

## CONTRA COSTA CENTRE DIRECTORY

### TRANSPORTATION

**BART**  
(925) 935-6337  
www.bart.gov

**Amtrak**  
(800) 872-7425  
www.amtrak.com

**Mid-Day Shuttle**  
(925) 935-6337  
www.contracostacentre.com

**County Connection**  
(925) 676-7500  
www.cccta.org

**Guaranteed Ride Home**  
(925) 935-6337  
ccca@contracostacentre.com

**Solano Express**  
(800) 53KMUTE  
www.solanoexpress.com

**Carpool Matching**  
(925) 935-6337  
ccca@contracostacentre.com

**SolTrans**  
(707) 648-4666  
www.soltransride.com

**511 Contra Costa**  
(925) 969-0841  
www.511contracosta.org

**Tri-Delta Transit**  
(925) 754-4040  
www.trideltatransit.com

**Ace Train**  
(800) 411-7245  
www.acerail.com

**Wheels**  
(925) 455-7500  
www.wheelsbus.com

### SERVICES

**Renaissance ClubSport  
Hotel & Conference  
Center**  
(925) 938-8700

**R Spa Day Spa**  
(925) 942-6379

**Fitness Center**  
(925) 942-6355

**Embassy Suites Hotel  
Conference Center  
& Catering Services**  
(925) 934-2500

### RESTAURANTS

**Cactus Café**  
1450 Treat Blvd.  
(925) 279-1200

**Parada Kitchen**  
7001 Sunne Lane  
(925) 448-8118

**Cafe Dolce & Catering  
Services**  
Pacific Plaza  
1340 Treat Blvd.  
(925) 935-1122

**Sabores del Sur**  
3003 Oak Rd., Suite 105  
(925) 954-8300

**Citrus Fresh Grill**  
Renaissance ClubSport  
2805 Jones Rd.  
(925) 938-8700

**Specialty's Café**  
Treat Towers,  
1277 Treat Blvd.

**Embassy Grill**  
Embassy Suites Hotel  
1345 Treat Blvd.  
(925) 934-2500

**Starbucks**  
7000 Sunne Lane  
(925) 210-1489

**ENroute Market**  
7000 Sunne Lane  
(Coming in 2017)

**Taheri's Restaurant  
& Catering Services**  
2999 Oak Rd.  
(925) 933-1000

**Hops & Scotch**  
7001 Sunne Lane  
(Coming in 2017)

**The Perfect Cup**  
2999 Oak Rd.  
(925) 977-9177

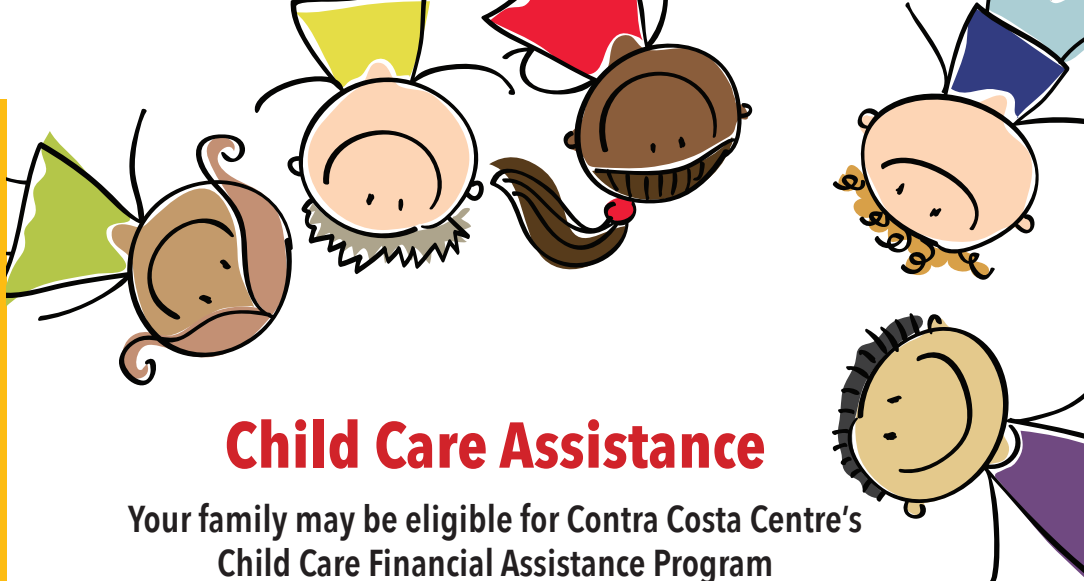
**Food Trucks**  
www.tasteoftheworld-  
market.com

For a map of additional restaurants in and around the  
Centre visit [www.contracostacentre.com](http://www.contracostacentre.com).



