/30 Tu 3:15–3:40 pm

5090.910 9/22–11/10 Sa 10:00–10:25 am

TOT MULTI-SPORTS

4–6 yrs

This multi-sport tot program was designed to give kids a positive first step into athletics. The fundamentals of soccer, baseball, basketball, and track & field are taught in a structured environment filled with lots of encouragement and a big focus on fun!

Rodgers-Smith Park: 750 Grayson Road

\$139/\$124 (Dist. Res.)

5090.901 9/11–10/30 Tu 3:50–4:30 pm

5090.911 9/22–11/10 Sa 10:30–11:10 am

Thanksgiving Break **NEW!** Skyhawk Multi-Sports Camp

6–12 yrs

Skyhawks has taken your favorite recess games and combined them all into one action-packed camp! Boys and girls will learn the rules and essential skills of dodgeball, kickball, capture the flag and more of your playground favorites in a safe, fun environment. All participants receive a Skyhawks t-shirt and award medal.

Instructor: Skyhawk staff

Rodger-Smith Park: 750 Grayson Road

\$148/\$128 (Dist. Res.)

5090.921 11/19–11/21 M–W 9:00 am–12:00 pm



Kidz Love Soccer

2–10 yrs

This soccer ‘school’ is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a safe, non-competitive environment. **Shin guards are required by the second meeting** for all classes except Mommy/Daddy & Me. KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com

Instructor: Kidz Love Soccer

Pleasant Hill Park: 147 Gregory Lane

5-Week Fall Session:

Friday, 9/21–10/19 | \$98/\$83 (Dist. Res.)

5030.801 Mommy/Daddy & Me: 5:30–6:00 pm
2–3½ yrs

8-Week Fall Session:

Friday, 9/21–11/9 | \$133/\$118 (Dist. Res.)

5030.800 Mommy/Daddy & Me: 9:30–10:00 am
2–3½ yrs

5031.800 Tot/Pre-Soccer: 10:10–10:45 am
3½–4 yrs

5034.800 Skillz & Scrimmages 3:15–4:00pm
7–10 yrs

5033.800 Soccer 1: Techniques 4:00–4:45 pm
5–6 yrs

5031.801 Tot/Pre-Soccer: 4:45–5:20 pm
3½–4 yrs

8-Week Fall Session:

Saturday, 9/22–11/10 | \$133/\$118 (Dist. Res.)

5030.811 Mommy/Daddy & Me: 8:30–9:00 am
2–3½ yrs

5030.821 Mommy/Daddy & Me: 9:05–9:35 am
2–3½ yrs

5033.811 Soccer 1: Techniques 9:45–10:30 am
5–6 yrs

5032.811 Pre-Soccer: 4–5 yrs 10:30–11:05 am

5031.811 Tot Soccer: 3½–4 yrs 11:05–11:35 am

5034.811 Skillz & Scrimmages: 11:35–12:20 pm
7–10 yrs

8-Week Winter Session:

Friday, 1/25–3/15 | \$133/\$118 (Dist. Res.)

5034.900 Soccer 2/Skillz & Scrimmages: 7–10 yrs 3:30–4:15 pm

5033.900 Soccer 1: Techniques & Teamwork: 5–6 yrs 4:15–5:00 pm

5031.900 Tot/Pre-Soccer: 3½–4 yrs 5:00–5:35 pm

8-Week Winter Session:

Saturday, 1/26–3/16 | \$133/\$118 (Dist. Res.)

5030.900 Mommy/Daddy & Me: 8:30–9:00 am
2–3½ yrs

5030.921 Mommy/Daddy & Me 9:05–9:35 am
2–3½ yrs

5033.901 Soccer 1: Techniques 9:45–10:30 am
5–6 yrs

5032.900 Pre-Soccer: 4–5 yrs 10:30–11:05 am

5031.901 Tot Soccer: 3½–4 yrs 11:05–11:35 am

5034.901 Skillz & Scrimmages: 11:35–12:20 pm
7–10 yrs

Tennis Lessons

Instructor: Joey Martinez

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

MONTHLY GROUP LESSONS

6–12 yrs (4 min/10 max students)

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 racquet and one unopened can of tennis balls.

\$81/\$66 (Dist. Res.)

5555.800 September Tu 6:30–7:30 pm

5555.801 October Tu 6:30–7:30 pm

5555.802 November Tu 6:30–7:30 pm

\$81/\$66 (Dist. Res.)

5584.800 September W 6:30–7:30 pm

5584.801 October W 6:30–7:30 pm

5584.802 November W 6:30–7:30 pm

PRIVATE TENNIS LESSONS

Any age or level

Per hour | \$81/\$67 (Dist. Res.)

Six one-hour classes | \$302/\$287 (Dist. Res.)

SEMI-PRIVATE LESSONS

2 per/same level; must register together

Per person/per hour | \$48/\$40 (Dist. Res.)

Per person;

Six one-hour classes | \$165/\$150 (Dist. Res.)

To arrange private lessons, contact Sheila George at sgeorge@pleasanthillrec.com or (925) 682-0896.





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
Grades 5–9

Join us Friday nights with your friends for chess, nightmare 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. NEW activity weekly!

Instructor: David DeFabio

Winslow Center: Rooms 1 & 2

\$73.75/\$60 (Dist. Res.)

5102.701 9/7–10/26 F 6:00–10:00 pm

5102.702 11/2–12/28 F 6:00–10:00 pm

Babysitting 101 for Beginners
10–18 yrs

Learn the skills needed to be a trusted and 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: Rebecca Seidenspinner

Senior Center: Game Room

\$61/\$50 (Dist. Res.)

Teen Scene Members: \$55/\$45 (Dist. Res.)

5105.701 10/6 Sa 9:00 am–1:00 pm



After-School Program



Monday–Friday @ the Teen Center
School Dismissal–6:00 pm

Fall 2018 registration open now!

Fees: \$10.50/day | \$14.50/day with transportation from VVMS & PHMS

Full-time participants receive 10% discount.

Questions? (925) 691-5645
pleasanthillrec.com/246

Special Event!
Open Mic Night!

FRIDAY, SEPTEMBER 21
7:00–9:00 PM

Teen Center

Winter Break Camps

Grades 6 & up (siblings Grade 3 & up)
Experience an action-packed week! Daily on-site activities and local field trips. Winter Camp program runs 12/26–12/28 and 1/2–1/4 (Wed-Friday). Register by the day. Deadline to register is 12/21.

Instructor: Teen Center Staff

Teen Center

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

5189.726 12/26 W Bowling

5189.727 12/27 Th I Heart Art

5189.728 12/28 F Movies

5189.702 1/2 W Sky High

5189.703 1/3 Th Qzar

5189.704 1/4 F Scavenger Hunt & lunch downtown

Sibling discount available.

Glee Club **NEW!**

8–14 yrs

Born to perform and entertain? Unlock your inner star and light up the stage in Glee Club. Glee Club is a performance based vocal class where students learn repertoire from all musical genres, as well as choreography and staging to perform large ensemble numbers. Students will sing in harmony, learn dance routines, sing solos and have fun collaborating with friends. Glee Club performs at community events and local venues. December 5th is a performance day: time TBD.

Instructor: Myeve Capozzi Vocal Training

Community Center: Republic Services Room

\$230/\$215 (Dist. Res.)

5116.701 9/5–12/5 W 3:30–4:30 pm

No class 10/31, 11/21



Arts & Craft Classes

Crash Glass Mosaics **NEW!** Workshop

Using broken tempered glass, paints and pigments, this method creates a clear almost 3D effect that allows light and color to reflect what lies beneath your glass. Design and create 2-3 pieces of art in this unique medium. Grouting and finishing techniques also taught.

Instructor: Connie English

Senior Center: Arts & Crafts Room

\$105/\$90 (Dist. Res.)

2265.701 10/19 F 10:00 am-4:00 pm
\$65 materials fee due to instructor at first class.

Encaustic Painting **NEW!**

Encaustic is a beeswax based paint that dates back to the 5th century. Kept molten on a heated palette, encaustic is applied to a surface and reheated to fuse the paint into a uniform enamel-like finish. Learn safety, working with heat sources, equipment, paints, medium, collage materials, fusing layers, tools, priming appropriate substrates, scraping, pastel sticks, incising and more. Bring a bag lunch. Expect to create 2-3 pieces of art. Wear cotton art clothes and closed-toe shoes.

Instructor: Connie English

Senior Center: Dining Room

\$105/\$90 (Dist. Res.)

2265.702 9/15 Sa 10:00 am-4:00 pm
\$65 supply fee due at class payable to the instructor.



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.

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room

\$100/\$85 (Dist. Res.)

Senior Club Members: \$92/\$77 (Dist. Res.)

2231.701 9/4-10/23 Tu 9:30 am-12:00 pm
2231.703 9/6-10/25 Th 1:00-3:30 pm
2231.702 10/30-12/18 Tu 9:30 am-12:00 pm
2231.704 11/1-12/20 Th 1:00-3:30 pm
Supply kit \$30 (payable to instructor) upon request prior to class for beginner students. No class 9/11, 9/13, 10/9, 10/11, 11/13, 11/15, 11/22, 12/11, 12/13

Watercolor

Have you ever been told that art isn't your forte? Let Trudi transform you into an artist! Beginners will learn basic techniques of 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

\$94/\$79 (Dist. Res.)

