

TENNIS

Tennis Lessons (8 Lessons)

AGE: 9-14, OR 15+
 FEE: \$72 Resident, \$86 Non-resident
 LOCATION: Carlmont High School #6 or #7
 INSTRUCTOR: Stanford's Whitlinger & Sarsfield Staff



Each student provides their own racket. Eight hours of instruction for 3-8 students; Classes of three will be converted into 6 hours. Classes of two students will be converted into four hours of lessons.

September 13 - November 1

Adult Lessons (AGE: 15+)

Novice:
 2156.301 Sat 9-10am 9/13-11/1

Low Intermediate:
 2157.301 Sat 10-11am 9/13-11/1

Youth Lessons (AGE: 9-14yrs)

Novice:
 1122.301 Sat 11am-noon 9/13-11/1

Low Intermediate:
 1123.301 Sat 3-4pm 9/13-11/1



Terrific Tiny Tennis (8 lessons)

AGE: 5-6, OR 7-8 years
 FEE: \$72 Resident, \$86 Non-resident
 LOCATION: Carlmont High School #6 or #7
 INSTRUCTOR: Stanford's Whitlinger & Sarsfield Staff

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.

Ages 5-6 years
 0124.301 Sat 1:30-2:15pm 9/13-11/1

Ages 7-8 years
 0124.302 Sat 2:15-3pm 9/13-11/1

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.

INDIVIDUAL TENNIS LESSONS

Learn new strokes or improve your old ones through individualized lessons based on you needs. All ages welcome, beginners to advanced. **\$57 per hour-2157.303;**
\$150 for 3 one hour lessons, 2157.304. To arrange a lesson, please call Parks & Recreation at (650) 595-7441.

TENNIS

Love Nitro, our Police K9?

He and his partner, Officer Mike Chicas, are available for public demonstrations.
 Contact Officer Chicas at the Belmont Police Department 650-595-7400 for more details.



ENRICHMENT



NEW

Rollover 401K/403B (1 class)

AGE: 30-60 years
FEE: \$25 Resident, \$30 Non-resident
LOCATION: 1281 5th Ave, Suite B, Belmont
INSTRUCTOR: Sirinee Tippakorn

Wondering what to do when your job changes? Do you 'rollover' your 401K/403B or leave it there? Come learn about the choices to make an informed decision.

2933.301 Tu 6-8pm Sep. 23

NEW

College Funding and Admissions Secrets (1 class)

AGE: 18 +
FEE: \$30 Resident, \$36 Non-resident
LOCATION: Twin Pines Lodge, Room 4
INSTRUCTOR: Daniel Berman, PhD, Director of College SolutionsUSA.com, 15+ yrs admissions counseling

'Inside information' relating to college admissions and funding tips, techniques and strategies. In one information-packed session, learn the main points (bypassing hours of tedious research) about how to best get your student into a good school and then pay for it without going broke!

2918.301 Sat 10am- noon Oct. 11
2918.302 W 7-9pm Nov. 19

Fun Part Time Jobs (1 class)

AGE: 18 +
FEE: \$30 Resident, \$36 Non-resident
LOCATION: Adult Community Center, 601 Chestnut St., San Carlos 802-4384.
INSTRUCTOR: Dan Tilles

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 age limit, no education or experience required. We will tell you who hires, how to apply, what they pay, and everything you need to know to make money while having fun.

2983.301 Th 7-9pm October 2

NEW

Health Seminars (1 class)

AGE: 18 +
FEE: \$15 Resident and Non-resident
LOCATION: Twin Pines Lodge, Room 4
INSTRUCTOR: Dr. Gene Martin, Director Wellness Center, San Mateo.

These informative seminars will give you vast information with a small time commitment.

