



AMBROSE RECREATION & PARK DISTRICT

3105 WILLOW PASS ROAD - BAY POINT - CA - 94565

PHONE: 925-458-1601 FAX: 925-458-2736

2011 Fall / Winter Newsletter

www.AmbroseRec.org

Healthy & Safe Halloween Event, October 31st

Brighter Beginnings, the Bay Point Garden Club, SparkPoint ECC and Ambrose Recreation & Park District are joining together to present a Healthy & Safe Halloween Event for children to Trick or Treat for Healthy Snacks, enjoy the Fur Scales & Tails Animal Show (3:30 & 4:30), decorate a pumpkin (limited amount) and parents can receive information on Safe Trick or Treating. Free Event from 3-5 PM. For more information, contact Mary Rocha, Brighter Beginnings, 207-2770.



Breakfast with Santa, December 10th



Once again the Ambrose Park and Recreation District and Friends of the Park District are in the planning stages of our successful holiday events Breakfast with Santa” and the “Bay Point Tree lighting” “Breakfast with Santa” will be held on Saturday December 10th, from 8-11 AM. Come by to enjoy a pancake breakfast with all the trimmings for \$3.00 for adults and children 13 and older, and \$1.00 for children 12 & younger. Santa will be on hand for pictures and to give out Candy Canes to the good little boys & girls. Music will be provided by the Riverview Junior High School band. This event is sponsored by Henkel Corporation and their employees.



Bay Point Holiday Tree Lighting, December 8th

For the past two years, the holiday tree has been generously donated by the Home Depot in Pittsburg and the event sponsored by Allied Waste, and Henkel Corporation. On December 8th, from 5:30-7:30 PM, once again, there will be singing, seasonal greetings from our elected officials, and plenty of refreshments for everyone to enjoy. We are hoping that Santa will stop by to meet the kids and be available for you to take pictures. This program is free and here’s your chance to enjoy the spirit of the holidays. Music will be provided by the Riverview Junior High School band.



All three events will be held at the Ambrose Community Center, 3105 Willow Pass Road in Bay Point. For more information, contact the Ambrose Recreation and Park District at 458-1601 or visit www.ambroserec.org.

SENIOR ACTIVITIES

Ambrose Recreation & Park District Board of Directors

Judy Dawson, Chair
Steve Hoagland, Vice Chair
Terrillynn Kopitar
Eva Garcia
Mae Cendaña Torlakson

The ARPD Board of Directors meets at 6:30 PM, the 2nd Thursday of each month at the District Office.

District Office:

Ambrose Community Center
3105 Willow Pass Road
Bay Point, CA 94565
(925) 458-1601
www.AmbroseRec.org

General Manager

Tarry Smith

Help with Medicare Drug / Health Plan choices from HICAP

Do you need help in deciding whether to change or join a Medicare Prescription Drug Plan or Medicare HMO or PPO? Are you eligible for help in paying for prescription drug coverage?

HICAP can help you identify the plans that will provide you the best coverage for the lowest overall cost and identify opportunities to lower your costs through discount programs.

Contact HICAP at 1-800-510-2020, (select option 2) to receive a worksheet and request an appointment for the November 3rd enrollment event at the Ambrose Recreation Center.

The Ambrose Community Center offers a number of activities for seniors 60 years and above. For information about any of these programs contact the Ambrose Community Center at 458-1601 for further information.

Senior Outreach Services/Meals on Wheels C. C. Café

The C.C. Café serves a healthy and nutritious lunch Monday-Friday, 11:30 AM—12 noon for seniors 60+ years at the Ambrose Community Center. There is a suggested donation of \$2.00 and lunch reservations must be made the day before by calling 458-2662. The café celebrates special events for the holidays and holds bingo every Friday. Meal selections change daily. Come down for lunch, make new friends and take advantage of all the activities and classes available for our seniors.

Free Blood Pressure Screening

On the third Monday of each month, at 10:30—11:30 AM, John Muir Health Senior Services offers free blood pressure screening at the Ambrose Community Center. Take care of yourself, check your blood pressure and beat the silent killer.

Free Senior Exercise Classes

There are two free exercise classes for seniors over 60 years of age, every Monday, Wednesday, and Thursday at the Ambrose Community from 10:45 to 11:45 AM. These FREE classes are offered with the help of Senior Outreach Services / Meals on Wheels, and a grant from Kaiser Permanente.



FREE CLASS—Cane-Do

The Cano-Do class is a self defense and exercise class that incorporates the use of a cane into an exercise program. The class will consist of a 15-minute lecture and warm up, followed by 45-minutes of training where you will learn proper techniques that include how to hold, twirl, strike, poke, jab and block all while exercising with your cane. This class meets every Thursday, from 10:45—11:45 AM.

FREE CLASS—Easy Yoga Exercises for Seniors

This class uses yoga and exercise techniques to develop flexibility and joint strength. The class will burn calories at the same time increases fluidity, balance, strength, and mental focus. This class meets every Monday and Wednesdays, from 10:45—11:45 AM.

Special Senior Events

With the help of CCC Supervisor Federal Glover and a Keller Canyon Landfill Mitigation Fund grant, the seniors at the Ambrose Community Center can enjoy a number of special events for the holidays. There will be special activities planned for Halloween, Thanksgiving and December holiday celebrations. We are planning special lunches, give-a-ways, and parties. Don't miss out on the fun and call the café at 458-2662 for a list of special events.

ARPD All Ages Recreation Classes / Activities

Ambrose Recreation and Park District offers a number of recreation classes for all ages. All classes are held at the Ambrose Recreation Center, 3105 Willow Pass Road, Bay Point. For more information about these programs, please call 458-1601 or visit the district's website at www.Ambroserec.org.