4521.701 9/10-10/22 M 7:00-9:00 pm
\$82 /\$67 (Dist. Res.)

4521.702 10/29-12/3 M 7:00-9:00 pm
Beginners pay \$30 lab fee to cover all supplies for first project. No class 10/8, 11/12

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



Quilting

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

Instructor: Carol Madsen

BEGINNING QUILTING

Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters welcome to join the class. A supply list will be given out at the first class.

Senior Center: Chateau Room

\$71/\$57 (Dist. Res.)

Senior Club Members: \$66/\$52 (Dist. Res.)



2243.701 9/10–11/19 M 12:30–3:00 pm

No class 11/12

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.

Senior Center: Chateau Room

\$75/\$60 (Dist. Res.)

Senior Club Members: \$69/\$54 (Dist. Res.)



2244.701 9/10–11/19 M 9:00 am–12:00 pm

No class 11/12

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.

Senior Center: Classrooms

\$85/\$70 (Dist. Res.)

Senior Club Members: \$79/\$64 (Dist. Res.)



2245.701 9/11–12/11 Tu 6:30–9:00 pm

No class 11/20

MACHINE QUILTING

Learn the various techniques of machine quilting!

Senior Center: Classrooms

\$50/\$40 (Dist. Res.)

Senior Club Members: \$46/\$36 (Dist. Res.)



2246.701 10/4–11/1 Th 9:00–11:30 am

HOLIDAY QUILTING WORKSHOP

Complete that last holiday project! A quick 4-week workshop so you can concentrate on that last minute holiday gift.

Senior Center: Chateau Room

\$50/\$40 (Dist. Res.)

Senior Club Members: \$46/\$36 (Dist. Res.)



2244.702 11/26–12/17 M 9:00 am–1:00 pm

SATURDAY QUILT-IN

Focus on quilting and other related projects. Instructor will be on site for help if needed. Online purchases of 5-class punch cards; must bring the printed receipt to the instructor to exchange for punch card.

Senior Center: Classrooms

5-class punch card: \$50 | Drop-in \$15

9/15, 10/6, 11/3, 12/1 Sa 8:30 am–1:30 pm

Enrichment Classes

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 literature, and sharing with your writing peers.

Instructor: Janice De Jesus

Community Center: Republic Services Room

\$70/\$60 (Dist. Res.)

4510.701 9/1–9/29 Sa 10:00 am–12:00 pm

4510.702 10/6–10/27 Sa 10:00 am–12:00 pm

4510.703 11/3–12/1 Sa 10:00 am–12:00 pm

\$5 lab fee payable to instructor at first class.

10/20 class at Senior Center: Arts & Crafts Room.

No class 9/22, 11/24

Drumming with John Waller

Winslow Center: Rooms 1 & 2

DRUMMING INTENSIVE

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.

8-class punchcard: \$80 | Drop in: \$11

4574.703 9/4–12/18 Tu 7:30–8:30 pm

No class 10/30

MIDDLE EASTERN DRUMMING

We explore exotic rhythms from the Middle East and get our fingers rolling on the drum. We study the basics on doumbec and frame drums and other percussion that is used in modern music from across that region as well as the rhythmic modes. This fun class can expand your musical universe. Bring a drum if you have one.

\$100/\$85 (Dist. Res.)

4574.701 9/18–11/6 Tu 6:30–7:30 pm



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 16-17, welcome with parent. Drop-in class is for experienced fencers.

Instructor: James Parker, *District Fencing instructor for 35 years*

Winslow Center: Assembly Room

Drop in: \$7 per night/per person

9/10-12/17 M 7:45-10:00 pm
No class 11/12

Golden Notes Chorus

Do you love to sing? Can you read music? If your answers are yes you should consider auditioning for Golden Notes. This mixed voice chorus was established over 50 years ago and is flourishing!

Instructor: Douglas Emigh

Senior Center: Chateau Room

\$56/\$45 (Dist. Res.)

Senior Club Members: \$52/\$41 (Dist. Res.)



2350.701 9/11-12/11 Tu 9:30-11:30 am
No class 11/20

Gut Health Connection

Are you struggling with health issues that do not get resolved or seem to accumulate over the years? A nutrition and lifestyle reset can have amazing benefits and a positive impact on health. Hippocrates stated over 2,000 years ago that all disease begins in the gut. Learn how the gut plays a role, and is often the root cause in influencing mood, digestion, skin, immune system and weight management. Discover which foods and lifestyle habits can have an impact on your life during this 4-part workshop.

Instructor: Veronica Wimer, *Holistic Nutritionist, Certified Health Coach & Educator*

Community Center: Republic Services Room

\$67/\$55 (Dist. Res.)

4201.701 10/11-11/1 Th 6:00-7:00 pm

iPhone Basics

This course covers iPhone basic usage such as voice calls, texting, email and photos. There is also an overview of common Apple and third party apps such as Clock, Calendar, TV, FaceTime, Instagram, Facebook, Twitter and YouTube. The Control Panel, iCloud, and device connections will also be discussed.

Instructor: Clark Murray

Senior Center: Game Room

\$22/\$18 (Dist. Res.)

2304.701 10/9-10/30 Th 3:00-4:00 pm

Meditation & Mandala

The perfect combination of mindfulness, meditation and mandala coloring. Learn the ancient technique of meditation while coloring your own beautiful mandala. Mandalas are sacred geometrical shapes, used in many traditions as tools for raising one's levels of consciousness and awareness. If you would like to reduce stress, relax and uplift your spirit, please join us for this amazing class. There will be an opportunity for sharing at the end of each class if you choose to do so. Coloring pages and pencils will be provided.

Instructor: Tra Boxer

Senior Center: Game Room

\$25/\$20 (Dist. Res.)

2242.701 9/5-10/10 W 10:00-11:30 am

2242.702 11/7-12/12 W 10:00-11:30 am

Online Classes anytime, anywhere...

PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities. The variety of classes that are offered can enhance your performance at work, school and at home. Each class comes with a certificate of completion, which you can print on your own. Please visit <http://www.ed2go.com/pleasanthillrec> for more information and to register. **COURSES INCLUDE:**

Accounting & Finance

- Accounting Fundamentals I & II
- Quickbooks
- Stocks, Bonds & Investing
- Protect Your Money, Credit & Identity

Business

- Nonprofit Fundraising Essentials
- Grant Writing
- Marketing

College Prep

- ReadyMATH
- GED Prep
- GRE Prep
- GMAT Prep
- SAT/ACT Prep
- LSAT Prep

Computer & Technology

- Photoshop
- Dreamweaver
- Microsoft Word, Excel, PowerPoint, Access, Publisher, Project, & Expression Web
- Adobe Acrobat
- Flash
- C++ Programming
- Java Programming
- Designing Effective Websites

Health Care & Medical

- Human Anatomy & Physiology
- Medical Transcription
- Medical Math

Language & Arts

- Writing Workshops
- Spanish (1 & 2, for Medical Professionals, in the Classroom, and for Law Enforcement)
- French
- Italian
- Japanese
- English

Personal Development

- Resume Writing
- Lose Weight & Keep it off
- Digital Photography

Teaching & Education

- Teaching students with ADHD



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.

Mindfulness Meditation Practice

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Your mind can be a powerful healer and by focusing your attention on being more aware of the present moment you can help alleviate stress, improve memory and lower risk of some serious health conditions.

Instructor: Tra Boxer

Senior Center: Classrooms

\$60/\$48 (Dist. Res.)

2248.701 9/6-10/25 Th 5:30-7:00 pm

Retirement Planning

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 workshops | \$61/\$49 (Dist. Res.)

4608.701 10/6-10/13 Sa 9:00 am-12:00 pm

4608.702 10/9-10/16 Tu 6:30-9:30 pm

4608.703 10/20-10/27 Sa 9:00 am-12:00 pm

4608.704 10/23-10/30 Tu 6:30-9:30 pm

10/20 & 10/23 classes at Senior Center, Dining Room

Wills, Trusts & Estate Planning

You need this information for yourself, your parents, or your 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 couples' trust due to law changes.

Instructor: Randall Thompson

Community Center: Soroptimist Room 1 & 2

1 workshop | \$25/\$20 (Dist. Res.)

4610.701 10/10 W 7:00-8:30 pm

Wine Analysis: A Journey through a Glass of Wine

21 yrs & up

Class begins by identifying three types of wine tasters explaining how each participant can determine what category of taster they are. Participants learn to identify and describe the major components of wine by blind tastings. Then learn the link between aroma and flavor. Next learn the importance of serving different types of wines at proper temperatures. Also learn the importance of proper wine storage and the effect of using the correct wine glass for the best tasting experience.

Instructor: Bob Becker, *certified Sommelier & wine educator*

Senior Center: Arts & Crafts Room

\$60/\$48 (Dist. Res.)

4206.701 9/22 Sa 2:00-4:30 pm

4206.702 10/13 Sa 2:00-4:30 pm

Dance Classes

Holiday Ballroom Bash

16 yrs & up

A Ballroom Dance Party! Join in on this holiday dance class celebration. Buffet dinner 7:45 pm then lots of good holiday dance music including a free dance lesson and exhibition dance number. Bring an hors d'oeuvre to share.