5 Secrets to Permanent Weight Loss - We're becoming sicker, more prone to health issues and lost days at work, learn how to lose weight and not regain it.
2227.301 Tu 7-8:15pm Sep. 9

Arthritis - Natural approaches to preventing/handling pain. Many cases are preventable, though 1 in 7 Americans suffer from it. Minimize pain, slow progression.
2227.302 Tu 7-8:15pm Sep. 23

Balancing Hormones Naturally - Hot flashes, PMS, Danger of HRT are great concerns. Find some common sense approaches to balancing these naturally.
2227.303 Tu 7-8:15pm Oct. 7

Fibromyalgia - Misery for millions - Discover some simple steps for helping fibromyalgia sufferers.
2227.304 Tu 7-8:15pm Oct. 21

Digestive problems - Learn some natural treatment options for restoring healthy digestive function.
2227.305 Tu 7-8:15pm Nov. 11

Autism - a new epidemic - Despite much controversy, there may be some natural solutions to help here.
2227.306 Tu 7-8:15pm Nov. 25

Stress & Health - Problems sleeping? Pain? Estimates say over 80% of all illnesses are stress related. Learn how you can effectively reduce stress, and improve your health.
2227.307 Tu 7-8:15pm Dec. 9

ADULTS

Piano Your Teachers Never Taught You (1 class)

AGE: 18 +
FEE: \$44 Resident, \$52 Non-resident
LAB FEE: \$27 for study book and 60 minute CD.
LOCATION: Foster City Recreation Center, 650 Shell Blvd., Foster City.
INSTRUCTOR: Todd Walker

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. You will learn how to play any popular song in any key and the tools of the trade that will make you sound like a pro. If you don't read music, send a SASE to Piano Magic, P.O. Box 1694, Rocklin, CA 95677 to receive a free pamphlet.

2472.301 M 6:30-9:30pm Nov. 10



DANCE

HeartBeat Dance

AGE: 16+ years
FEE: See Below
LOCATION: Barrett Community Center, Room A
INSTRUCTOR: Teri Nash

4 CLASS CARD CODE - 2514.301 - \$45

Beg./Inter. Jazz Dance

This class is designed for beginning or intermediate jazz dancers who want to stay fit, increase flexibility and learn new jazz steps to a variety of music and jazz styles. Dancewear and jazz shoes are required.

9 classes - \$99 Resident, \$119 Non-resident
2515.301 Tu 6:45-7:45PM 9/2-10/28

6 classes - \$66 Res., \$80 Non-res.
2515.302 Tu 6:45-7:45PM 11/4-12/9

Beg./Intermediate Tap

Rediscover the rhythms in the 'souls' of your feet! Find out how much fun it is to learn to tap! Wear comfortable clothes and shoes. (No class 11/28).

9 classes - \$99 Resident, \$119 Non-resident
2515.303 F 6-7pm 9/5-10/31

5 classes - \$55 Residents, \$66 Non-residents
2515.304 F 6-7pm 11/7-12/12

Teen/Adult Ballet

Enjoy the beautiful art form of ballet dance. Ballet helps to instill a grace and proper placement in all forms of dance. Dancers will learn classical ballet steps and movements, emphasizing proper form, placement, alignment and terminology. Ballet attire and ballet shoes are required.

9 classes - \$99 Resident, \$119 Non-resident
2521.301 W 7:15-8:15pm 9/3-10/29

6 classes - \$66 Res., \$80 Non-res.
2521.302 W 7:15-8:15pm 11/5-12/10

NEW

Stretch and Flex (12 classes)

AGE: 18+
FEE: \$67 Resident, \$80 Non-resident
LOCATION: Naturally Fit, 677 Laurel Street #201, S.C.
INSTRUCTOR: Elizabeth Rodgers

This 30 minute class is for those who are limber and those who are not. Flex and Stretch is designed to increase your natural flexibility. A sequence of exercises is put together to stretch your muscles, improve your posture and increase your range of motion. An easy workout for anyone who wants to increase their functional fitness level!

2252.301 W & F 2 2:30 pm 9/17 - 10/24
2252.302 W & F 2 2:30 pm 10/29 - 12/12

Belly Dance Beginning (6 Classes)

AGE: 15+ years
FEE: \$49 Resident, \$59 Non-Resident
LOCATION: Barrett Community Center, Room B
INSTRUCTOR: Marya Hart

Flirty and expressive – EXERCISE IN DISGUISE. Put your emotions in motion, you'll discover what's hidden within. Combine soft flowing movement with flashing hips and shimmies while gaining flexibility, posture, and muscle tone at your own pace. Please pre-register to have more time dancing! Practice CD's available-\$3.