East County Kids N Motion

East County Kids N Motion offers youth and teen dance classes which helps fight obesity, and improves self-esteem; encourages exercise through dance and etiquette training. This class meets Mondays and Thursdays. Children's classes are held 6:15-7:15 pm and teen classes from 7:15-8:15 pm. For further information contact Renee Day-Roa at 219-6920.

Bay Point All-stars Cheerleading

Cheerleading builds self-esteem, self-awareness, and promotes community involvement. This program is offered Tuesdays and Thursdays from 5pm-8pm. For more information, please contact Jamie Plotnick at 458-3570.

Shorinji Kempo

A self defense and martial arts class which teaches youth and adults self defense and builds strength, flexibility, balance and mental focus. Class meets Mondays, Wednesdays, and Fridays. Adult Classes from 7-9 pm, and Youth classes from 6pm-7pm. For additional information please contact Senseli Hagata at 458-9250.



Adult Aerobic Exercise Classes

If you want a workout the Aerobic Exercise classes by Maria Moreno are for you. This fast-paced workout meets three different times a day in the Ambrose Community center Mat Room. The classes are held Monday-Friday from 10am-11am, 12pm-1pm, and 4pm-5pm. For further information contact Maria Moreno at 497-7013.

Tae Kwon Do/Kumdo-Hapkido

This is a traditional Tae Kwon Do self defense class which builds strength, flexibility, and self-esteem. The class meets on Wednesdays and Fridays, 4pm until 7:30 pm and has classes for children 3 years to adults. The instructor was inducted in the United States Martial Arts Hall of Fame in 2008. Call Jose Isidro for class times based on age and experience. Call 458-1254 for more information.



Ambrose Teen Center

The Ambrose Community Center offers teens, 13-18years of age, a place to go after-school throughout the year. The center is open Monday-Friday 3-7 pm and offers special activities and a teen aerobics classes throughout the year. For more information about the Ambrose Teen Center or programs available for teens, contact Teen Center Coordinator Rande Ross, at 458-1601.

Ambrose Weight Room

The Ambrose Community Center has a fully equipped weight room open to adults 18yrs and older. The weight room has exercise machines, tread mills, biking machines and free weights is open to the public five days a week Monday-Thursday, 6-9:30 pm, Fridays 4:30-7:30 pm.



There is a drop in cost of \$5.00 for one time use or a monthly membership for unlimited use for \$20.00. The weight room is located at the Ambrose Community Center at 3105 Willow Pass Road, in Bay Point. For more information, please call 458-1601.

General Manager Message

Things have been progressing well at your Ambrose Recreation and Park District (ARPD). We have increased programs and have added many new sponsors. District staff has also been busy working to secure grant funds for events, programs and capital improvements. Earlier this summer, staff secured a grant by the Leshner Foundation to replace the playground at Anuta Park. Security lighting has been added to the gazebo as well and we have opened the flood basin in the park for soccer games. We continue to receive grants from the First Five Organization to provide various programs for kids, ages 2-5 at no/low cost to the participants. Other grants the staff have secured are from the Kaiser Foundation to provide programs for our senior population and the "YOU" grant from the County Health and Human Services Department for our Teen program and most recently, a grant focused on reducing teen obesity from the Los Medanos Health Care District.

Over the last few years we have also introduced some new community-wide Special Events (see front page). October 31st the Safe & Healthy Halloween Event, followed by Holiday Events in December will celebrate the season with the "Community Tree Lighting" ceremony on December 8th, followed by the "Breakfast with Santa" on December 10th. These events are sponsored by our neighbors, the Henkel Corporation and the Bay Point Chamber of Commerce, Allied Waste, among others. Henkel has also given us two improvement grants; new mats for the mat room and a new fire suppression system for the kitchen. ARPD staff continues to pursue new grant opportunities and will report as we receive new funding and programs.

The afterschool program was successfully transferred to Mt. Diablo School District and overall participation has increased over last year. Our YDLC Teen Program continues at the schools and provides a great experience for our teens. Joint activities with the School District and the After School Program will continue into the future.

The new Ambrose Park Aquatics Complex is getting closer to the start of construction. Final plans are being "plan checked" which will be followed by a one month bidding process and shortly thereafter start of construction. The project is scheduled to be open for swim activities in the spring of 2013. The District Board very much appreciates your patience in the opening of this facility but we are committed to doing things responsibly and want to present a facility that will be an asset to the community for years to come.

Financially the District is doing very well considering the state of the economy. We are operating at a small deficit but the Board has been very responsible and forward thinking by establishing a very strong reserve. Staff continues to search for new revenues and grants to make up the difference and allow for continued programming. Please look over the newsletter and join us for our upcoming activities and please let us know if you are interested in helping the District through teaching a class or volunteering.

Tarry Smith
General Manager

Friends of the Ambrose Recreation and Park District

Henkel Corporation, Allied Waste, Ready Print, Meals on Wheels and SOS, Pittsburg Disposal, Delta Diablo Sanitation District, Bay Point Chamber, CCC Supervisor District V Federal Glover's Keller Canyon Grant, Bay Point Garden Club, KW Towing, Boy Scout Troop 48, Ambrose Lions Club, Los Medanos Health Care District, , Bay Point All Stars

In the past year, the Ambrose Recreation and Park District has been building partnerships with local non-profits, business and community organizations in order to offer new and exciting programs for the Bay Point community. We are pleased to recognize these community organizations that helped us present the Breakfast with Santa, Holiday Tree Lighting, two senior exercise programs, Cane Do and Easy Exercise Programs for Seniors, Teen Exercise Classes and much more. Without their support, these programs would not be possible. If you would like to volunteer your organization, business, or non profit to help in one of the District's upcoming special events or programs, contact General Manager, Tarry Smith at 458-1601.