

# Belmont

## Parks & Recreation

Enhancing the quality of life for the Community

User may need to turn off pop up blocker to access bookmarks.

### Summer 2009 Activity Guide



Many new camps and classes inside -  
See page 3 for details!

Keep this May through August 2009

[www.belmont.gov](http://www.belmont.gov), 'Parks & Recreation'



# What's Happening this Summer!

Remember to hold on to your Guide through August!

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### Americans with Disabilities Act

The City of Belmont and the Parks and Recreation Department are committed to implementing the intent and spirit of the Americans with Disabilities Act (ADA). Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs and activities. If you have a special need that requires a specific accommodation in order to enjoy our classes or facilities, please contact us at 595 7441. TTY - 637-2999.



## **NEW ACTIVITIES!**

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# TENNIS



## Tennis Lessons

**AGE:** 9-14, OR 15+

Each student provides their own racket. Six hours of instruction for 3-8 students. Classes of two students will be converted into 4 hours of lessons.

**FEE:** \$67 Resident, \$80 Non-resident

**LOCATION:** Carlmont High School #6 or #7

**INSTRUCTOR:** Stanford's Whitlinger & Sarsfield Staff

### SUMMER - 4 lessons

**Session I - 6/20-7/18 - (No class 7/4)\***

**Session II - 7/25-8/15**

### Adult Lessons (AGE: 15+)

#### Novice:

2156.201 Sat 9-10:30am 6/20-7/18

#### Low Intermediate:

2157.202 Sat 9-10:30am 7/25-8/15

### Youth Lessons (AGE: 9-14yrs)

#### Novice:

1122.201 Sat 10:30-noon 6/20-7/18

1122.202 Sat 10:30-noon 7/25-8/15

#### Low Intermediate:

1123.201 Sat 3:30-5pm 6/20-7/18

1123.202 Sat 3:30-5pm 7/25-8/15

### INDIVIDUAL TENNIS LESSONS

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced.

**\$57 per hour-2157.203;**

**\$150 for 3 one hour lessons, 2157.204.**

To arrange a lesson, please call Parks & Recreation at (650) 595-7441 or email [parksrec@belmont.gov](mailto:parksrec@belmont.gov).

## Terrific Tiny Tennis

**AGE:** 5-6, OR 7-8 years

Students five to eight years old play FUN activities and games that enhance their hand-eye coordination, motor skills, and knowledge of general tennis concepts. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Classes will consist of only 3-6 students.

**FEE:** \$67 Resident, \$80 Non-resident

**LOCATION:** Carlmont High School #6 or #7

**INSTRUCTOR:** Stanford's Whitlinger & Sarsfield Staff

### SUMMER - 4 Lessons - \*(no class 7/4)

#### Ages 5-6 years

0124.201 Sat 1:30-2:30pm 6/20-7/18\*

#### Ages 7-8 years

0124.202 Sat 2:30-3:30pm 6/20-7/18\*

#### Ages 5-6 years

0124.203 Sat 1:30-2:30pm 7/25-8/15

#### Ages 7-8 years

0124.204 Sat 2:30-3:30pm 7/25-8/15



## Tennis Rain/Cancellation Policy

In case of rain, check with the instructor at the court. **NO POSTPONEMENT ANNOUNCEMENTS WILL BE GIVEN OVER THE PHONE.** If at any time the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified to the contrary, any makeup(s) will be held on the next available normal meeting day following the session. However, Sunday may be used at the instructor's discretion. Note: If an earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

# ENRICHMENT



**NEW**

## Singing Solo (4 classes)

**AGES:** 18+

Do you long to be able to sing with friends, or participate in a performance? We'll focus on pop and musical theater styles; learning technique as a group, but working in "Master Class" format -- getting individual time as well.

**FEE:** \$60 Resident, \$72 Non-resident

**LOCATION:** Barrett Community Center, Multi-Use

**INSTRUCTOR:** Gina Latimerlo, Vocal Performance Instructor

2310.201	Th	6:30-8:30pm	5/7-5/28
2310.202	Th	6:30-8:30pm	6/4-6/25

## Piano Your Teachers Never Taught You (1 class)

**AGE:** 18 +

Learn how to play any popular song in any key and the tools of the trade that will make you sound like a pro! Todd Walker has taught over 30,000 students from total beginners to those with years of lessons to play the piano in just one day. In this workshop you will learn 72 chords, 156 hand positions and how to read music from a lead sheet and fake books. If you don't read music, send a SASE to Piano Magic, P.O. Box 1694, Rocklin, CA 95677 to receive a free pamphlet.

**FEE:** \$44 Resident, \$53 Non-resident

**LAB FEE:** \$27 for study book and 60 minute CD.

**LOCATION:** Foster City Recreation Center, 650 Shell Blvd, F.C.

**INSTRUCTOR:** Todd Walker

2472.201 M 6:30-9:30pm June 29

## Pediatric CPR (1 class)

**AGE:** Adult

Our biggest fear is that something could happen to our child and we won't know what to do. You'll feel more confident after learning these emergency measures for an infant or child that is choking; and how to perform CPR on an infant or child who is not breathing or is without a heartbeat. You'll be practicing the techniques on child sized manikins.

**FEE:** \$45 Resident, \$54 Non-Resident

**LOCATION:** Barrett Community Center, Room C

**INSTRUCTOR:** Johanna Hutchison, EMT

2218.201 W 6:30-9pm July 15

## Pediatric 1st Aid (1 class)

**AGE:** Adult

You'll feel more confident when you learn how to manage injuries for a infant/child during the first few minutes until professional help arrives. We will cover first aid basics, medical emergencies and injury emergencies. We'll also go over poisonings and home hazards for infants and children.

**FEE:** \$45 Resident, \$54 Non-Resident

**LOCATION:** Barrett Community Center, Room D

**INSTRUCTOR:** Johanna Hutchison, EMT

2218.202 Tu 6:30-9pm June 2

## Wine Tasting Classes

**AGE:** 21+, -Bring 5 wine glasses to all classes

**LOCATION:** Twin Pines Lodge

**INSTRUCTOR:** Marni Rubin, Certified Specialist of Wine and Wine Educator for public and private agencies.

## Port, Chocolate & Cheese (1 class)

Experience the amazing and surprising interplay of the most luxurious taste sensations: chocolate, cheese and wine. We explore gourmet chocolates and cheeses from around the world, and pair them with red, sweet and port style wines. Wow your friends with what you'll learn in this one night.