Instructor: Alberta Bagneschi

Senior Center: Chateau Room

Admission: \$7 single/\$10 couple

4116.706 12/19 W 7:30-9:30 pm

Ballroom Dance

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 and Latin style dancing. **Partner required.**

Instructor: Alberta Bagneschi

Senior Center: Chateau Room

RUMBA & SWING BEGINNING

\$73/\$60 (Dist. Res.)

4114.701 9/12-10/10 W 7:30-8:30 pm

RUMBA & SWING INTERMEDIATE

\$73/\$60 (Dist. Res.)

4114.702 9/12-10/10 W 8:30-9:30 pm

FOX TROT & CHA CHA CHA BEGINNING

\$68/\$55 (Dist. Res.)

4114.703 10/17-11/14 W 7:30-8:30 pm

No class 10/31

FOX TROT & CHA CHA CHA INTERMEDIATE

\$68/\$55 (Dist. Res.)

4114.704 10/17-11/14 W 8:30-9:30 pm

No class 10/31





Belly Dance Technique Level I & II

This class includes both Level I & II. Level I: Belly dance is fun, good for cardio health, balance and flexibility. Learn the beginner techniques and short choreographies. Includes warm-up and stretching. Level II: Take your dance performance to another level! Focus will be on solo improvisation and choreography covering anything from props and balancing, to cymbals, modern and traditional style of belly dance. Wear loose exercise clothing, bring slippers or go barefoot. Bring or borrow a hip scarf. Level 1 from 7:00–8:00 pm and Level II from 7:30–8:30 pm.

Instructor: Sharifa

Community Center: Dance Studio
\$80/\$65 (Dist. Res.)

4133.701	9/18–10/16	Tu	7:00–8:30 pm
4133.702	11/6–12/4	Tu	7:00–8:30 pm

12/4 class at Senior Center, Dance Studio

Bollywood/Belly Dance Fusion

Are you a cultural enthusiast? Do you enjoy learning about other culture's music and dancing? Come join us for dance cardio workouts that include Bollywood and Middle Eastern dance. Regular outings to cultural restaurants include: Indian, Himalayan, Middle Eastern, Thai, Chinese and other selections. Cultural events and Bollywood movies are also introduced. No experience needed.

Instructor: Layla Habib

Community Center: Dance Studio
5 weeks | \$65/\$52 (Dist. Res.)

4660.701	9/5–10/3	W	6:00–6:55 pm
4660.702	10/17–11/14	W	6:00–6:55 pm

Halloween Belly Dance Hafila!

Join the students of Sharifa's belly dance classes to celebrate Halloween. Light refreshments provided and bazaar with entertainment by students and special guests. Doors open 5:30 pm, showcase 6:00 pm–8:30 pm.

Senior Center: Chateau Room
\$15 for adults; free for under 12 yrs

4132.704	10/21	Su	6:00–8:00 pm
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Line Dancing

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

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 9/1, 9/29, 11/17, 11/24, 12/22, 12/29

Line Dance Social

Sunday, 9/16 and 11/18, 3:00–6:00 pm. Partners are not required!

Senior Center: Chateau Room
Drop in: \$10

Spicy Salsa Workshop

16 yrs & up

Join us for Salsa, the hot spicy dance which is now all the rave. It's like Latin swing, fast-paced and so much fun! Ballroom style. **Partner required.**

Instructor: Alberta Bagneschi

Senior Center: Chateau Room
\$68/\$55 (Dist. Res.)

4116.705	12/5–12/12	W	7:30–9:30 pm
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Health & Fitness

La Blast: Cardio Dance Fitness

Join a new generation of Cardio Dance Workouts. La Blast was created by Louis Van Amstel of "Dancing with the Stars" and "So You Think You Can Dance." A variety of dances will be used: Salsa, Cha Cha Cha, Rumba, Tango, Swing, Waltz, Disco, Foxtrot as well as other dances to give you a great cardio dance workout. No experience or partner necessary.

Instructor: Lois Davis, *certified La Blast instructor*

Community Center: Dance Studio
\$65/\$52 (Dist. Res.)

4662.701	9/6–10/4	Th	7:15–8:10 pm
4662.702	10/18–11/15	Th	7:15–8:10 pm



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

Get Fit with Alison Punchcard

Purchase a multi-fitness punch card and use it for any of the fitness classes offered by Alison Raphael-Klippel such as 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 punchcard to class.

Instructor: Alison Raphael-Klippel

4689.701 Punchcards (6 classes)* \$81
*Not valid for Gentle Pilates

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.

Instructor: Alison Raphael-Klippel

Community Center: Dance Studio

\$100/\$85 (Dist. Res.)

4688.701 9/6-10/25 Th 9:10-10:10 am

\$90/\$75 (Dist. Res.)

4688.702 11/1-12/20 Th 9:10-10:10 am

No class 11/22, 11/28; 12/6 class at Senior Center, Chateau Room

Community Center: McHale Room

\$100/\$85 (Dist. Res.)

4688.703 9/10-10/29 M 5:30-6:30 pm

\$80/\$65 (Dist. Res.)

4688.704 11/5-12/17 M 5:30-6:30 pm

No class 11/12

WEIGHT TRAINING

Sculpt a better and healthier you with this total body workout. Strength training and core training featuring the latest innovative exercise techniques. Wear workout clothes and shoes; bring two sets of hand weights.

Instructor: Alison Raphael-Klippel

Winslow Center: Assembly Room

\$100/\$85 (Dist. Res.)

4643.701 9/7-10/26 F 10:30-11:30 am

\$90/\$75 (Dist. Res.)

4643.702 11/2-12/21 F 10:30-11:30 am

No class 11/23

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.

Instructor: Alison Raphael-Klippel

Community Center: Dance Studio

\$84/\$69 (Dist. Res.)

4634.701 9/6-10/25 Th 10:15-10:45 am

\$76 /\$61 (Dist. Res.)

4634.702 11/1-12/20 Th 10:15-10:45 am

No class 11/22; 12/6 class at Senior Center, Chateau Room

GENTLE PILATES & FUNCTIONAL FITNESS

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

9 classes | \$110 /\$95 (Dist. Res.)

Senior Club Members: \$101/\$86 (Dist. Res.)



2238.701 9/5-10/31 W 1:00 pm-2:00 pm

6 classes | \$80/\$65 (Dist. Res.)

Senior Club Members: \$74/\$59 (Dist. Res.)

2238.702 11/7-12/19 W 1:00-2:00 pm

No class 11/28

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 anytime Punch card: \$50

Monthly: \$43/\$35 (Dist. Res.)

Senior Club Members: \$40/\$32 (Dist. Res.)



2215.701 9/4-9/27 Tu/Th 9:00 am-10:00 am

2215.702 10/2-10/30 Tu/Th 9:00 am-10:00 am

2215.703 11/1-11/29 Tu/Th 9:00 am-10:00 am

2215.704 12/4-12/27 Tu/Th 9:00 am-10:00 am

No class 11/22, 12/25

Flex for Fitness

Stretching and band resistance exercises. Can be done in a chair or standing. Great class for all ability levels.

Instructor: Varies

Senior Center: Dance Studio (M) or Classrooms (W/F)

12-class anytime punch card: \$18/\$15 (Dist. Res.)

Senior Club Members: \$15/\$12 (Dist. Res.)



M 1:00-2:00 pm

W/F 9:30 am and 10:30 am

No class 11/12, 11/23, 12/24





Jazzercise

Jazzercise is a pulse-pounding, beat-pumping, body-blasting fitness program that gets you results—fast! It's a high intensity dance party that fuses cardio, strength, pilates, hip hop, yoga and kickboxing.

Instructor: varies

Winslow Center: Assembly Room

AM M-Su 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.

Instructor: varies

Winslow Center: Assembly Room

M/W/Sa 8:05-8:50 am

NEW!

Jazzercise & Strength45 Fees

Register online through pleasanthillrec.com.

14 CLASSES/WEEK OFFERED:

Monthly Commitment
Unlimited Classes EFT: \$69
Unlimited Weekend Classes
Commitment EFT: \$49

10-class pass: \$140
2-month unlimited classes: \$175
Drop in: \$18

For more information, contact
Annemieke Howsepian at (925) 323-2522

Nia Body-Mind-Spirit Movement

Are you looking for strength, healing, and better balance? Nia provides a safe, supportive, encouraging environment to move to feel better and get a great aerobic workout. Nia's world musical rhythms and variety of moves in fun choreography will feed your spirit and leave you energized and smiling! Optional: yoga mat and water.

Instructor: Kathleen Bate

Community Center: Dance Studio

\$80/\$65 (Dist. Res.)
Drop in: \$15

4692.603 8/21-9/25 Tu 5:45-6:45 pm
4692.701 10/16-11/20 Tu 5:45-6:45 pm
4692.702 11/27-1/15 Tu 5:45-6:45 pm
12/4 and 12/11 class at Senior Center, Dance Studio.
No class 12/25, 1/1



Stretch and Be Fit

A fun class designed to stretch your way to fitness, improve balance, coordination and body alignment. Includes floor and barre warm-up, simple yoga, dance and total body movements to music. Each class ends with soothing relaxation. Bring a yoga mat.