2506.301 Th 6:30 - 7:30pm 9/4-10/9
2506.302 Th 6:30 - 7:30pm 10/16-11/20



Belly Dance Intermed. (6 Classes)

AGE: 15+ years
FEE: \$49 Resident, \$59 Non-Resident
LOCATION: Barrett Community Center, Room B
INSTRUCTOR: Marya Hart

Cut loose and create your own dance style. We'll concentrate on adding exciting new steps and moves to basics you've already learned to create new combos for playful fun and sweet abandon. Bring out the dancer within by experimenting with new moves. Finger cymbals will be introduced. Dramatic show techniques will add sizzle. Practice CD's are available for \$3. Please pre-register to allow more time dancing!

2506.303 Th 7:30 - 8:30pm 9/4-10/9
2506.304 Th 7:30 - 8:30pm 10/16-11/20

Beg. Ballroom Dance (6 classes)

AGE: 16+ years
FEE: (per couple)\$70 Resident, \$84 Non-Resident
LOCATION: Twin Pines Senior and Community Center
INSTRUCTOR: Patricia Jeung and Partner.

Learn the basics of ballroom dancing! No one should miss out on the fun of being on a dance floor where you can experience the exhilarating feeling of flowing across the room to beautiful music. No dance experience, necessary; partner IS necessary! (No class 10/16).

2513.301 Th 7:20-8:30pm 9/25-11/6

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

ADULTS

FITNESS/SPORTS

Boot Camp Fitness (14 classes)

AGE: 18+ years
FEE: \$175 Resident, \$195 Non-resident
LOCATION: Barrett Community Center, Room B
INSTRUCTOR: Bill Winter, certified personal trainer.

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. (No class 11/27).

2210.301 T & Th 6:30-7:30 AM 8/26-10/9
2210.302 T & Th 6:30-7:30 AM 10/21-12/9

**Adult Men's
Basketball League -**
Starting Tuesdays in January.
For more information,
call Francis Mason
at 637-2927.

Golf Classes

AGE: 18+ years
FEE: \$106 Resident, \$126 Non-Resident
LOCATION: Mariners Point Golf Links
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.

2160.301 Sat 8-9am 9/13-10/11

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.

2160.303 Sat 10:15-11:15am 9/13-10/11



Jazzercise

**Triple Play:
Cardio - Strength - Stretch-
Location: Barrett Community Center,
Multi-use.
First Month - \$25
(some restrictions may apply)**

Tami McCann: **Monday & Wednesday-
9-10am; Friday, 8:30-9:30am**

Debbie Sweeney:
**Monday & Wednesday- 6:30-7:30pm:
Saturday, 9-10am.**

Wear comfortable clothing that does not restrict your movements and allows for sweat evaporation. Also, be sure to bring a water bottle and towel. To view basic movements performed in class or other information, go to www.jazzercise.com. **(800) FIT-IS-IT.**



Hula Hooping Fitness and Fun - Level I or II (6 classes - longer session)

AGE: 16+ years
FEE: \$78 Resident, \$94 Non-Resident (hoops provided)
LOCATION: Twin Pines Senior and Community Center
INSTRUCTOR: Brenda Major.

Have a blast while toning, burning fat, strengthening your core and relieving stress in this new way of hula hooping. 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 a try! **(No class 11/11).**

2230.301 Tu 6-7pm 9/9-10/14
2230.302 Tu 6-7pm 10/28-12/9

**Level II - More advanced moves, tricks and
choreography for this level - BY teacher approval only.**
2230.304 Tu 7-8pm 9/9-10/14
2230.305 Tu 7-8pm 10/28-12/9

ADULTS

Get Fit After 40 (Lite Aerobics) (11 Classes, T or F, 22 Classes T & F)

AGE: Adult ages 40-90 years
 FEE: (T or F) \$54 Res., \$65 Non-res. (Combined Class T and F) \$87 Res., \$105 Non-res.
 LOCATION: Barrett Community Center, Multi-Use
 INSTRUCTOR: Cathleen Morehouse, D.C.