**FEE:** \$30 Resident, \$36 Non-resident

**LAB FEE:** \$15 includes food pairings-payable to instructor at class.

2748.201 W 7-9pm May 6

## Grape to Glass: Introduction to Wine Tasting (2 classes)

For novice and knowledgeable wine lovers, learn how to better appreciate wines and tasting. Get more comfortable with identifying wine aromas, quality and value, and pairing with food.

**FEE:** \$45 Resident, \$54 Non-resident

**LAB FEE:** \$25 - payable to instructor at 1st class.

2747.201 W 7-9pm 6/24 & 7/1

## Wines of the World (2 classes)

**NEW**

How do you read a wine label from France or Italy and tell what kind of wine's inside? Let's unravel some of the mysteries of wine, and get introduced to both classic and modern favorites. Marni Rubin will also expose you to up and coming regions, such as Chile and New Zealand.

**FEE:** \$45 Resident, \$54 Non-resident

**LAB FEE:** \$25 - payable to instructor at 1st class.

2746.201 W 7-9pm 7/22 & 7/29



## Fun Part Time Jobs (1 class)

**AGE:** 18 +

How about BEING PAID for these dream jobs: dine out (with your guest!), go shopping, give your opinions, bowl, workout, be in a movie, share your hobby and much more? No upper age limit, no special education or experience required. We will tell you who hires, how to apply, what they pay, scams to avoid and ways to protect yourself. A great way to have fun and pick up some extra money!

**FEE:** \$30 Resident, \$36 Non-resident

**LOCATION:** Adult Community Center, 601 Chestnut St., San Carlos 802-4384.

**INSTRUCTOR:** Dan Tilles

2983.201 Tu 7-9pm June 30

For more information, call Belmont Parks & Recreation at 595-7441, or see us at 30 Twin Pines Lane.

# ENRICHMENT



## Intro to Glass Beading (1 class)

AGE: 18+

**NEW**

Make frameworked glass beads on a torch in one day! After covering the basics of working with flame and glass safely, you'll be making your own creations. All equipment and supplies are included. **Returning students will work on more complex projects.**

FEE: \$99 Resident, \$ 119 Non-res.

LOCATION: Aanraku Glass Studio, 41 S. Railroad, S.M.

INSTRUCTOR: Sharon Peters

2811.201	Sat	9am-1pm	June 27
2811.202	Sat	9am-1pm	July 11
2811.203	M	6-10pm	August 3



B · A · C · A · A  
BAY AREA CLASSICAL ARTIST ATELIER

Weekly Classes workshops and Art Programs. Artists of all abilities are welcome. Study drawing and painting in the tradition of Contemporary Classical Realism. Learn, grow and develop your artistry. You will have the opportunity to complete your artwork by following specific methods during our long pose drawing and painting sessions.

**www.BACAA.org**      **Francis Mason**  
**Linda@BACAA.org**    **637-2927**  
**650-574-2210**        **fmason@belmont.gov**

## Belmont-San Carlos Fire Department

presents emergency preparedness classes. To register (at least one week prior) or for more information, call Christy Adonis - Disaster Preparedness Officer - 802-4254. Email her at christya@bscfd.org

## CPR, AED, & First Aid for Adults

Taught by Firefighter Paramedics, EMTs and is designed for non-Health Care providers. The course provides adult CPR training and hands-on training with a defibrillator (AED); learn the proper steps in rendering First Aid, legal aspects, scene and patient assessment for First aid. Meets OSHA, other federal and state regulatory requirements for training employees for medical emergencies at work.

AGE: 18 +      FEE: \$50

LOCATION: Belmont/San Carlos Fire Station 14, 911 Granada St. Belmont

INSTRUCTORS: Fire Department staff

DATES: Tues. April 14 & 21, 6-9:30pm

OR Sat. May 2, 9am -3:30pm

## Community Emergency Response Training (C.E.R.T.)

Disasters cause disruptions and delays to emergency services; the C.E.R.T. program will provide citizens with basic training in disaster survival and rescue skills. **Classes are being scheduled for early September.**

## A Piggy Bank: Just the 1st step (1 class)

AGE: 25+

**NEW**

Do you long to raise a money smart child? Helping your children/grandchildren learn how to set goals and be disciplined with saving and spending will affect the way they handle money for the rest of their lives.

FEE: \$15 Res., \$18 Non-res.

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Sirinee Tippakorn, AAMS, Financial Advisor

2934.201	Tu	10:30-11:30am	June 23
2934.202	Tu	1:30-2:30pm	July 21

## Retirement Reality Check (1 class)

AGE: 45+

We all look ahead to retiring and enjoying it, without worrying about how to put food on the table. Making the most of retirement means making sure you are ready to live without a steady paycheck and preparing to manage money differently.

FEE: \$15 Res., \$18 Non-res.

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Sirinee Tippakorn, AAMS, Financial Advisor

2935.201	Th	6-8pm	May 7
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## GREAT NEWS!

Two additional picnic areas in Twin Pines Park, are now available to reserve! No more restless nights and getting up before dawn just to secure your picnic area. **Please contact Parks & Recreation at 637-2927 for more information.**



Photo by Casey Schmal



Photo by Denny Lawhern

We are now accepting reservations for the new picnic areas for rental requests May 1st and beyond.



## HeartBeat Dance Academy

AGE: 12+ years

**6 CLASS CARD CODE - 2517.201 - \$66** - Use this card to try any classes below or flex with your vacation schedule. Purchase more as you need.