Instructor: Darlene Roth

Senior Center: Dance Studio

8-class anytime punch card: \$68

Tu 10:30-11:30 am
No class 10/2, 11/6, 11/27, 12/4, 12/25

Total Fitness

Work your body from head to toe, inside and out! A ten-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

\$118/\$103 (Dist. Res.)
4636.701 9/10-10/22 M 5:45-7:15 pm
4636.702 10/29-12/17 M 5:45-7:15 pm
No class 11/12



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: Varies

6-class Anytime Punch card: \$60

SEPTEMBER (5 CLASSES)

\$50/\$40 (Dist. Res.)
Senior Club Members: \$46 / \$36 (Dist. Res.)

2201.701 9/13-9/27 M/Th 8:15-9:15 am
2202.701 9/13-9/27 M/Th 9:30-10:30 am
2205.701 9/13-9/27 M/Th 5:25-6:25 pm

OCTOBER (8 CLASSES)

\$79/\$64 (Dist. Res.)
Senior Club Members: \$73/\$58 (Dist. Res.)

2201.702 10/1-10/29 M/Th 8:15-9:15 am
2202.702 10/1-10/29 M/Th 9:30-10:30 am
2205.702 10/1-10/29 M/Th 5:25-6:25 pm
No class 10/15

NOVEMBER (7 CLASSES)

\$70/\$56 (Dist. Res.)
Senior Club Members: \$65/\$51 (Dist. Res.)

2201.703 11/1-11/29 M/Th 8:15-9:15 am
2202.703 11/1-11/29 M/Th 9:30-10:30 am
2205.703 11/1-11/29 M/Th 5:25-6:25 pm
No class 11/12, 11/22

DECEMBER (5 CLASSES)

\$50/\$40 (Dist. Res.)
Senior Club Members: \$46/\$36 (Dist. Res.)

2201.704 12/3-12/17 M/Th 8:15-9:15 am
2202.704 12/3-12/17 M/Th 9:30-10:30 am
2205.704 12/3-12/17 M/Th 5:25-6:25 pm



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

Yoga

GENTLE YOGA

The benefit of attending a regular yoga class is to have a group of like-minded friends who encourage you to keep practicing. This class is an eclectic mix of hatha yoga postures for flexibility, mindfulness, stress reduction, increased breath capacity, core strengthening, balance, and muscle/bone strength.

Instructor: Maxine Davi, 30+ years practice

Senior Center: Dance Studio

5-class anytime punch card: \$75

8 classes | \$132/\$117 (Dist. Res.)

Senior Club Members: \$122/\$107 (Dist. Res.)



2235.701 9/6–10/25 Th 10:30–11:30 am

2235.702 11/1–12/27 Th 10:30–11:30 am

No class 11/22

GENTLE STRETCH YOGA

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 yoga principles with modifications given to accommodate all levels. Yoga balances body, mind and spirit to reach optimal health and well-being. All abilities and beginners welcome. Wear loose clothing and bring a mat.

Instructor: Maxine Younger

Community Center: Dance Studio

Drop in: \$12

6 weeks \$81/\$66 (Dist. Res.)

4649.701 9/13–10/18 Th 6:00–7:15 pm

4649.702 10/25–12/6 Th 6:00–7:15 pm

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

4649.703 12/13–1/24 Th 6:00–7:15 pm

12/6 class at Senior Center, Dance Studio.

No class 11/22, 12/27, 1/10

Drop-ins:

Please pay exact drop-in fee with cash.

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 advance students. Bring a yoga mat.

Instructor: Linda Burka

Senior Center: Chateau Room

\$74/\$60 (Dist. Res.)

4656.701 9/5–10/3 W 6:00–7:15 pm

4656.702 10/10–11/7 W 6:00–7:15 pm

4656.703 11/14–12/12 W 6:00–7:15 pm

4656.704 12/19–1/16 W 6:00–7:15 pm

SUGI YOGA

Anyone can do Sugi Yoga, even you! This non-traditional Yoga style is a combination of Hatha Yoga and the Feldenkrais technique of movement. Learn gentle Yoga postures, breath exercises and deep relaxation to help relieve stress on three levels: spirit, mind and body. Wear comfortable clothing; bring Yoga mat and pillow.

Instructor: Nancy Guzzaldo

Winslow Center: Assembly Room

6-class punchcard: \$72

9/4–12/31 M–Th 10:30–11:45 am

No class 11/12, 11/22, 11/23, 12/24, 12/25

Zumba® Gold

Zumba® Gold is the 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 to every class using weighted toning sticks (provided by instructor) to enhance rhythm, build strength and tone up! All fitness levels are welcome—including beginners! No dance experience necessary.

Instructor: Barbara Ward (Fri), Janet Tilander (Mon)

Senior Center: Dance Studio

8-class anytime punch card: \$68

Mondays 10:00–10:50 am*

Fridays 10:00–10:50 am

No class 11/12, 11/23, 12/24, 12/28

*New time begins 9/1

Shout Out!

When is the last time you told your co-worker, friend or family member just how much they are appreciated? At Rec & Park, we think it's important to do this often. Recognition for a job well-done can go a long way to boost morale, build self-confidence and inspire creativity. In a work environment, it also fosters teamwork and positive connections across departments. Rec & Park recently established "Shout Out!"s, an employee initiative that gives staff the opportunity write a message to a fellow co-worker to congratulate, support or express appreciation for their efforts, big or small. Each "Shout Out!" message is read at all-staff meetings to give recipients recognition amongst their peers. This simple employee initiative is just one way Rec & Park is making our organization even stronger. Anyone can give a "Shout Out!"—even you! See a Rec & Park staff member doing something great? Give them a "Shout Out" by emailing us at info@pleasanthillrec.com.



Adult Sports

Sports Information

Get league registration packets, schedules, standings, roster addition forms, field conditions, etc. at www.pleasanthillrec.com/288. Subscribe on our website for field condition text alerts: "NOTIFY ME".

Leagues

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

For details, visit pleasanthillrec.com/288. For assistance call (925) 682-0896 or email sgeorge@pleasanthillrec.com.



Drop-in Sports

BASKETBALL \$5 per person.

PH Middle School Gym, 1 Santa Barbara Road
• Monday & Friday 5:30-7:30 pm

BADMINTON \$5 per person.

PH Middle School Gym, 1 Santa Barbara Road
• Friday 7:30-9:30 pm

CORNHOLE \$7 per person.

Winslow Center, 2590 Pleasant Hill Road
• Tuesday 7:00-10:00 pm

Badminton for Beginners

Learn correct basic skills and techniques of badminton: gripping, footwork, strokes and serve. Bring your own racket and feather birds (required). Following the clinic time, feel free to participate at Badminton's Open Gym time until 9:30 pm.

Instructor: Randy Piona

PH Middle School Gym, 1 Santa Barbara Road
\$61/\$50 (Dist. Res.)

5720.800 9/7-10/26 F 7:30-8:30 pm
5720.901 1/11-3/1 F 7:30-8:30 pm

43rd Annual Turkey Trot Trail Run

SUNDAY, NOVEMBER 18

Rain or Shine/All ages

Race starts at 9:00 am (sharp!)

Experience the tradition of this annual 8.4 mile run in the beautiful hills of Briones Regional Park. Start and finish at Bear Creek Staging Area, including uphill to Briones Peak (elev. 1483 ft.). This run is not for beginning joggers; the course is very hilly and entirely on trails. Top male/female winners receive turkeys. Top three finishers in each age division receive medals.

Location: Briones Regional Park, Bear Creek Entrance, Lafayette

\$20 Pre-registration (by 11/7) shirt included

\$30 Race Day Registration (post 11/7), shirt NOT included

Register & view trail/course map:

www.pleasanthillrec.com/288/Adult-Sports

Tennis Lessons

GROUP LESSONS

4-10 students; 13yrs & up
Instructor: Joey Martinez

Top-quality classes begin on the first day of the month and run four consecutive weeks through the end of the month. Register at least one week prior to the first class. Wear tennis shoes, bring racquet and one unopened can of tennis balls.

College Park High School Tennis Courts,
320 Civic Drive (adjacent to Community Center parking lot).

BEGINNER/ADVANCED BEGINNER

Limited/minimal skills and playing experience.

\$81/\$66 (Dist. Res.)

5565.800 9/6-9/27 Th 6:30-7:30 pm
5565.801 10/4-10/25 Th 6:30-7:30 pm
5565.802 11/1-11/29 Th 6:30-7:30 pm
No class 11/22

INTERMEDIATE

Familiar with all basic strokes; can maintain a rally; has playing experience.

\$81/\$66 (Dist. Res.)

5566.800 9/6-9/27 Th 7:30-8:30 pm
5566.801 10/4-10/25 Th 7:30-8:30 pm
5566.802 11/1-11/29 Th 7:30-8:30 pm
No class 11/22

Private Tennis Lessons

PRIVATE LESSONS

Any age or level.
Per hour | \$81/\$67 (Dist. Res.)
Six one-hour classes | \$302/\$287 (Dist. Res.)

SEMI-PRIVATE LESSONS

Two per/same level; must register together.
Per person/per hour | \$48/\$40 (Dist. Res.)
Per person;
six one-hour classes | \$165/\$150 (Dist. Res.)

To arrange private lessons, contact Sheila George at sgeorge@pleasanthillrec.com or (925) 682-0896.



Swim Lessons

Fall Swim Lessons

Note: An Aquatic Waiver of Liability must be signed before any class participation.