**Contra Costa Centre Association**  
*Lynette Busby, Executive Director*

1350 Treat Blvd., Suite 180  
Walnut Creek, CA 94597  
(925) 935-6337 Phone  
(925) 935-1407 Fax  
ccca@contracostacentre.com



## Child Care Assistance

### Your family may be eligible for Contra Costa Centre's Child Care Financial Assistance Program

The Contra Costa Centre Association helps provide financial assistance to parents who must place their children in a day care or after school setting while at work. The Centre does not have an onsite facility, however, the Centre does provide referrals to nearby child care providers. To qualify, a parent must meet the following criteria:

- Parent must be employed full-time at one of the participating buildings whose owners have funded the child care program including: CSAA Insurance Exchange, Station Plaza, PMI Plaza, Treat Towers, Embassy Suites, Pacific Plaza, Urban West, 2999 Oak Road, 3000 Oak Road, 1450 Treat Boulevard.
- Family income must not exceed \$72,240 per year.

For more information or to fill out a program application, contact  
Contra Costa Centre Association at (925) 935-6337.

#### Is your family eligible for assistance?

Annual Family Income Under \$36,120		Annual Family Income \$36,120 - \$72,240	
Monthly Stipend		Monthly Stipend	
1 child	\$75	1 child	\$50
2 children	\$100	2 children	\$75
3+ children	\$125	3+ children	\$100

**FOR MORE INFORMATION VISIT**  
**[www.contracostacentre.com](http://www.contracostacentre.com)**



# Update

FALL 2016

**LOOK INSIDE!**  
New Commuter  
Programs  
in September!

## Green Fleet Users Offer Rave Reviews



*Jeffrey Fuchs at the Transit Fair*

The Contra Costa Centre offers many terrific options for employees who want to get out of their cars: transit subsidies, a guaranteed ride home program, bicycles, Segways, a free shuttle to a local shopping center and even on-site electric and hybrid cars.

But don't take our word for it. Check out these rave reviews from people who use the Centre's alternative transportation services. They will open your eyes to a whole new world of possibilities.

### Jeffrey Fuchs

Jeffrey Fuchs' job as a writer at Marcus & Millichap requires him to sit for long stretches.

But thanks to the Green Fleet, Jeffrey can escape his confinement. On any given day, Jeffrey will hang a canvas bag over the bicycle's handlebars and ride to the post office, grocery store or library. If he doesn't

have errands, he rides for pure joy and relaxation. If he has time, he likes to pedal to Heather Farm Park.

"The ability to get on a bike and ride, to get some fresh air and get away from the cubicle has saved me so many times," Jeffrey said. "The stress levels can build and if you can get out and go for a ride on the canal trail or the Iron Horse Trail, it can change your entire perspective."

Jeffrey has tried out the Segway but says it isn't for him. He occasionally rides the electric bike, especially on hot summer days when the heat is oppressive. He has co-workers who use the Green Fleet's hybrid car.

But he says he prefers the old-fashioned self-powered bicycle. He describes the Green Fleet's bikes as well-maintained, in good shape and conveniently located through the Contra Costa Centre. Plus, the on-line reservation system is easy to use.

*continued inside*



Green Fleet Continued

Without the Green Fleet, Jeffrey says he probably wouldn't use a bike. He lives in a hilly area where a bike isn't practical, plus he would have to supply and maintain his own bike, transport it to work and find somewhere to store it.

In fact, Jeffrey enjoys the Green Fleet so much that he pitches the program to new colleagues at the office.

"I always tell new people because I think it is such a great program," Jeffrey said.

Matt Kelly

If the Contra Costa Centre awarded the equivalent of frequent flyer miles, Matt would be a platinum member. The El Cerrito resident hops on BART at a station near his house and when he reaches the MacArthur Station, he boards the new 15-minute Pleasant Hill/Contra Costa Centre Express. Riding BART cuts his commute to his job at the Contra Costa Transportation Authority in half, perhaps more on really bad traffic days.