**LOCATION:** Barrett Community Center, Room A

**INSTRUCTOR:** Teri Nash

**DATES - Anytime within 6/25-8/6**

### Ballet

Ballet helps to instill grace and proper placement in all forms of dance. You'll learn classical ballet steps and movements; proper form, placement, alignment and terminology. **Ballet attire/shoes required.**

Tu - 5-6:30pm AND Th - 5-6pm

### Jazz

Are you experienced in multiple turns and combinations? For intermediate level jazz students who want to increase their flexibility, stamina, coordination, style and technique. **Fitted dancewear required.**

M 5-6pm

### Tap

Join the fun and try this out! For beginning and advanced beginners, we'll learn and review basic tap steps while improving technique and rhythm. **Wear tap shoes, and comfortable clothing.**

Th 6-7pm

# DANCE / FITNESS



### Belly Dance (8 Classes)

AGE: 15+ years

Want to have some fun and set your emotions free? Flirty and expressive – EXERCISE IN DISGUISE for any level. Combine soft flowing movement with flashing hips and shimmies while gaining muscle tone, flexibility, and posture, at your own pace. Please pre-register to have more time dancing! Practice CD's available-\$3.

**FEE:** \$65 Resident, \$78 Non-Resident

**LOCATION:** Barrett Community Center, Room B

**INSTRUCTOR:** Marya Hart

2506.201	Th	6:45 – 7:45pm	5/7-6/25
2506.202	Th	6:45 – 7:45pm	7/2-8/20



**NEW**

### Beginning Hula Dance (4 classes)

AGES: 13+

Try this fun class to learn the basic movements, postures in both traditional and modern hula dance. We also foster a creative understanding of the Hawaiian culture.

**FEE:** \$45 Resident, \$54 Non-resident

**LOCATION:** Barrett Community Center, Room C

**INSTRUCTOR:** William Kiesel, award winning instructor, 15 years dance experience, 5 years instruction.

2540.201	Th	6:30-7:30pm	6/25-7/16
2540.202	Th	6:30-7:30pm	7/23-8/13

## JAZZERCISE - First Month \$25

Some restrictions may apply.

Jazzercise combines elements of jazz dance, resistance training, yoga, kickboxing and more to create a truly effective program for every age and fitness level. Jazzercise provides informative instruction in various levels of intensity. Enjoy a wide variety of music styles such as Pop, Dance, Jazz, Swing, Country, R&B. **Come join the fun at Barrett Community Center, 1835 Belburn Drive (Behind 1870 Art Center on Ralston).**

**TAMI - M/W 9 am OR Friday 8:30 am**

**DEBBIE - M/W 6:30 pm OR Saturday 9 am**

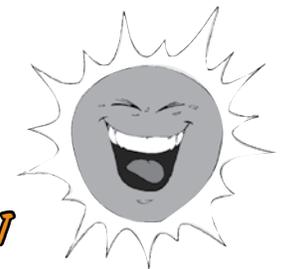
**Debbie Sweeney - 570-4349;**

**Tami McCann - 226-3484**

Every 55-60 minute class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

**jazzercise.com • (800) FIT-IS-IT**

# FITNESS/SPORTS



## Golf Classes

**AGE:** 18+ years  
**FEE:** \$106 Resident, \$126 Non-Resident  
**LOCATION:** Mariners Point Golf Link, 2401 E. Third Ave, Foster City; sbrownlee@marinerspoint.com  
**INSTRUCTOR:** Golf Academy at Mariner's Point

### Golf (5 classes)

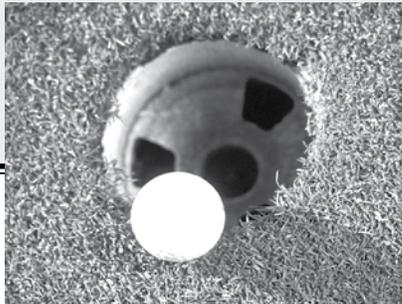
Open for beginners as well as you experienced golfers who'd like to improve your skills. Chipping, putting and all aspects of the golf swing will be covered as well as grip, posture, alignment and the finish. This class can be taken concurrently with the Short Game class. Students are responsible to purchase range balls. (No class 7/4).

2160.201 Sat 8-9am 6/20-7/25

### Golf - Short Game (5 classes)

For the golfer who'd like to improve their chipping, pitching, putting, and bunker play. Open to all skill levels, and can be taken concurrently with the Golf Class. (No class 7/4).

2160.202 Sat 10:15-11:15am 6/20-7/25



## Birthday Bashes

Looking for a place to have a birthday party? The Birthday Bash includes use of the Teen Center Room where tables and chairs will be set up for up to twenty youth (ages 10-15) and decorated with balloons and streamers. You get three hours of unlimited use of the Game Room, which is equipped with Play Station 2, air hockey, foosball, pool and Ping-Pong tables. There will also be a game room attendant available to make sure your party has everything you need for FUN. Three hours for the bargain price of \$179.

**For more information, contact Erica Spacher at [espacher@belmont.gov](mailto:espacher@belmont.gov) or call 595-7447.**

## Pilates (6 classes)

**NEW**

**AGES:** 16+

Stretch, strengthen and tone core muscles! You'll improve posture, strength and flexibility while aligning your body correctly. Pilates also teaches coordination, concentration and total body awareness. Beginners through advanced are welcome! **Please bring a mat and water to each class.**

**FEE:** \$69 Resident, \$83 Non-resident

**LOCATION:** Barrett Community Center, Rm B

**INSTRUCTOR:** Shannon Doyle; Personal Trainer, instructing at local public and private agencies for over 6 years with a loyal following in fitness.

2217.201	Wed	5:30-6:30pm	5/6-6/10
2217.202	Wed	5:30-6:30pm	6/17-7/22
2217.203	Wed	5:30-6:30pm	7/29-9/2

## Adult Softball Leagues

Packets for Adult Softball will be available after May 11th; **league play begins July 6th** at the Belmont Sports Complex. League nights:

**Men C-4 - Monday,**  
**COED D1 - Tuesday,**  
**COED D2 - Wednesday,**  
**Men D - Thursday**

10 games season plus playoffs

**Men's \$759 (no non-resident fee), Coed- \$559**

**For more information, go to:**  
[www.quickscores.com/belmont](http://www.quickscores.com/belmont);

or call Jason Ruk, 595-7441, [jruk@belmont.gov](mailto:jruk@belmont.gov)  
 or Francis Mason, 637-2927, [fmason@belmont.gov](mailto:fmason@belmont.gov).