We encourage you to sign up for more than one day/week, but please plan your schedule carefully; there are no make-ups/refunds for missed classes. See the lesson manager if you have any special requests/information regarding your child's lessons. Lesson Managers supervise lessons on the pool deck; they will assist with your concerns.

PARENT/TOT (6 MOS-4 YRS)—

Parent and child participate together and receive instruction in water adjustment, swim readiness skills, and water safety. Swim attire: tight-fitting "swim pants" and swimsuit. No disposable or cloth diapers.

TINY TOT (3-4 YRS)—Child must be ready to learn without parent. Skills: Water adjustment, basic aquatic skills and water safety. Ratio 3:1

PRESCHOOL (4-6 YRS)—Child must be ready to learn without parent. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary. Ratio 4:1

YOUTH (6-12 YRS)—Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 5:1

ADULT/TEEN (12+ YRS)—New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving and turns. Ratio 5:1

PRIVATE (3.5 YRS-ADULT)—One-on-one swim instruction for all ability levels and ages.

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

Fall 2018 Swim Lessons—PH Aquatic Park

NEW—register for weekday lessons by the day. Choose from Monday, Tuesday, and/or Thursday.

Private: 4 weeks, (4) 25-minute classes | \$125/\$110 (Dist. Res.)

*3 weeks, (3) 25-minute classes | \$100/\$85 (Dist. Res.)

	MONDAY		TUESDAY		THURSDAY	
	9/10-9/24*	10/1-10/22	9/4-9/25	10/2-10/23	9/6-9/27	10/4-10/25
5:30 pm	8614.701	8614.704	8614.702	8614.705	8614.703	8614.706
6:00 pm	8615.701	8615.704	8615.702	8615.705	8615.703	8615.706
6:30 pm	8616.701	8616.704	8616.702	8616.705	8616.703	8616.706
7:00 pm	8617.701	8617.704	8617.702	8617.705	8617.703	8617.706

Group: 4 weeks, (4) 25-minute classes | \$62/\$50 (Dist. Res.)

*3 weeks (3) 25-minute classes | \$50/\$40 (Dist. Res.)

		MONDAY		TUESDAY		THURSDAY	
Time	Age	9/10-9/24*	10/1-10/22	9/4-9/25	10/2-10/23	9/6-9/27	10/4-10/25
5:30 pm	Tiny Tot	8535.701	8535.704	8535.702	8535.705	8535.703	8535.706
6:00 pm	Preschool	8547.701	8547.704	8547.702	8547.705	8547.703	8547.706
6:30 pm	Youth	8575.701	8575.704	8575.702	8575.705	8575.703	8575.706
7:00 pm	Adult/Teen	8591.701	8591.704	8591.702	8591.705	8591.703	8591.706

Saturday & Sunday Group: 4 weeks, (4) 25-minute classes

\$62/\$50 (Dist. Res.) | Parent/Tot: \$50/\$40 (Dist. Res.)

		SATURDAY		SUNDAY	
Time	Age	9/8-9/29	10/6-10/27	9/9-9/30	10/7-10/28
10:00 am	Adult/Teen	8599.701	8599.703	8599.702	8599.704
10:30 am	Youth	8579.701	8579.703	8579.702	8579.704
11:00 am	Preschool	8549.701	8549.703	8549.702	8549.704
11:30 am	Tiny Tot	8539.701	8539.703	8539.702	8539.704
12:00 pm	Parent/Tot	8510.701	8510.703	8510.702	8510.704

Saturday & Sunday Private: 4 weeks, (4) 25-minute classes | \$125/\$110 (Dist. Res.)

		SATURDAY		SUNDAY	
Time		9/8-9/29	10/6-10/27	9/9-9/30	10/7-10/28
10:00 am		8620.701	8620.703	8620.702	8620.704
10:30 am		8621.701	8621.703	8621.702	8621.704
11:00 am		8622.701	8622.703	8622.702	8622.704
11:30 am		8623.701	8623.703	8623.702	8623.704
12:00 pm		8624.701	8624.703	8624.702	8624.704



For new and returning recreational swimmers interested in continuing to build their swim skills and confidence. Our experienced coaches will work closely with you to help you reach your goals in a fun and encouraging environment for all levels of swimmers. Swimmers must be able to swim 25 yards freestyle (face in the water with rhythmic breathing).

Head Coach: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

10 YEARS & UNDER

3-Day Option | \$275/\$260 (Dist. Res.)

8212.701 9/10–11/16 M/W/F 4:45–5:45 pm

2-Day Option | \$210/\$195 (Dist. Res.)

8212.702 9/10–11/16 M/W/F 4:45–5:45 pm

No class 10/26, 10/31, 11/12

10 YEARS & UP

4-Day Option | \$300/\$285 (Dist. Res.)

8213.701 9/10–11/16 M–Th 5:45–6:45 pm

2-Day Option | \$210/\$195 (Dist. Res.)

8213.702 9/10–11/16 M–Th 5:45–6:45 pm

No class 10/31, 11/12

Special Event

Pumpkin Splash! is Back!

All ages

Don't miss this spooktacular fun for all ages! Jump into PH Aquatic Park's floating pumpkin patch and pick your favorite pumpkin for Halloween. Once you pick your pumpkin, give it a silly face at our pumpkin decorating station and play fun carnival games on deck.



PH Aquatic Park: 147 Gregory Lane

Pumpkin wristband: \$12/\$10 (Dist. Res.)

Spectators and parent helpers free.

10/14 Su 1:00–3:00 pm

36th Annual Dolphins Tree Lot

November 23–December 24

Monday–Saturday, 9:00 am–9:00 pm

Sunday, 12:30–9:00 pm

Winslow Center Parking Lot:

2590 Pleasant Hill Road

Corner of Taylor & Pleasant Hill Road

Proceeds benefit the Pleasant Hill Dolphins

Swim Team

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

6 weeks | 4–5 years | \$145/\$130 (Dist. Res.)

8208.701 9/11–10/18 Tu/Th 4:00–4:30 pm

6 weeks | 6–8 yrs | \$180/\$165 (Dist. Res.)

8209.701 9/11–10/18 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 | \$215/\$200 (Dist. Res.)

8210.701 9/10–10/24 M/W/F 4:45–5:45 pm

Water Exercise

Lap Swim

15 yrs & up

Monthly Pass gives you unlimited access to Lap Swim hours 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!

Instructor: Staci Lindsay

PH Education Center Pool:

1 Santa Barbara Road

Monthly Pass: \$61/\$49 (Dist. Res.)

Senior 55+ Monthly Pass: \$57/\$44 (Dist. Res.)

8-swim “Anytime” Punch Card: \$61/\$49 (Dist. Res.)

Fall Lap Swim Hours* (starting August 13):

M/W/F 6:30–7:30 am, 8:30–9:30 am

(8:30 am at PH Aquatic Park thru 11/2)

M/Tu/Th 7:00–8:00 pm

Weekends at PH Aquatic Park

Sa/Su 10:00 am–12:00 pm (through 10/28)

Holidays: 9/1–9/3, 11/12. Modified schedule during

Thanksgiving (11/19–11/23) and Winter Break

(12/24–1/7), check calendar online at

www.pleasanthillrec.com.

*Visit www.pleasanthillrec.com for a calendar to confirm hours and location.



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.



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

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. Monthly Pass gives you unlimited access to Water Aerobics classes during the calendar month.

Instructors: Bryce Halliday,
Mary Beth McCarthy

PH Aquatic Park: 147 Gregory Lane

Year-round classes | Drop-in \$8
Monthly Pass: \$74/\$69 (Dist. Res.)

Senior 55+ Monthly Pass: \$67/\$62 (Dist. Res.)

8-class Water Aerobics Punch Card:
\$57/\$52 (Dist. Res.)

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

No class 9/3, 11/12, Modified schedule during Thanksgiving (11/19-11/23) and Winter Break (12/24-1/7). *Starting 11/5, all water aerobics classes meet at PH Education Center Pool and Mary Beth's Tu/Th evening class changes to meet 6:00-7:00 pm.

No class on legal holidays and instructor scheduled vacations. Modified class schedule during the Nov/Dec holiday break.

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 (Dist. Res.)

2240.701 9/18-10/11 Tu/Th 8:30-9:30 am

3 weeks | \$38/\$30 (Dist. Res.)

Senior Club Members: \$35/\$27 (Dist. Res.)

2240.702 10/16-11/1 Tu/Th 8:30-9:30 am



Water Polo

BEGINNER WATER POLO

Come and experience the fun of a team sport in the water!!! Water polo is a combination of basketball, soccer and swimming all rolled into one. In this class we will focus on the FUNDamentals of water polo. Athletes will learn a myriad of new skills specific to the sport, including treading water without bouncing, while throwing a ball with one hand and much more. This will all be accomplished in a high energy atmosphere to ensure each athlete is learning while having fun. No prior water polo experience necessary, though they must be able to swim at least one lap of the pool unassisted. USA Water Polo membership required; minimum bronze level.