Don't let your age or fitness level keep you from coming! We adapt to all levels, and combine low-impact exercise with popular and country music to create a vigorous, but gentle, workout that will tone and energize your whole body. The warm-up using resistance bands, cardiovascular workout and stretching cool-down makes for a fun and complete exercise program. Strengthen your heart, improve your agility, balance and posture, increase your overall strength and bone density; feel young again through this fun workout! (No class 11/4).

5501.301	Tu	9:30-10:30am	9/2-11/18
5501.302	F	10-11am	9/5-11/14
5501.303	T & F	9:30-10:30am AND 10:00-11:00am	9/2-11/18

Adult Softball - Packets will be available in December for leagues starting in April 2009. For more information, call Francis Mason/Jason Ruk, at 637-2927. We offer Men's C, Coed D1, Coed D2, Men's D. Softball 5 nights a week!

Beginning & Intermed. Tai Chi Chuan (7 classes)

AGE 18+ years
 FEE: \$75 Resident, \$90 Non-Resident
 LOCATION: Barrett Community Center, Multi-Use
 INSTRUCTOR: Elliotte Mao, Chi Ping Peng

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 graceful and thoughtfully choreographed moves, this unique father/daughter teaching team will show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life. Wear loose, comfortable clothing. (No class 10/28, 11/11).

Beginning:			
2233.301	Tu	7-7:45pm	9/9-10/21
2233.302	Tu	7-7:45pm	11/4-12/23
Intermediate/Advanced:			
2233.303	Tu	7:45-8:30pm	9/9-10/21
2233.304	Tu	7:45-8:30pm	11/4-12/23

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



Hatha Yoga (10 classes)

AGE: 18+ years
 FEE: \$79 Resident, \$95 Non-resident
 LOCATION: Twin Pines Lodge, Room 1
 INSTRUCTOR: Cheryl Cooper

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.**

2242.302	M	7-8:25pm	9/15-11/17
2242.303	Tu	7-8:25pm	9/16-11/18
2242.304	W	10-11:25AM	9/17-11/19
2242.305	Th	7-8:25pm	9/18-11/20

Mini-session - 4 classes - \$40 Resident, \$48 Non-resident
 2242.306 T & Th 7-8:25pm 12/9-12/18



Bridal Party Boot Camp (26 classes)

AGE: 18+
 FEE: \$100 Resident, \$120 Non--resident
 LOCATION: Naturally Fit, 677 Laurel Street #201, S.C.
 INSTRUCTOR: Elizabeth Rodgers, CPT, NPTI, AAI/ISMA

Are you a bride or a groom, a bridesmaid, parent of the bride or groom, or in the "forever photos" and want to look your best? Achieve your ideal weight, firm and tone those most photographed areas – upper arms, shoulders, and upper back – while strengthening your core. Let us help you look your best for your special day. **593-1193 for more information. (No class 11/28).**

2250.301	MWF	7-8 pm	9/15-11/14
2250.302	MWF	7-8 pm	10/13-12/12

Badminton Clinic (6 classes)

AGE: 16+ with racquet (if possible)
 FEE: \$85 Resident, \$102 Non-Resident
 LOCATION: Bay Badminton Center, 1611 Adrian Rd., Burlingame, CA. (650) 692-1611
 INSTRUCTOR: Bay Badminton Staff

Try this great game of strategy in a brand new badminton-only facility with world class instructors! Fun and instruction for all levels of play will include scoring rules, footwork, strokes and all essential fundamentals for singles and doubles play. For the more advanced players there'll be round robin match play format. Instructors may shift students to match ability.

2127.301	W	7:30-8:30pm	9/17-10/22
2127.302	W	7:30-8:30pm	10/29-12/3

NEW

NEW

ADULTS

Starting soon.....