Not only does Matt qualify for the Centre's transit subsidy, he also has access to its Green Fleet which includes a hybrid automobile, an electric bike, a Segway and a rack full of standard bicycles.

Matt makes frequent use of the Green Fleet. On Mondays, he takes a hybrid car to the grocery store and picks up lunches and snacks for the week. If he has doctor's appointment or has another errand that requires a car or a bike, he uses the Centre's easy on-line reservation system. He's never had to use the guaranteed ride home program but he's glad it is available. He says he widely promotes the Centre's transportation services around the office.



Matt Kelly makes frequent use of the Green Fleet.



Rosa Angel loves the Solano Express.

"People tell me they can't take transit for this reason or that reason," Matt said, "But the Centre is trying to provide solutions for those reasons. I want people to know about their options."

Rosa Angel

For Rosa Angel, riding a Solano County Transit bus from her home in Benicia to her job at the Citrus Fresh Grill, located at Renaissance ClubSport in the Contra Costa Centre is a gift that keeps on giving.

It's cheaper and less stressful than driving, she says. The transit subsidy she receives from the Centre helps cut down on the cost even more. And she can use that 25-minute trip each way to catch up on her email, call family, catch

a little extra sleep or even put the finishing touches on her make-up on those days when she is running late.

What is the best part about commuting to work on the bus?

That's an easy question, Rosa said. Since she doesn't need a vehicle for work, she and her husband can more easily afford to help their daughters -- ages 15, 18 and 20 -- buy cars.

"A friend told me about the express bus service and I've been taking it for nine years now," Rosa said. "It's so convenient and I've never liked to drive anyway. I tell people about it all the time."



Two New Eateries Coming To Centre

By the end of the year, Contra Costa Centre employees and residents will have two new options to delight their tastebuds: A grab-and-go eatery that is both convenient and delicious along with a place to savor fine whiskey and locally distilled beers.



AvalonBay resident Heather McNeil describes **ENroute** as "convenience reinvented." ENroute will sell healthy prepared breakfast, lunch and dinner entrees, wine, beer and other beverages seven days a week from 5:30 a.m. to as late as 10 p.m. at the corner of Treat Blvd. and Sunne Lane. The shop will also offer selected quality sundries.

The mother of two boys said she conceived the idea for ENroute two years ago after she made a rare stop at a convenience market.

"I felt like a terrible mother," Heather said. "There was nothing in that store that I felt good about feeding my boys. I asked myself, 'Where is the convenience store for people like us who care about what they put in their bodies?' I went home that night and spent literally 12 hours researching the idea."

ENroute is a perfect addition to the Contra Costa Centre, Heather says.

**Hops & Scotch** owner Baldeep Sangha is designing just such a place at the corner of Treat Blvd. and Oak Road. Patrons will select among 40 to 50 locally distilled beers, taste some of the world's finest whiskey and learn from experts about what they are drinking.

The establishment will also offer a speakeasy-style cocktail menu, wine and simple appetizer or small plate entrees. Even better, patrons may enjoy their food and drink inside the airy seating area or outside on the patio. Hops & Scotch will be open daily from 11 a.m. to 11 p.m.

"Walnut Creek has plenty of awesome restaurants and breweries with local beers but it doesn't have a true whiskey bar where you come in for the experience," Baldeep said. "The Contra Costa Centre is a great location for us."



Love your commute... and save!

**BART** Purchase \$50 BART fare and pay \$15 - \$35 savings.

**Bus** Purchase a \$60 East Bay Value Pass for \$30 or receive \$30 towards other bus system passes - \$30 savings.

**Bike/Walk** Bike or Walk to work 12 times each month and receive a \$25 certificate for Thursday lunch or Friday night food trucks.

**Carpool** Carpools receive \$30 Chevron gas card each month.



Sign-ups will be held on Tuesday, September 13th from 11:30 am - 1:00 pm at Pacific Plaza Courtyard, 1340 Treat Blvd., corner of Treat Blvd. and Oak Road.

Applications can be found on our website [contracostacentre.com](http://contracostacentre.com). All program sign-ups are on a first-come first-serve basis. Limited space available.