Instructor: Diablo Alliance Water Polo Staff

PH Education Center Pool:
1 Santa Barbara Road

10 weeks | \$415/\$400 (Dist. Res.) | 10U Girls

8748.701 9/11-11/15 Tu/Th 6:30 pm-8:15 pm

10 weeks | \$415/\$400 (Dist. Res.) | 10U Boys

8749.701 9/10-11/14 M/W 6:30 pm-8:15 pm

No class 11/12

Splashball

5-9 yrs

Come and experience the fun of a team sport in the water!!! Splashball is an introduction to the game of water polo for young swimmers. Athletes will learn basic water polo skills in a high energy and fun environment. No prior water polo experience is necessary, though they must be able to swim at least one lap of the pool unassisted. USA Water Polo membership required; minimum bronze level.

Instructor: Diablo Alliance Water Polo Staff

PH Education Center Pool: 1 Santa Barbara Road
10 weeks | \$120/\$105 (Dist. Res.)

8750.70 9/12-11/14 W 6:30 pm-7:45 pm



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 Coordinator who will be happy to help you with your next travel adventure.

TRAVEL OFFICE INFORMATION:

Travel Coordinator: Cassie Eternal
Phone: (925) 771-7636

Hours: Monday–Friday, 9:00 am–5:00 pm

Office and Travel Desk is closed on the first Tuesday of the month for the Pleasant Getaways Presentation.

**Location: Senior Center,
233 Gregory Lane**



Seasonal Travel in your own backyard! **NEW!**
Explore the United States in Every Season!

Journey Around Lake Michigan

Embark on a journey around Lake Michigan to discover its giant sand dunes in Sleeping Bear Dunes National Park, quaint villages of Door County with an authentic Farm Market and a visit to Eagle Bluff Lighthouse, shipwrecks of Lake Superior in a glass bottom boat, and stay in the Crown Jewel of Mackinac Island the Grand Hotel. As if all that beauty wasn't enough, you will have a delicious fish boil dinner, witness goats living on grass roofs, take in the town that Anatomy of a Murder made famous and take a look at the unique Charlevoix's Mushroom Houses.

Cost includes: 13 meals, all tours mentioned in itinerary, round trip airfare, hotel accommodations, airport transfers and travel insurance. Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!

July 13–July 21, 2019
**Cost: \$3548 pp/double;
\$4817 pp/single**

From Blue Ridges to Blue Grass

Journey to the Biltmore Estate in the Blue Ridge Mountains, see the verdant pastures of the Kentucky Horse Park and enjoy the country music home of Nashville. Arrive in Georgia, where you will get a tour of the city to take a peek at the Coca-Cola plant, CNN Center and an actual visit to the Martin Luther King Jr. Historical site. See the Smoky Mountains as you head into the State park followed by a gallivant through Gatlinburg which is famous for its craft shops, small town nostalgia and historical sites. A Trip to the Titanic Museum and Dolly Parton's Stampede will get you in a galloping good mood as you head into Kentucky for their Horse Park and a visit with all the champions on site. Visit the Wild Turkey Distillery to teach you all about whiskey, and then get a homegrown lesson in biscuit making at My Old Kentucky Home State Park. Your last days will be spent at the Opryland Resort so you can take in the full beauty of Nashville, Grand Ole Opry, Country Music Hall of Fame and of course a walk through Music Row. *Cost includes: 15 meals, all tours mentioned in itinerary, round trip airfare, hotel accommodations, airport transfers and travel insurance. Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

September 28–October 6, 2019
Cost: \$3960 pp/double; \$5009 pp/single





Christmas in Colonial Williamsburg

It's nice to get away for the Holidays and this trip will make you feel like you've stepped back in time. The sights and sounds of an 18th Century holiday come alive in Colonial Williamsburg's Historic Area. As you stroll cobblestone streets lit each evening with crackling bonfires, the smell of more than five miles of authentic pine roping surrounds. Performances by the Fife and Drum Corps celebrate American Independence, while the windows of historic homes shine with a single candle, a tradition that was started in Williamsburg. You will also explore the history of the Washingtons at Mount Vernon where they spent many a holiday merry-making. You will be in for a treat as you watch the show *The Grand Illumination*, which will have several stages and performances from musicals, to lights and even a fireworks show. A splendid holiday vacation that will get you in the spirit. *Cost includes: 7 meals, all tours mentioned in itinerary, round trip airfare, hotel accommodations, airport transfers and travel insurance. Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

December 7–December 11, 2019
Cost: \$2615 pp/double; \$3174 pp/single

Gems of Eastern Europe— River Cruise

Calling all river cruise fans! Take a river cruise into newer territory as you float down the lower Danube River and visit five countries along the way. Starting in Hungary, you will visit a Pusztá Horse Farm where you will see an awe inspiring performance showcasing the skills of these Magyar horsemen and some tricks done by the horses themselves. Awake in Croatia the next day where you will have a tour of the city, where you will see the Tvrdá (citadel) which features 18th Century style buildings which protected this town from war time, find out more history of this city as you sit down to a home cooked meal from a Croatian family. Your next stop will be in Serbia, where you will visit the world's largest orthodox cathedral, St. Sava Church and the Viminacium, the first and largest archaeological site in Europe. When you arrive in Bulgaria, you will be headed for a tour of the Baba Vida Fortress, which features three fully-preserved medieval towers and battlements. Before departing this historical town, take in a beautiful performance from the Orthodox acapella choir, which will enchant you. You will disembark your ship as you arrive in Romania and head to Transylvania for a two-night stay, where you will tour Bran Castle, which is rumored to be the original Count Dracula's castle. Hear the stories, survive the tour and decide for yourself. *Cost includes: Airfare, Airport Transfers, all meals with beer or wine included while on the ship, hotel stays, Inside Balcony windows included in all staterooms, all included excursions, \$55 in Mayflower Money, Travel Insurance. Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

June 29–July 8, 2019
Cost: Starting at \$4954 pp/double;
\$7753 pp/single



Florida Adventure

Florida has a lot to offer from the Moorish architecture of St. Augustine, to the Space Coast of Cape Canaveral to the excitement of Epcot and finally the warm beachy thoughts of the Gulf of Mexico and you will explore all of these in this 9-day trip. Start your trip with a fascinating cruise to Cumberland Island, home of our nation's last herd of wild horses, here you will walk in Old Towne Fernandina where you can go to the Oldest Saloon in Florida or enjoy a cone of old fashioned ice cream, top this day off with a tour of Anheuser-Busch and sample their bubbly. St. Augustine will put you on a trolley tour to see all the unique historical landmarks in this city, which includes the oldest school house and drugstore. Head to Cape Canaveral next, where you will hear all about the history of our American Astronauts and Spaceflight then marvel at our human history as you spend a full day at Epcot, Walt Disney's second theme park, which brings innovation and international culture together in one big sphere. Things will get a little surreal as you visit the Salvador Dali Museum to admire his cherished works of art and then marvel at the makings of sponges, as Tarpon Springs is the Sponge Capital of the World. Wrap up your trip with a visit to the Ca' d'Zan which is one of the last of the Gilded Age of mansions, this 56 roomed home is filled with art and original furnishings that will awe and inspire. *Transportation, round trip airfare, hotel accommodations, 14 meals, admission fees, taxes and gratuities, step on guides, baggage handling & Travel Insurance with Cancel Anytime Guarantee up to 48 hours before your trip. Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

February 16–February 25, 2019
Cost: \$3894 pp/double; \$4793 pp/single

Tucson New Years Eve

It's tranquil yet mesmerizing. Private yet wide open. A distinctive Tucson Hotel where historic charm and modern luxury unite. Welcome to Westward Look, Tucson's first and finest resort. Built in the 1900s, our 80 acre, certified green resort, is flawlessly set at the base of the striking Santa Catalina Mountains. Views of the mountains and city below abound, creating a true sense of serenity. Enjoy daily tours, including: Mission San Xavier, Prima Air & Space Museum, A Day in Tombstone with admissions to the Bird Cage and Boot Hill, New Years Eve Party with cocktails, dinner and live band, Kartchner caverns and Limestone Caves. *Cost includes: At home pickup, airfare, travel insurance, deluxe motorcoach transportation, all admission fees, 7 meals, gratuities, baggage handling and taxes.*

December 30, 2018–January 3, 2019
Cost: \$2170 pp/double; \$2535 pp/single



Canada's Golden Triangle

Unforgettable experiences await in Canada's Golden Triangle. Starting in Vancouver climb aboard their famous mountain gondolas at Whistlers Peak 2 Peak Experience nicknamed the "sea to sky highway." Ride three gondolas as you make your way across the Canadian wilderness and end at the Roundhouse Lodge and Whistler Village where you will enjoy local cuisine and shopping in the quaint village. Vancouver is also famous for its Capilano Suspension Bridge, which you can walk on overlooking the dramatic Rainforest 230 feet in the air. A First Nations cultural experience in Courtenay will have you weaving to make a unique item for you to take home in a traditional Long House. For all our foodies out there, while in Victoria, enjoy a tour through Victoria's finest restaurants with a tasting at each location. Since this is a July departure, the weather will be perfect for whale watching, so included is a full day excursion out on the water as you travel side by side with Orca Whales and other local wildlife. *Cost includes: 15 meals, all tours mentioned in itinerary, round trip airfare, hotel accommodations, airport transfers and travel insurance. Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