Introduction to Geocaching- **August 25 & September 8** **12:00 noon**

Young and old alike can enjoy this modern-day game of "hide and seek". Geocaching is the fastest growing hobby in the world. Got your curiosity? Come learn what it is all about on Mondays, **August 25 & September 8 at 12:00 noon.** After each class, we will look for some hidden "caches" in Twin Pines Park. **FREE!** Phone 595-7444 to register.

Emergency Preparedness

Wednesday, September 10
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. Phone 595-7444 to reserve your seat.

Tai Chi (7 Classes)

NEW

AGE: Adult
FEE: \$45 Resident, \$54 Non-resident
LOCATION: Twin Pines Senior & Comm. Center
INSTRUCTOR: Chi Ping Peng

Tai Chi is an ancient martial art exercise known for being low impact. Its qualities include improving balance and sharpening the ability to concentrate while gently stretching the body. Movements will be taught by the venerated Master Peng, who will share his secret to youthfulness and health.

5210.301 W 3-3:45pm 9/10-10/22
5210.302 W 3-3:45pm 11/5-12/17

Lifelong Leisure

The Story of Painting

September 8 - October 6
12:00 noon

Join Sister Wendy Beckett on an incomparable journey through art and history in this critically acclaimed BBC series. From Early Art through the Renaissance to Modernism, this unforgettable series will take you on an astonishing journey of art history. This five part series will be shown **Mondays, September 8 - October 6, starting at 12 noon.**

Help At Home

Thursday, September 11
10:00-11:00am

The Center for Independence of the Disabled will talk on a wide range of services available to seniors. Housing modifications, independent living skills, money management programs, peer counseling and support groups are among the programs available to you at little or no cost. Don't miss this **free** and informative talk. Please call 595-7444 to register.



Musical Moments (10 Classes)

AGE: Adult
FEE: \$30 Payable to instructor at first class
LOCATION: Twin Pines Senior & Comm. Center
INSTRUCTOR: Tina Baird

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. **Registration fee is paid at the first class.**

W 10-11:30am 9/17-11/19

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

Lifelong Leisure

55 Alive Mature Driving

September 25th & 26th
9am - 1:30pm

The popular AARP 55 Alive Mature Driving class will be held at Twin Pines on **Thursday & Friday, September 25th & 26th, 9am - 1:30pm**. 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.

Fun With Knitting

October 10 & 24th
10am - noon

Learn to knit with novelty yarns like eyelash, fun fur, boa and ribbon yarns. There are so many types and colors you can use. Bring your favorite yarn and knitting needles and we'll show you how to make a scarf. **Class will be held on Fridays, October 10 and 24th from 10:00am-12:00noon. \$5 fee paid at first class.** Phone 595-7444 to register.

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.



NEW

Wii Virtual Bowling

September 12
10:00am

Come join Health Net in a Wii Nintendo Virtual Bowling Tournament! Come play, watch, eat, and have a good time! Wii Sports have made bowling tournaments possible in senior/community centers across the country. Prizes, food, games. What more could you ask for? **FREE.** Phone 595-7444 to register.

Wreath Making

10am-noon

Welcome your friends and neighbors into your home with a beautiful wreath, hand crafted by you! You will use a variety of materials to create a custom-made wreath you will be proud to hang on your front door. No experience necessary. Classes will be held on Thursdays, from 10:00am-12:00noon. **There is a \$10 fee for supplies, payable to the instructor at the class.** Please bring any special ribbons or decorations you have to include in your wreath. Phone 595-7444 to reserve your space.

November 6 - Harvest Wreath
December 4 - Holiday Wreath

Genealogy Class

Saturday, October 4th
10:30am - noon

This one day class will instruct you on how to study your family's history, what information you need and the resources available to you. Resource Librarian, Teri Titus will teach this class in the computer lab at the Belmont Library. Bring as many facts (names, dates, etc.) that you know. You will also need your library card and if you want to save your findings bring a 3.5" floppy disc or a USB drive (thumb drive, jump drive, etc.). Beginners in Genealogy are welcome and encouraged! For a guaranteed spot for this **FREE** class phone 595-7444 to register. Space is limited to 16.



