

# Holbrook Heights News

The OFFICIAL Holbrook Heights Community Association Newsletter Since 1954

P. O. Box 669

Danville, CA 94526

925-671-2205

www.holbrookheights.org



## OCTOBER DATES TO REMEMBER:

Columbus Day (observed) 10

Sweetest Day (3rd Saturday) 15

**Halloween \$1**

**NEXT HHCA  
BOARD  
MEETING  
OCTOBER  
26TH**

## HOLBROOK HEIGHTS COMMUNITY ASSOCIATION BOARD OF DIRECTORS

**President** Cynthia Swainbank  
**Vice Pres.** Russ Meier  
**Secretary** Brian Clack  
**Treasurer** Scott Pederson

**Members at Large:**  
Marianne Bazzini  
Laurie Verkest  
Beth Richey

## EXTENDED POOL SEASON

The pool is currently open for an extended season. It will be available every day into October (weather permitting) from 6 a.m. to 8:30 p.m. The time periods of 6 a.m. to 11 a.m. and between 7 p.m. to 8:30 p.m. will be reserved for Lap swimmers only. All other swimmers can use the pool from 11 a.m. to 7 p.m.

Updates to the schedule will be posted on our website:  
[www.holbrookheights.org](http://www.holbrookheights.org)

**ACCESS FOR EXTENDED POOL SEASON:** Key Access to the pool is available to members in good standing during the extended season with completion and acceptance of the Waiver and Release of Liability form, a Key Policy form, and a copy of the Head of Family's Drivers license and Homeowner's Insurance Policy. Complete the forms (available on line: [www.holbrookheights.org](http://www.holbrookheights.org)) and contact Brian at (925)686-2822 for a key. This access is available on a trial basis. Any abuses of the rules will result in the end of the extended pool season for everyone.

## NEW BALDWIN DOGGIE PARK OPENS NOVEMBER 5

November 5<sup>th</sup> at 9:30 a.m. the brand new doggie park inside Baldwin Park will re-open with all new fencing and turf. St. Michaels Church *may* hold a blessing of the animals as well at that time. Festivities can carry-on throughout the morning.

This is a happy time for our local dogs and their owners.

To ensure that the newly planted turf will grow, survive and take hold by the November 5<sup>th</sup> opening date **PLEASE do not use the area until then.**



### Contact Information For

**Holbrook Heights  
Community Association**



**Mail:** Jean Bates & Associates  
P.O. Box 669  
Danville, CA 94526  
**Phone:** 925-671-2205 (pool/office)  
**Email:** hhcassoc@yahoo.com

**Website:** [www.holbrookheights.org](http://www.holbrookheights.org)  
For copies of Board Meeting Agendas:  
[www.holbrookheights.org/agendas.html](http://www.holbrookheights.org/agendas.html)  
For copies of the meeting *minutes*, call  
**Jean Bates & Associates: 925-838-2095**

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The Concord Senior Center is hosting informative presentations on aging related issues. There is no or minimal fee to attend and is open to the public. Register for one or all topics that interest you. Be sure to call the center at (925) 671-3320 to reserve your seat.

**Fall Awareness- Maintaining Your Independence - Thursday, October 6, 13, 20, 27 11 a.m. - 12 p.m.** - This series is brought to you by John Muir Senior Services. Included are presentations on Reducing Your Fall Risk Factors, Exercise for Strength and Flexibility, Environmental Modifications, and Medication Management. Each lecture includes handouts. All registered participants will receive an exercise tube and instructions for use. Cost - \$2.50 per session.

**SCAN Heath Series - Tuesday, October 11; Tuesday, November 8 10:30 a.m. - 11:30 a.m.** - This FREE health series is sponsored by SCAN health plan. Register for one or all topics that interest you: Maintain Your Brain - variety of strategies for brain health; Living with Arthritis - self management tips to improve quality of life.

**Healthy Sleep Care - Wed. Oct 19; Fri. Nov 4; Fri. Dec 2 10 a.m. - 11:30 a.m.** - The quantity and quality of your sleep are major factors in determining how you feel and how you function each day. Over time, poor sleep can contribute to high blood pressure, heart attack, and abnormal heart rhythm. This series is brought to you by Dr. Parham Gharagozlu, MD, the Medical Director of Healthy Sleep Care in Concord. Topics include: How Nighttime Breathing May Impact Your Health; When Your Breath Stops and Starts - Sleep Apnea; The Burden of Insomnia - How to Find Relief. Cost - \$2 per session.

## BART Tickets Sales End at the Senior Center October 31, 2011

Senior Clipper Cards/ RTC TransLink Cards will replace Senior BART Card effective October 31 at the same discount of 66%. The card will be accepted on fixed-route transit, bus, Muni, ferry and multiple Transit Authorities. You can get your FREE Clipper Card ONE DAY ONLY on September 23 from 9:30 am-12:30 pm at the Concord Senior Center. Please bring your drivers license or ID card proving you are 65 years of age. Note: The senior center is not authorized to become a vendor of the Senior Clipper Card.



to Century 21's Terry Oelschlaeger for distributing our newsletters. He cares about our community.

Terry Oelschlaeger, Broker License #00965187 / Cell: 925-286-4619 / email: c21terry@aol.com

## City of Concord Information / Help

Web site: [www.cityofconcord.org](http://www.cityofconcord.org)  
E-mail: [cityinfo@ci.concord.ca.us](mailto:cityinfo@ci.concord.ca.us)  
Police Non Emergency: 671-3220  
Neighborhood/Property Services: 671-3282  
Abandoned Vehicles: 671-3259  
Crime Report on line:  
[www.ci.concord.ca.us/police/about/report.aspx](http://www.ci.concord.ca.us/police/about/report.aspx)

## What's Happening At Todos Santos Plaza?

Events Hotline: 671-3464



FREE parking within walking distance! [www.concordfirst.org](http://www.concordfirst.org)  
Concord Farmers Market - Every Tuesday -10 am - 2 pm  
1-800-949-FARM

## HALLOWEEN PARADE AND COSTUME CONTEST Sunday, Oct. 30, Noon

- Parade around the Plaza with treats for the kids, entertainment, and the Mayor's Mongrel Mash Pooch Parade.
- Costume judging after the parade.
- See the Todos Santos Scarecrow contest winner, too!

## Flu Shot Clinics on October 25, 2011

CVS Pharmacists are offering Flu Shots Clinics at Concord Senior Center on Tuesday, October 25th, 9 am - 11 am. Call 671-3320 or visit the front desk to reserve your shot(s).

Concord Senior Center (925) 671-3320  
2727 Parkside Circle, Concord. CA 94519

Next Newsletter: November 2011