July 12–July 20, 2019
Cost: \$3935 pp/double; \$5194 pp/single



250th Anniversary of the California Missions by Bus

Start in San Diego where you will be staying at the Embassy Suites located in the Gaslamp District, which is very close to Seaport Village. The first Mission you will visit will be the Basilica San Diego de Alcala, known as the "Mother of Missions." It is the first of 21 Missions built throughout California. Before you head out to your welcome dinner, enjoy a San Diego city tour and another Mission, the San Luis Rey, which is known as the "King of Missions." On day two you will be heading down the Royal Highway, El Camino Real, to visit the San Juan Capistrano known for the swallows that nest there, San Gabriel Mission which was pivotal to Los Angeles' development and then you will get a chance to see the Cathedral of our Lady of the Angels, which is truly something to behold. On day four, you will visit the Santa Barbara Mission which is famous for its Roman architecture. Afterwards you will enjoy a stop in Solvang known for its Danish heritage and delicious pastries. You will get a chance to visit a working Mission, the La Purisima Conception Mission, which is a 966-acre State Park that has a working farm of animals, tallow works, weaver and an olive crusher. A stop at the San Luis Obispo Mansion and San Carlos Borromeo de Carmelo Mission is followed up by a stop in the city of Carmel for lunch before heading to Monterey for your hotel stay. Finally, the San Francisco De Asis Mission will be you last stop on this trip. This Mission is the oldest surviving building in San Francisco and they have a museum, cemetery and gardens to visit. The bus will drop you back off at the Pleasant Hill Parking Lot so you can end your trip and head to your homes. *Cost includes: Transportation in luxury motorcoach, Tour Guide throughout the trip, a visit to 10 California Missions, 5 breakfasts, 3 dinners, taxes and gratuities.*

May 27–June 1, 2019
Cost: \$1499 pp/double; \$1999 pp/single



Explore some of our exciting upcoming trips! Call (925) 798-8747 to sign up!

Captain Morgan's Delta Cruise

35 PASSENGERS ONLY!

Prepare to be fascinated by the unique sights, sounds, and tastes of the Sacramento Delta eco-system. During this educational 2.5 hours ecological cruise, the experienced Captain Morgan will share his vast knowledge about the Delta and surrounding area, highlighting the history of Discovery Bay, the Delta water system, bridges, wild life, plant life and more. After cruise, enjoy lunch on the water's edge at the Boardwalk Grill Restaurant followed by an hour of free time along the marina. Travel to and from boat dock by motor coach. *The boat is open air, double-decker and shaded. To access top deck, passengers must ascend 10 steep stairs. Staff available to help. Note: Must be able to climb in and out of docked boat without wheelchair access. Lunch included.*

Tuesday, August 28, 2018
7:40 am–3:00 pm

Cost: \$143/\$138 (Dist. Res.)
Tickets available now!

50+ Day Trips & Excursions

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!

PLEASANT GETAWAYS PRESENTATIONS

Want to learn more about senior trips? Attend a monthly Pleasant Getaways Presentation 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. Missed the meeting? The tickets will go on sale to the public the Monday after the Presentation. *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 Power 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, 1:00 pm
If meeting falls on a holiday, most meetings will be moved to the following Tuesday.



Miss Saigon—Orpheum Theater SF

Experience the acclaimed new production of the legendary musical *Miss Saigon*, from the creators of *Les Miserables*. This is the epic story of a young Vietnamese woman named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring stunning spectacle, a sensational cast of 42, and a soaring score including Broadway hits like "Last Night of the World," "The Movie in My Mind," and "The Heat is On in Saigon," this is a theatrical event you will never forget. Enjoy reserved rear orchestra seats for this performance. Before the show enjoy two hours of free time on Pier 39 to enjoy lunch on your own. Lunch is not included. *Note: Wheelchair accessible with advance notice!*

Wednesday October 31, 2018
9:20 am–7:30 pm

Cost: \$88/\$83 (Dist. Res.)
Tickets available now!

Museum of Ice Cream: SF

The Ice Cream Museum, meant to be a 3-month pop-up museum, is now staying through the summer! Your tour will begin at 10:30 am and you will be in two groups. Take as much time as you need to enjoy the museum, but it takes about one hour to get through. You will have a chance to get into a pool of plastic sprinkles. There is a ladder to get in the pool, which is only about 4 feet deep, but you do not touch the bottom. You can sit on the edge of the pool and dip your feet in. To take part in the Sprinkle Pool, you must remove your shoes. As promised in the description of the museum, samples are a must and lots of sweet treats will be offered: a full ice cream cone, cotton candy, a popsicle, a mochi (Japanese ice cream treat), and a final chance to buy a \$4 cone at the end of the museum. Specially themed ice cream flavors include Salted Caramel with Snickerdoodles, Vanilla Sprinkles, Vanilla Sprinkles with Cupcake pieces and Frosted Animal Cookies. After your tour you will have about two hours to explore the area around the museum: take a stroll to Westfield, eat at Neiman Marcus, take an Uber to the SFMOMA or the Ferry Building, or whatever you decide to do. Just be back at the meeting place at 1:30 pm to head back home. Lunch on your own. *Note: There is one flight of stairs down into the museum, about 10–15 steps; not steep and there are railings. At the end of the museum, there is an elevator to go up. Bathrooms are 45 minutes into the museum. You can use them before your touring time. The museum takes about one hour to go through and there is not very much seating throughout. You do have to wait in a line outside before they let you into the museum.*

Thursday, August 30, 2018 | 8:40 am–3:30 pm

Cost: \$93/\$88 (Dist. Res.)
Tickets available now!

SF Giants VS LA Dodgers— AT&T Park

ONLY 30 TICKETS AVAILABLE!

Wheelchair accessible with advance notice!

A classic rivalry between North & South, who are you rooting for? Enjoy reserved seats in section 231 (third base side, outfield), rows F & G which are also Club Level tickets. Too chilly for you in the stands? Exclusive access to the Alaska Airlines Sponsored Club will protect you from the elements and offer snacks and drinks at your fingertips while you enjoy the game on the TV. Food & Beverage on your own.

Arrive at School House: 9:40 am

Board Bus & Depart: 10:00 am

Return: 6:30 pm

Sunday, September 30, 2018

9:40 am–6:30 pm (approx.)

Cost: \$149/\$144 (Dist. Res.)

Tickets available now!

Fleet Week Cruise: SF Bay

ADA accessible! Board the San Francisco Belle for a cruise around the Bay and the closest viewing of the Blue Angels flying through the skies! Your vessel is an Art Nouveau style sternwheeler that has three spacious levels, a sun deck and three full wrap-around decks. Get a buffet lunch on board, enjoy bottomless champagne and musical entertainment. The Blue Angels will fly so close overhead, you might be able to touch them! Lunch included.

Saturday, October 7, 2018

11:10 am–6:30 pm

Cost: \$168/\$163 (Dist. Res.)

Tickets available now!



Redwood Canopy Tour— Mt. Herman

SMALL TOUR 25 PASSENGERS!

Tour is not ADA accessible. Excitement will definitely be the theme of this day as you ascend to the treetops!!! Have you ever wondered what it's like to be a giant redwood looking down upon the forest life? Now is your chance! Put on your harness and take an adventurous 2-hour journey 150 feet in the air to the tops of the redwood forest. In groups of 8 you will have two tour guides to tell you all about the eco system of the trees and animals. Cross two rope bridges and 5 exciting zip lines until you end the course and come back to the world below. This trip is limited to 26 passengers and you will be on a bus with no bathroom. We have included one comfort stop each way for bathroom breaks. Right before you head to the Redwood Course you will stop at Redwood Sandwich Co. where you will be able to order your choice of sandwich on your own. You will climb the courses at the following times: 12:00 pm, 12:30 pm, 1:00 pm and 1:30 pm. Dress in comfortable clothing, exercise pants or jeans ok! Wear sun screen and bring a water bottle and snack for the road home. Lunch on your own. Note: Harness weight limits are 250 lbs maximum. You may want to take an anti-inflammatory before you go up to prevent any soreness the next day. There is a short climb up hill after the course, make sure you are prepared. Lunch on your own.

Monday October 22, 2018

8:00 am–6:30 pm

Cost: \$164/\$159 (Dist. Res.)

Tickets available now!

Day of the Dead Tour with Craig Smith—The Mission District: SF

Craig Smith is your City Guide for this fun and informative tour in San Francisco. Your tour will include Mission Dolores, and a tour of the Basilica and Dolores Cemetery. You will have the opportunity to see the largest outdoor mural in San Francisco before you reach the Valencia Street, the official "Day of the Dead Street" in San Francisco. To see the best street for Murals, you will walk down to Clarion Place, before reaching San Jalisco Restaurant for your hosted lunch. Following lunch, you will walk Balmy Alley (the oldest alley for murals in SF) then continue to 24th Street (heart of the Mission district). You will stop by Precita Eyes center, where artists learn to do murals and buy supplies (they sell books and postcards). The next stop is at the Mexican bakery to enjoy a fresh made cookie if you like before continuing down the street for more murals and interesting mosaics. A specially baked "Day of the Dead" individual bread has been ordered for your group to enjoy on your return to Pleasant Hill.

Thursday October 25, 2018

8:25 am–5:15 pm

Cost: \$97/\$92 (Dist. Res.)

Tickets available now!



All senior enrichment, fitness and dance

classes have been moved to the Adult section. See pages 16–27.

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.