French Group

September 22, 1:00pm

We are forming a French group which will provide you with the opportunity to meet new people and converse in French. Join us for an organizational meeting to decide how to set up the group, choose a group leader and plan activities. Please phone 595-7444 to reserve your space.

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.

Spanish Group

Wednesdays, 10:00am

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

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, and all materials to complete your doll may be purchased from the instructor. Join the class at any time!

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!**

Lifelong Leisure

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.

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.

English Group

Wednesdays, 12noon

Is English your second language? Would you like to feel more confident speaking English? We now offer a **FREE** English Group just for you. Come improve your English in a relaxed, informal setting with volunteer group leader Dave Karlin. Please phone 595-7444 to reserve your space.

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.



Questions? Call us at the Twin Pines Senior and Community Center 595-7444

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.

Pinochle

Wednesdays, 12:30 - 3:30pm

Mah Jong

First & Third Fridays, 1:00p.m.

Call Bev Beck for more information at 595-4654.

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.



"I enjoy coming to the Center, ... and have made many new friends. No one is ever excluded from games and everyone's willing to help teach newcomers." **Bev Beck**



Watercolor Workshop

Mondays, 1-2:30pm

starting September 17

Painting for pleasure is even more fun in the company of others! Gather your paints, brushes and supplies and come to our new Watercolor Workshop. Join us as we share painting techniques in a supportive & social setting. Painters of all levels welcome. **FREE.** It will be held on **Monday afternoons from 1:00-2:30, beginning September 17.** Please phone 595-7444 to register.



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. A low key bingo is played on **Tuesdays at 12:15,** following club meetings.

Canasta

Thursdays, 9:30 - 11:30am

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

Chess

Come learn basic skills or new strategies. Please phone 595-7444 to find out how you can get started in this fun, new group which meets on the **1st and 3rd Monday of the month 9:30-11:00am.**



NEW!

Twin Pines Travelers DAYTRIPS

These 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.

APPLE PIES AND PINE TREES

We're off to Placerville to visit Apple Hill in El Dorado County. **Friday, October 24.**

ACADEMY OF SCIENCES

This trip will visit the **NEW** Academy of Sciences when it **re-opens in November.**

HOLIDAY LIGHTS AT ROARING CAMP

We will journey by train from Scotts Valley to the Santa Cruz Beach Boardwalk. **Friday December 12.**

For times and more information, please call 595-7444 or visit www.belmont.gov, 'Parks and Recreation', 'online registration'.

#4709.301 – Apple Hill

#4710.301 – Academy of Sciences

**#4711.301 – Holiday Lights
at Roaring Camp**

Lifelong Leisure

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. 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!

Homeowners & Renters Credit Tax Rebate

Tax Aide Volunteers from AARP/RSVP will be at our center **various Tuesday mornings per month now through October 21st.** Volunteers will assist blind, disabled and senior citizens in preparing the California Homeowners or Renters Assistance forms. Please bring your Federal & State tax returns for 2007, proof of disability or age (must be 62 or older). Homeowners must bring their Property Tax Statement for 2007-2008. Renters must provide their landlord's name, address, and telephone number. Call 595-7444 to make your appointment.

The Twin Pines Senior & Community Center Presents...

Dance Night - "For the Love of Music"

Wednesday Evenings

August 6th • September 3rd • October 1st

7:00 to 9:30pm

Easy Dancing and Easy Listening;

Music by 'The Casuals' band

\$6.00 Admission

No Reservations or Partner needed!



Questions? Call us at the Twin Pines Senior and Community Center 595-7444

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, as they are not held, as walk-in or mail-in is. 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', 'on-line 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 August 14th**, 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 August 14th**. 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!

Registration Information

REFUNDS AND CREDIT VOUCHERS

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be given only for classes canceled or closed by the Recreation Department. A credit voucher/refund will be give 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** as all fields are important to get you registered correctly! **Please include the date of birth; our programs key off this field.**

Join Us!

WAYS TO REGISTER:



On-Line



FAX



Walk-In



Mail-In

(Credit Card only)

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 ST CHOICE	2 ND 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 \$ _____