## Beginning & Intermediate Tai Chi Chuan (8 or 7 classes)

**AGE** 18+ years

Tai Chi Chuan is an ancient oriental exercise with gentle, but powerful ways to build a healthier body, and a sharper mind. Through a sequence of gracefully choreographed moves, we show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life.

**LOCATION:** Barrett Community Center, Multi-Use  
**INSTRUCTOR:** Elliotte Mao, Master Chi Ping Peng

**8 classes - \$86 Resident, \$103 Non-Resident**

**Beginning:**

2233.201 Tu 7-7:45pm 5/12-6/30

**Intermediate/Advanced:**

2233.202 Tu 7:45-8:30pm 5/12-6/30

**7 classes - \$76 Resident, \$91 Non-Resident**

**Beginning:**

2233.203 Tu 7-7:45pm 7/14-8/25

**Intermediate/Advanced:**

2233.204 Tu 7:45-8:30pm 7/14-8/25



# FITNESS

## Boot Camp Fitness (14 classes)

**AGE:** 18+ years

Get up, get moving and get healthy with Boot Camp! There's a good mix of weights, cardio, stretching and core work enough to challenge any level. Use this personal trainer with over 10 years experience who can help anyone get into better shape. No previous experience is necessary, and modifications will be made based on fitness level and ability. Participants should bring a mat, towel and water to class.

**FEE:** \$175 Resident, \$195 Non-resident

**LOCATION:** Barrett Community Center, Room B

**INSTRUCTOR:** Bill Winter, certified personal trainer.

2210.201	Tu & Th	6:30-7:30 am	5/5-6/18
2210.202	Tu & Th	6:30-7:30 am	6/30-8/13

### Evening Class

2210.203	Tu & Th	5:30-6:30 pm	5/5-6/18
2210.204	Tu & Th	5:30-6:30 pm	6/30-8/13



## Hatha Yoga (10 classes)

**AGE:** 18+ years

Yoga for all! No matter your age, shape, level of flexibility, this will benefit you! A gentle, relaxing, strengthening, and non-threatening yoga working toward mind and body one-ness. You will love it, and so will your body. **Bring a mat and wear comfortable clothing. Holidays can be made up on other nights.**

**FEE:** \$79 Resident, \$95 Non-resident

**LOCATION:** Evenings - Twin Pines Lodge, Room 1; Mornings - Taube room, Belmont library.

**INSTRUCTOR:** Cheryl Cooper

2242.202	M	7-8:25pm	6/22-8/24
2242.203	Tu	7-8:25pm	6/23-8/25
2242.204 (library)	W	10-11:25AM	6/24-8/26
2242.205	Th	7-8:25pm	6/25-8/27



## Naturally Fit Classes

**NEW**

**AGE:** 16+

**FEE:** \$115 Resident, \$135 Non--resident

**LOCATION:** Naturally Fit Health Club, 677 Laurel Street #201, San Carlos - 593-1193 for more information.

### 'Skinny Jeans' (16 classes)

Get back into your 'skinny jeans' through this clinically proven combo of cardio and strength training with locally known trainer - Elizabeth Rodgers. You'll get fast results in this program, but space is limited!

**INSTRUCTOR:** Elizabeth Rodgers, CPT, NPTI, AAAI/ISMA-featured on Eye on the Bay.

2254.201	T & Th	9:30-10:30am	5/5-6/25
2254.202	T & Th	9:30-10:30am	6/30-8/20
2254.203	M & W	7-8pm	5/4-6/24
2254.204	M & W	7-8pm	6/29-8/19

### 'Power Hour' (16 classes)

'I've got the power' is what you'll be saying after consistent attendance in this low impact, joint friendly class. You'll be challenged and get a total body workout that is a fusion of strength and balance. It's great for all fitness levels.

**INSTRUCTOR:** Victoria Cserjan

2253.201	M & W	8:30-9:30am	5/4-6/24
2253.202	M & W	8:30-9:30am	6/29-8/19

## Hula Hooping Fitness and Fun - Level I or II (5 classes)

**AGE:** 16+ years

Burn 600 Calories an hour! Get toned, burn fat, and strengthen your core in this new way to be retro. These hoops are designed specifically for exercising; now anyone of any age or ability can hoop. Learn upper and lower body hooping combinations while moving to upbeat music. Give this new form of fitness a try!

**FEE:** \$65 Resident, \$78 Non-Resident (hoops provided)

**LOCATION:** Twin Pines Senior and Community Center

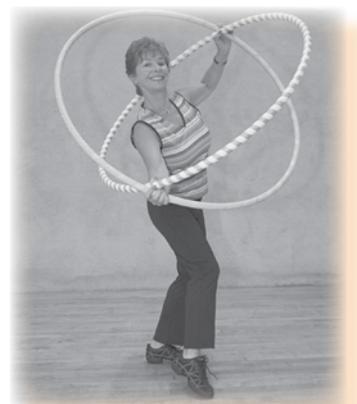
**INSTRUCTOR:** Brenda Major.

### Level I

2230.201	Tu	6-7pm	5/5-6/2
2230.202	Tu	6-7pm	6/16-7/14
2230.203	Tu	6-7pm	7/28-8/25

**Level II** - More advanced moves, tricks and choreography for this level - **By teacher approval only.**

2230.204	Tu	7-8pm	5/5-6/2
2230.205	Tu	7-8pm	6/16-7/14
2230.206	Tu	7-8pm	7/28-8/25





# Lifelong Leisure

Soaring high on a swing at age 5  
 Playing a round of golf at age 45  
 Gathering with friends for a card game at 85

Stay young, stay active,  
 stay informed....



Everyone needs some leisure time in their life. A variety of activities await adults of all ages at the Twin Pines Senior & Community Center. Join in the fun .. you will be glad you did!

## Welcome Coffee

Wednesday, May 13th - 10:00am

A Welcome Coffee will be held on **Wednesday, May 13th at 10:00am**. Information on the services, classes, clubs and special events offered at the Twin Pines Senior & Community Center will be presented. Have you been meaning to come down and find out what is available at Twin Pines? This is the perfect opportunity to get all the information you need. You are sure to find out about activities you will want to participate in. **Phone 595-7444 for reservations.**

## Spring Tea and Choral Performance

Join us for a light luncheon and tea at 12:00 on **Friday, May 22**. Following lunch you will sit back, relax and enjoy the sparkling sounds of the Peninsula Choraliers. The cost for this delightful afternoon is just \$4.00; which is payable at the door. Phone 595-7444 to make your reservation.

## Center Staff

Cheri Handley, Recreation Supervisor  
 Pietie Vreman, Recreation Coordinator  
 Laura Guluzzy, Recreation Coordinator  
 Joan Santaga, Recreation Coordinator  
 Barbara Murray, Nutrition  
 Jerry Schwerzler, Transportation  
 Jim Hardy, Transportation

## Senior Citizens Advisory Committee

Rich Bortoli	Rose Davenport
Carmen Dostie	Coralin Feierbach
Cheri Handley	Agnes Harman
Steve Harris	Sharolyn Kriger
Lu Krueger	Patricia Lauricella

*"Thank you to the Twin Pines Senior & Community Center for giving me this great opportunity to contribute to the community."* Nitin

## Twin Pines Senior & Community Center

20 Twin Pines Lane, Belmont

(650) 595-7444

Open Monday-Friday, 9:00am-5:00pm



# Lifelong Leisure - Most events at the Twin Pines Sr. & Comm. Center

## Cooking With Diana - Basic Cooking (4 Classes)

Register with Parks & Recreation, 30 Twin Pines Lane, www.belmont.gov., 595-7441.

AGE: 50 and up

Event Coordinator & Caterer Diana Pappas will show you how to prepare simple meals for your family and friends. Each class will have open discussion on basic cooking, onsite food preparation, along with sampling the foods prepared. Appetizers, soups and salads, main course and simple desserts as well as table settings will all be included in this fun learning experience.

FEE: \$65 Resident, \$78 Non-Resident

LAB FEE: \$25 paid to instructor at first class

LOCATION: Twin Pines Lodge

INSTRUCTOR: Diana Pappas, Event Coordinator  
5702.201 W 6-7:30pm 5/13-6/3

## Easy Beading (3 Classes) **NEW**

AGE: Adults, 50 and older

Have you wanted to try jewelry making, but not sure how to get started? In this class you will learn how to create simple pieces of jewelry, making one project per class session. No artistic skill needed, just a willingness to create jewelry and have fun.

FEE: \$20 Resident, \$24 Non-Resident

LOCATION: Twin Pines Senior & Comm. Center

INSTRUCTOR: Pietie Vreman  
5820.201 Th 10-11:30am 6/4-6/18

## Monday Morning Musicals

June 22-July 20 **NEW**  
9:30am

Stroll down musical memory lane as we watch classic musicals from days gone by. Musicals will be shown on our big screen. **FREE.** No reservations needed. Phone 595-7444 after June 1 for info on the featured films. This is the perfect chance to relive special moments in music history.

## CHP Driver Seminar

July 29th  
9:30am - 1:00pm

This **FREE** seminar is presented by the California Highway patrol to help seniors take control of their driving future and stay on the road longer. **Refreshments included.** To register please call County Adrienne Tissier's office (650) 363-4572.



## 55 Alive Mature Driving

May 21, 22 AND August 27, 28  
9am - 1:30pm

The popular AARP 55 Alive Mature Driving class will be held at Twin Pines in May and August. There is a **\$10 fee** for the class, which is paid at the first session. Refresh your knowledge of the rules of the road and receive a discount on your auto insurance. To reserve a space, phone 595-7444.

## Belmont History Room Tour

Wednesday, May 27  
10:00 a.m.

Join us for an exciting tour of our History Room. You'll be amazed at the display of artifacts, historical pieces and photos dating back to 1850. The tour will meet at the Twin Pines Senior & Community Center and then journey a few steps away to the History Room. Phone 595-7444 to reserve your space.

## Emergency Preparedness

May 26th OR July 28th  
10:00am

Join us for a **FREE** workshop which will instruct you on how to prepare for a disaster, how to set up a support network and how to keep track of your medications and important information. You will not only walk away with information to help keep you safe in an emergency, but you will also take home a **FREE** disaster kit! Presented by the Center for Independence of the Disabled. Attend either session. Phone 595-7444 to reserve your seat.

## Stepping Strong

AGE: 50+ years

Join Lifelong Fitness and fellow walkers, as we step up our physical activity in a supportive encouraging environment. Just beginning this summer, or seasoned, this is for you! Through goal setting, a pedometer and tracking tools, you will see improvements in your own activity, wellness and state of mind. Each week begins with information & discussion of health topics that you can put to use immediately, followed by a walk.

FEE: \$20 Residents, \$24 Non-Residents

LOCATION: Twin Pines Sr & Community Center

INSTRUCTOR: Lifelong Fitness Alliance

5208.201 W 9:30-11am 7/1-8/26

Register for these classes or programs at the Twin Pines Senior & Community Center - 595-7444

# Lifelong Leisure

## Language Groups

Please phone 595-7444 to reserve your **FREE** space.

### French - Monday afternoons, 2pm

We have formed a French group which will provide you with the opportunity to meet new people and converse in French. Join us Monday afternoons at 2pm.

### English - Wednesdays, 12noon

Is English your second language? Would you like to feel more confident speaking English? Come improve your English in a relaxed, informal setting with volunteer group leader Dave Karlin. Call 595-7444 for starting date.

### Spanish - Wednesdays, 10:00am

Do you speak Spanish? Come meet new friends and keep your Spanish fluent. Drop in anytime, no registration needed. **FREE.**

## Chair Dancing through the Decades

**Mondays, 2:00pm**

Chair Dancing is a fun and convenient way to get exercise, tone muscles, improve flexibility and burn calories. The exercises are done seated, watching a video and enjoying music that was popular through the decades. Class will be held at **2:00pm on Monday afternoons. FREE!** Please phone 595-7444 to register.

## Walk in the Park

**Tuesdays & Thursdays, 9:30am**

Do you like to walk and enjoy the company of others? Join us for an informal walk, at your own pace, in Twin Pines Park. We meet at the Senior Center to start with some warm up exercises and continue for a nice walk through Belmont's beautifully wooded park. Reservations not needed.

## Chair Yoga

**Fridays, 9:30am**

Sit comfortably in your chair; listen to pleasant music while following a video with stretching, strengthening, breathing and relaxation techniques adapted from the ancient yoga. Reduce your stress and increase your focus. Class meets on Fridays, at 9:30am. No reservations needed. **FREE!**



## Chaucer's Saucer Book Group

**Every 4th Monday, 1:00pm**

Join our local Belmont librarian in reading and discussing books and authors selected by book group members. Copies of the designated book are provided by the Belmont Library. Meetings are held at 1:00pm on the 4th Monday of each month. There is no fee and all readers are welcome. Call (650) 595-7444 for questions.

## Stamp Collectors

**Every 4th Monday, 10:00am**

Calling all stamp collectors or those interested in starting a collection! Come swap information, ideas, and stamps. For more information call Rich Coleman at 341-7978. Not a stamp collector, but have stamps at home? Donations of stamps, whether washed or still on the envelope are appreciated. New faces are welcome anytime. No fee or reservations needed.

## Porcelain Doll Making

**Thursdays, 1:00pm-3:00pm**

You can make a precious porcelain doll! Volunteer instructor Carmela Santino will guide you through the fun process of creating your special doll. There are many sizes and types of dolls to choose from. The instruction is free. Materials to complete your doll may be purchased from the instructor. Join the class at any time!



## Drop In Cards

**Thursdays  
9:30am**

Drop in on Thursday mornings from 9:30-11:30am for a game of cards. We will have the tables set and the coffee brewing! Bring your foursome for a no-host game of cards. Don't have playing partners? Let us know and we will help you get started.



# Lifelong Leisure

## Get in the Game...

**It's your turn to play!**

There is a game for everyone at Twin Pines. Games are played on a drop in basis, no registration is needed so come when you can and join the fun!

### Manipulation

**Mondays, 12:30- 4:30pm**

Beginners and experienced players are welcome to join in this easy to learn card game.

### Chess

**1st & 3rd Mondays, 9:30am**

Come learn basic skills or new strategies with fun folks who meet on the **1st and 3rd Monday of the month from 9:30-11:00am.**

### Pinochle

**Wednesdays, 12:30 - 3:30pm**

### Hearts

**Wednesdays, 12:30 - 3:30pm**

A fun, classic game.

### Scrabble, Yahtzee & Dominos

**Thursdays, 12:15-2:00pm**

### Poker

**Thursdays, 12:15pm**

All games are played in a low key and friendly setting. Poker chips and cards are provided.

### Bridge

**Thursdays, 12:30 - 3:30pm**

Call Steve at 591-4740 to get started at a table.

### Bingo

**First & Third Friday, 1:00pm**

Sponsored by the Belmont Senior Club.

### Canasta

**Thursdays, 9:30 - 11:30am**

**Fridays, 1:00 pm**

Experienced players and those who want to learn how to play this fun and easy game are welcome.

### Mah Jong

**Fridays, 1:00p.m.**

Call 595-7444 for more information on all these programs.

## Beg. & Int. PEDRO

Pedro was developed in the United States in the nineteenth century as a variation of Pitch. Learn how to play this challenging and exciting card game that has become very popular at Senior Centers all over the area. We are pleased to be able to offer PEDRO to our dedicated card-playing friends on **Thursday mornings at 10:00 a.m.** For reservations please call 595-7444.

## Beg. Bridge (12 Classes)

**AGE:** Adult

Beginning students of all ages are welcome and will learn the basics of Contract Bridge with an emphasis on BIDDING. Instructor is ACBL certified and textbooks are official ACBL instruction CLUB series. This class will feature hands on instruction for students learning the game of bridge.

**FEE:** \$110 Resident, \$130 Non-Resident

**TEXTBOOK FEE:** \$20 Payable to instructor at first class.

**LOCATION:** Twin Pines Sr. & Community Center

**INSTRUCTOR:** Rosemary Clawson

5704.201

Tu

1:00-3:00pm

5/5-7/21

## Musical Moments

**AGE:** Adult

This class will explore how music relates to the world and how music relates to itself in historical perspective. Investigate the world of music with musician Tina Baird; a variety of media will be used to explore different types of music. This class is offered in cooperation with Sequoia Adult Education. **Register with the instructor at the first class.**

**FEE:** \$30 Payable to instructor at first class

**LOCATION:** Twin Pines Senior & Comm. Center

**INSTRUCTOR:** Tina Baird

W

10-11:30am

4/15-6/24

## Pool Lessons

**Fridays, 10:30 – 11:30am**

Have you always wanted to play pool – but didn't know how to get started? A beginning level pool class is available at the Twin Pines Senior & Community Center. Volunteer, Harold Wertenberg will help you learn the basic rules of pool and offer tips as you play in a relaxed and recreational atmosphere. **FREE.** Reservations are not needed.

# Lifelong Leisure



## Twin Pines Travelers DAYTRIPS

Trips are a wonderful opportunity to explore the Bay Area and enjoy the company of others. Trips will leave and return to Twin Pines Park. We will be planning more new and exciting trips in the near future.

For more information, please call Joan at 595-7444.

## Variety Show

Monday, July 13

12 Noon

The P.S. Performers, an award-winning youth group will perform a musical variety show on **Monday, July 13th at noon** at Twin Pines Senior and Community Center. An intergenerational ice cream social will be held after the show. Phone 595-7444 to reserve your space. **FREE.**

## Summer Fun Day

Friday, July 24th

11am

You will sing, clap or toe tap at our Summer Fun Day. Festivities begin at 11:00 am on **Friday, July 24** with a musical performance by Glenwood Inn. After the peppy entertainment, you will enjoy a scrumptious summer salad lunch, filled with plenty of tasty treasures. **The \$5 fee for the event includes lunch and entertainment, and is payable at the door.** Phone 595-7444 to register.

## Breakfast at Tiffany's and Pietie's

Friday, August 28th **NEW**

10:30am

Join us on **Friday, August 28th at 10:30am** for a day of nostalgia, yummy food and companionship of friends old and new. The fun begins at **10:30am**, with a special breakfast prepared by Pietie. Following breakfast, we will take a stroll down memory lane and watch the classic film Breakfast at Tiffany's with Audrey Hepburn. **The \$5.00 fee is payable at the door. Reservations needed.** Phone 595-7444.

*"I enjoy coming here. The activities are great. I am here every day; it really is a nice place."* Peggy

## Writer's Workshop

What do you enjoy writing? Is it short stories, memoirs, or poetry? We are forming a Writer's Workshop and invite you to join. In each session you will have the opportunity to read your material. Group members will provide helpful critiques which will motivate you to continue your passion for writing. Call 595-7444 and leave us your name and phone number. We will let you know just as soon as we can gather all you writers together!

*"Volunteering to me is a joy - I do indeed get back more than I put in."* Ray

## Jazzercise Lite (6 Classes)

AGE: 55 and over

Jazzercise Lite is a great exercise program that meets the needs of active older adults. It has the components of regular Jazzercise, with modifications to accommodate older adults. Come join us for a fun, unintimidating class with low impact cardio and lots of strength and stretch training. **(No class 5/25).**

**FEE:** \$48 Resident, \$58 Non-Resident

**LOCATION:** Twin Pines Sr. & Comm. Center

**INSTRUCTOR:** Valerie Estacuy

5207.201 M 10-11am 4/27-6/8

## HEALTH SCREENINGS

### Blood Glucose Screening

Thursday, May 21, 2009

10:00-11:30am

For best results it is recommended to fast for four hours prior to testing. **FREE.** No appointment needed.

### Hearing Screening and Evaluation

Thursday, June 11, 2009

10:00am-2:00pm

Advance registration is needed. Please phone 595-7444 to make your appointment for this **FREE** screening.

### Chiropractic Evaluation and Consultation

Thursday, July 16

10:00-11:30am

Advance registration is needed. Please phone 595-7444 to make your appointment for this **FREE** screening.

# Program Information



## Beginning Computer Classes

This “entry level” class will define basic computer terms and demonstrate what a personal computer can do for you. FREE! Class size is limited, and all beginning computer classes usually fill fast. Phone (650) 595-7444 to sign up for this informative class.

## Internet class

We’re offering you a class designed to help you learn how to use the internet. You will learn the skills needed to search for information, ‘surf the web’. Please call 595-7444 to sign up for our internet class.

**NEW!** Community Square Dances for all ages.

More information on page 5.



## Twin Pines Senior Shuttle

The Twin Pines Senior Shuttle is available to take you to the Center. Remember, you can do your part to help the environment. Our wheelchair accessible van runs on natural gas and you can reduce your fuel costs. No need to worry about traffic or finding a parking spot. Our friendly drivers bring you right to the front door. **Phone 595-7444 for more information** on how you can get started riding the van to the Twin Pines Senior & Community Center.

## Lunch at Twin Pines

Come gather with friends, old and new and enjoy lunch at the Twin Pines Senior & Community Center. Healthy lunches are served Monday through Thursday at 11:30. There is a suggested contribution of \$3.00 for those aged 60 and over. For adults under the age of 60 there is a fee of \$6.00. The lunch program is co-sponsored with the County of San Mateo. A monthly menu is available at the Twin Pines Senior & Community Center. Come have lunch with us . . . you’ll be glad you did.



## Information & Referral Service

Do you need information about the programs and services available in San Mateo County? Do you need a link to support systems for seniors? The Twin Pines Senior & Community Center has an Information and Referral Specialist available on Thursdays from 9:00am – 5:00pm. For any kind of senior help, phone (650) 595-7444 and ask for Joan Santaga.

*“I enjoy socializing with the Seniors during the luncheon program and provide a service to enlighten their day as well as provide an enjoyable meal.” Bob*

## Volunteering - enriching your life while helping others...

Do you enjoy meeting people? Want to make a difference in someone’s life? Then consider being a volunteer at the Twin Pines Senior & Community Center. Volunteer opportunities include: receptionist, lunch program and class leaders. Topics of interest could be: learning how to line dance, play bridge, explore music, computers, art and much more. **Phone 595-7444 to find out how to get started in this fun and rewarding opportunity.**



# Program Information

## CLUBS

### BELMONT SENIOR CLUB/AARP

All persons over 55 are invited to join the Belmont Senior Club/AARP. The club offers trips, parties, guest speakers and more. Meetings are held on the first and third Tuesday of each month at 10:00am. The Belmont Senior Club hosts afternoon Bingo. Games are typically held on the first and third Friday of each month at 1:00 at the Twin Pines Senior & Community Center. You are welcome to come early and bring a bag lunch. Please phone 595-7444 for more information.

### WIDOWS & WIDOWERS

This fun and active group holds their meetings at 5:30pm on the 4th Wednesday of each month at the Twin Pines Senior & Community Center. Typical meetings include dinner, live entertainment, guest speakers and socialization. Contact Nancy at 368-6200 for membership information.

*“Volunteering gives me some self-gratification and warm, fuzzy feeling. Just love it.”*

Deborah

### Programs Available To You

**BOOKS** & limited DVD's are available in our complimentary loan library.

**COMPUTERS** with internet access, are available for your use.

**POOL** players are welcome to use our lovely pool table. Drop in.

**CRAFT Group** meets on Tuesday afternoons from 12:30-2:30pm in a social atmosphere. Bring your project and join the fun.

**MOVIES** are shown every Wednesday at 12:15pm. The movies are **FREE**. Check your Senior Tales Newsletter or phone (650) 595-7444 for the featured presentation.

**VIDEO EXERCISE** - Join us on Monday and Wednesday mornings at 9:30 as we exercise and stretch to a low impact exercise video. Free. No reservations needed.

## Health Services

### Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist Seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior & Community Center. **For an appointment, call the HICAP office at 1-800-434-0222.**

### Need Help? Call TIES

(Teamwork Insuring Elder Support)

The County of San Mateo offers a variety of Senior services. If you have any questions concerning transportation, home care, support groups, hospitals or any other aspect that impacts the Senior population, you can call the following 24-hour TIES line number: 1-800-675-8437.

### Blood Pressure Screening

**Free** blood pressure screenings are held the third Tuesday of every month from **9:00 – 10:00am**. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services.

## The Twin Pines Senior & Community Center presents...

### Dance Nights

Held the 1st Wednesday of every month

7:00 to 9:30pm

Music by 'The Casuals' band

\$6.00 Admission

No Reservations or

Partner needed!





# Register Online Today

The City of Belmont is proud to provide you the flexibility of registration on-line 24 hours a day, 7 days a week. Register for most of our programs in the comfort of your own home, or convenience of your laptop anywhere!

**BY Registering on-line**, you have first access to classes over walk-in or mail-in registrations. ActiveNet is an internet registration service that is available 24 hours a day. You can view courses offered by Belmont Parks and Recreation, register for courses, make a payment, and view your current registrations. You can also view your family account history. **There is a non-refundable convenience fee attached to registering on-line.**

Follow these three easy steps by going to: 'www.belmont.gov', 'Parks & Recreation', 'online registration'.

## 1. SIGN-UP FOR AN ACCOUNT

Click the 'my account' link on the upper right, then select 'Request Account' and fill out the form to get registered. You will need a credit card (American Express, MasterCard or Visa) and a working e-mail address.

## 2. SELECT YOUR ACTIVITY or CLASS

You can browse through the alphabetical list of classes, or search for one from our Activity Guide, either on www.belmont.gov 'Activity Guide' or your brochure mailed to your home if you live in Belmont or Redwood Shores. Then, add it to your shopping cart.

## 3. CHECKOUT TO FINISH

View your 'cart' to see the activity(s) you've chosen, then click 'checkout' to sign up for the activities. You'll be asked to indicate who in your family will be participating (the default is yourself) and where you heard about the activity. After seeing the costs for the activities, you'll be asked for your credit card information. Enter your information, click continue... and you're done! You can print out your receipt.

### MAIL IN REGISTRATION STARTS NOW!

Mail in registration begins with delivery of the activity guide. Belmont residents' registration will be processed first in the order received. **Non-residents registration will be held until April 15th**, and then processed in the order received. Mail completed registration form and check payable to: City of Belmont.

**MAIL TO: Belmont Parks and Recreation, Attn: Registration, 30 Twin Pines Lane, Belmont, CA 94002.**

### WALK IN REGISTRATION

Register at the Park and Recreation Department Office in Twin Pines Park.

Both residents and non-residents may register **in person starting April 15th**. Walk in registration will continue until classes begin. PLEASE REGISTER EARLY, CLASSES DO CLOSE IF THEY REACH MAXIMUM ENROLLMENT OR CAN BE CANCELED IF ENROLLMENT IS TOO LOW.

**Office hours: Monday through Friday, 8:00am – 5:00pm**

### FAX CREDIT CARD REGISTRATION TO (650) 595-7419

Fax registration can only be accepted if you plan to pay by American Express, VISA or MasterCard. Please write clearly. Fax registration will be processed randomly with the next day's mail. Confirmation/receipt WILL be mailed to you.

**If you would like more information: please contact Belmont Parks and Recreation Monday – Friday, 8AM – 5PM at (650) 595-7441.**

**Online Registration is HERE! The form is on the next page - - - - >>>**

**For more information, call Belmont Parks & Recreation at 595-7441, or see us at 30 Twin Pines Lane.**

# Registration Information

## Refunds and Credit Vouchers:

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be issued only for classes cancelled or closed by the Recreation Department. A credit voucher/refund will be issued if a participant withdraws from a class at least one week before the class begins. There will be a \$5.00 service charge per program. Credits are good for one year from the date of issue.

Classes will not be pro-rated for missed sessions. **No refunds will be given for the convenience fee**, as that is not charged by our department, but is for the convenience of registering on-line.

Please **complete the form below completely** (thorough instructions on the previous page) as all fields are important! **Please include the date of birth; our programs key off this field.**

## Join Us!

### WAYS TO REGISTER:



**On-Line**



**FAX**

(Credit Card only)



**Walk-In**



**Mail-In**

**THANK YOU for your participation in our programs!**

**Activity Registration Form**  
**Belmont Parks and Recreation Dept.**  
 30 Twin Pines Lane, Belmont, CA 94002  
 Phone: (650) 595-7441; Fax: (650) 595-7419

### It's easy to use your credit card!

Card Number \_\_\_\_\_  
 Exp. Date \_\_\_\_\_ Visa Mastercard Amex  
 Signature \_\_\_\_\_  
 Cardholders Name (print) \_\_\_\_\_

### Payee Information (Person paying for Registration)

PLEASE FILL IN ALL INFORMATION.

Date of Birth

Name: \_\_\_\_\_ (mm/dd/yy) \_\_\_\_\_ (Gender- circle) M / F  Self  Parent  Guardian

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

I hereby absolve the City of Belmont, its employees, independent contractors and officers from all liability that may arise as a result of my participation in the activities below, and in the event that the below-named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees, independent contractors from such liability. I/We agree to allow use of my/our photograph(s) for program publicity.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PARTICIPANT'S NAME	DATE OF BIRTH	GENDER	CLASS NAME	CLASS #	CLASS #	Resident	Non-Res.
First and Last Name	(mm/dd/yy)	M / F		1 <sup>ST</sup> CHOICE	2 <sup>ND</sup> CHOICE	FEE	FEE

Do you have any special needs that require specific accommodations so you can fully enjoy our classes or facilities?



**Total** \$ \_\_\_\_\_  
 I wish to donate to Senior Services \$ \_\_\_\_\_  
**TOTAL DUE** \$ \_\_\_\_\_