50+

Pleasant Hill Senior Center

233 Gregory Lane • (925) 798-8788
pleasanthillrec.com/341

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 \$20. Members receive a monthly newsletter and discounts on numerous classes and special events.

For more details on dates and times of the following services and activities please visit the website at pleasanthillrec.com and download a copy of the Senior Sounds monthly newsletter.

Senior Services:

- Advance Health Care Directives Program
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (CC Café/Meals on Wheels)
- iHelp (help for Mac, iPad, iPhone users)
- County Connection Bus Tickets
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Screening
- Movie Library
- Notary Service
- Open Computer Lab
- Senior Peer Counseling

Senior Center Activities:

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

Additional activities, see pleasanthillrec.com.

Senior Programs & Events

Pancake Breakfasts

Our monthly pancake breakfasts feature pancakes or French toast, eggs, sausage, orange juice and coffee. All ages welcome! First Sunday of the month.

8:30–10:30 am

September 2, October 7, November 4, December 2

Tickets: Adults 11+: \$5

Children 5–10 yrs: \$3 • 4 & under Free!

Senior Center: Chateau Room

FREE!

Care Management Series

The Care Management Series brings a variety of topics from experts in our community. This series is sponsored by Carlton Senior Living. Held the 2nd Thursday of each month from 2:00–3:30 pm at the Senior Center. Presentations are free however space is limited so please reserve your spot by calling 798-8788.

September 13: Oral Hygiene 101, presented by Diablo Valley Dental

October 11: Arrive Rides, presented by Amy Stice

Transportation Forum

Curious about your options when it comes to transportation? Listen and ask questions with a panel of experts in the field. RSVP to save your spot: 798-8788

Friday, October 5, 1:00–3:00 pm

Free for all ages

Senior Center: Chateau Room

Vagabond Players Live Theater Show

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! Sponsored by PH Foundation.

Friday, October 12: “Crimes of the Heart”

Tickets: \$10 presale; \$15 day of

Tickets on sale September 4

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.

Tuesday, October 16, 4:00–6:00 pm;
tickets on sale 9/10

Tuesday, December 18, 3:00–5:00 pm;
tickets on sale 10/29

Tickets: \$10 presale; \$15 day of (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! Proceeds benefit the PHSC Care Management Program.

Saturday, November 17, 9:00 am–3:00 pm
Senior Center

Clarinet Fusion Holiday Concert

Pleasant Hill’s very own Clarinet Fusion will perform live holiday music to the delight of all ages! Bring the whole family!

Thursday, December 20, 7:00 pm

Tickets: \$7 presale, \$10 day of; Students: \$5

Tickets on sale October 29

Senior Center: Chateau Room



Dear Friends,

I love playing all kinds of sports. As a female athlete who grew up in the 70s and 80s, there weren't many options for girls to play sports with other girls. It wasn't until High School that I was able to play on a girls-only basketball team. One of my missions in recreation is to make sure that girls don't have to wait until high school and have plenty of opportunities to play sports like boys do. Why is this so important? Because girls who play sports are proven to have higher self-esteem, greater physical fitness and make healthier decision about drugs, alcohol and relationships. Studies have also shown that female high school athletes earn higher wages as working adults.

When I joined Rec and Park, I was surprised to learn that our rec sports leagues for flag football and basketball were only co-ed and that girls only made up only 13% of our basketball league. That's less than 20 girls. And I'm confident that there are more than 20 girls in our District who want to learn how to shoot like Steph Curry. This fall and winter, Pleasant Hill girls will now have the equal opportunity to play in their own girls-only leagues. So, team up with your girlfriends and sign-up to learn how to throw a football, dribble a basketball and defend the hoop like Draymond. See page 12 to register.

To help make both our new girls sports leagues and existing boys leagues a slam dunk, we need passionate volunteer coaches to help guide all our budding athletes. I hope you consider joining me as a volunteer coach this season. Volunteer parents will receive \$75 refund on their child's registration.

Youth sports leagues aren't the only exciting rec programs & events this fall and winter. Look for all our new classes throughout this issue. Also mark your calendar for our 2nd Tinkers and Thinkers Innovation Faire on September 15 in PH Park. This free community event offers families an opportunity to explore lots of cool innovations and engage in hands-on S.T.E.M. activities together. See back page for details.

Michelle Lacy, *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

Bobby Glover, *Chair* (925) 954-7070
Sandra Bonato, *Vice Chair* (925) 938-5433
Jennifer Ortega, *Secretary* (916) 837-3904
Andrew Pierce, *Member* (925) 212-7503
Zac Shess, *Member* (925) 212-6572

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

3 Ways to Register Now!



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/Discover accepted.



Walk-in:

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

Registration Begins August 6

See class listings for exceptions to registration dates. **For refund and satisfaction guarantee info, visit pleasanthillrec.com/refund.html.**

ADMINISTRATIVE STAFF

Michelle Lacy, *General Manager*
Mark Blair, *Accounting Supervisor*
Tom Bradley, *Park Superintendent*
Ryan Herriman, *Facilities & Special Events Supervisor*
Katrina Hunn, *Youth Supervisor*
Lance Hurtado, *Recreation & Parks Manager*
Susie Kubota, *Executive Secretary*
Kendra Luke, *Senior Services Supervisor*
Carrie Miller, *Building Maintenance Superintendent*
Korey Riley, *Aquatics Supervisor*
Jen Thoits, *Communications Manager*
Nicole Watson, *Recreation Superintendent*

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
- 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
- Veterans of Foreign Wars

Effective 5/1/17, classes that have not met minimum enrollment five business days before first meeting will be cancelled.

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.



The 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.

Rodgers Ranch Heritage Center



About Rodgers Ranch Heritage Center (RRHC)

Nestled quietly in the center of Pleasant Hill is a beautiful historic site many residents have yet to discover. This hidden gem is the Rodgers Ranch Heritage Center (RRHC), a living history museum that serves to educate visitors on local history and the importance of green sustainable living. Listed on the National Registry of Historical Places, the farmhouse is now 150 years old, and is a thriving reminder of a simpler, more sustainable time.

Today, RRHC offers a variety of activities and community events throughout the year including gardening, canning, beekeeping and informative sustainable living workshops provided in partnership with Sustainable Contra Costa. RRHC also serves as a gathering place for a variety of local community organizations including the Contra Costa Succulent Garden Club, a local chapter of The Northern California Unit of the Herb Society of America, Pleasant Hill Historical Society and the Rodgers Ranch Urban Farm. Come visit a piece of Pleasant Hill history! The farmhouse is open on Thursdays, 9:30 am–1:00 pm or by appointment.

To view classes and events, visit RRHC website: www.rodgersranch.org

Follow the RRHC blog to view photos of Ranch events and activities.

Rodgers Ranch Heritage Center
315 Cortsen Rd, Pleasant Hill
(925) 937-3677
info@rodgersranch.org.

RODGERS RANCH HERITAGE CENTER EVENTS:

HARVEST FESTIVAL

October 13 | 10:00 am to 4:00 pm

Enjoy a family day with fun fall activities, live music and information about local services available to the community.

HOLIDAY BOUTIQUE

December 1 & 2 | 10:00 am to 4:00 pm

Shop for unique and home-made items at the beautiful Ranch to make your holiday shopping fun!

FALL SUSTAINABLE LIVING WORKSHOPS: HEALTHFUL HOME FERMENTING

September 13 | 6:00 pm – 8:00 pm

Learn all about kombucha (a fermented tea beverage) and why fermented foods are so good for you! This class will cover how to make kombucha safely at home.
Fee: \$25/person



GREEN YOUR HOLIDAY

October 18 | 6:00 pm – 8:00 pm

Discover ideas for mindful, earth-friendly gift-giving, and creative methods of boxing and wrapping gifts. This fun and festive workshop is perfectly timed for the holiday season. \$25/person

Register for Workshop at:
www.sustainablecoco.org

RODGERS RANCH URBAN FARM AND TEACHING GARDENS

Established in 2012, these beautiful organically grown gardens are open on Saturday mornings at 10:00 am. John and Marian are on hand to show techniques on sustainable gardening, composting, propagation, and more.

For information and weekly activities:

- www.meetup.com/Rodgers-Ranch-Urban-Farm
- www.rodgersranchurbanfarm.org
- info@rodgersranchurbanfarm.org



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Pleasant Hill, CA 94523

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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Fall/Winter, Volume 23, Issue 3



TINKERS & THINKERS FAIRE

SEPT 15 / 11 AM - 3 PM / PLEASANT HILL PARK

The Tinkers & Thinkers Innovation Faire is a not-to-miss experience for those inquisitive minds with curiosity about all things Science, Technology, Engineering and Mathematics (S.T.E.M.).

Modeled on other Bay Area Makers Fairs and a series of "Innovation Nights" at the Pleasant Hill Library, Tinkers and Thinkers is a FREE family event showcasing robots, rockets, drones, DIY and other tech!

All ages are invited to engage with a variety of "hands-on" make-and-take activities and marvel at the innovations and displays presented by local organizations, educators and entrepreneurs!

Tinkers and Thinkers is an event to bring inspiration, creativity and innovation to families within our community...and beyond!

We hope to see you and R2D2 there.



For more information visit
phtinkersandthinkers.com

Brought to you by Pleasant Hill Library and PH Rec & Park District.
Sponsored by:

