



[www.edhcsd.org](http://www.edhcsd.org)  
 (916) 933-6624



Annual  
 Scarecrow  
 Contest  
 See page 3

**Parks  
 Make  
 Life  
 Better!**

El Dorado Hills Community Services District

# Recreation Guide

Your Place to Play

Fall 2017



El Dorado Hills  
 COMMUNITY SERVICES DISTRICT



# EL DORADO HILLS CSD

*The Recreation Department of the El Dorado Hills Community Services District strives to provide community pride and enhanced lifestyles for its residents through superior programs, customer service, and commitment to quality leadership.*

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## Letter from the General Manager



The smell of Fall is in the air! Kids have returned to school (and hopefully to our KydZonE After School Program!); the temperatures are dipping below 90 degrees; and the leaves on the trees are changing to complement the sunny golden hills.

While we hate to say goodbye to the carefree days of summer, the District has many exciting programs and events for you to look forward to this autumn.

Join us for the finale of our Summer Concerts in the Park series – Saturday Night in the Park on September 9th. Hosted in cooperation with the El Dorado Hills Chamber of Commerce, you won't want to miss this final farewell to summer!

In the mood for some fall cleaning? Come check out the Fall Garage Sale on September 23rd and join us for the Community Clean Up Day on September 30th.

The Annual Scarecrow Contest is back on October 19th followed by our Inaugural Trunk or Treat Event on October 27th.

Looking ahead to the busy and fast-approaching holiday season, make sure to mark your calendars for the popular Holiday Lights in the Hills Festival! This year's lineup includes Cookies with Santa, the 10th Annual Breakfast with Santa, Senior Luncheon, and the 5th Annual Holiday Art and Craft Fair. Flip through the pages of this Recreation Guide to find out more!

If you're thinking about taking advantage of the milder fall weather and rainy winter months with a front yard re-landscaping project, remember that many villages require Design Review Committee (DRC) approval for landscaping work. Stop by the Design Review Office with any questions – our Compliance and Design Review staff is more than happy to assist you! You can also visit our website to learn more: <http://www.eldoradohillscsd.org/resident-services/design-review-committee.html>.

We hope the beauty of El Dorado Hills will continually draw you outdoors and encourage you to play this fall!

*Kevin A. Loewen*

**Kevin A. Loewen, General Manager**

**PLEASE NOTE:** *The El Dorado Hills CSD Staff reserves the right to photograph facilities, activities and program participants for potential future use. All photos will remain the property of El Dorado Hills CSD and may be used for publicity or promotional purposes only.*

# SPECIAL EVENTS

# Summer CONCERTS in the PARK

Friday @ 7pm  
EDHCSD Community Park

**August  
11**

**Cover Me Badd**  
Popular Dance Hits

Thank you sponsors:



## Fall Community Garage Sale

Saturday, September 23

8am-12pm

CSD Parking Lot  
(corner of EDH Blvd. & Harvard Way)

Buy a space and sell your treasures or just come to shop at our Community Garage Sale. Snowline Hospice will accept donations after the event. Space fee: \$35



## Community Clean-up Day

Saturday  
September 30  
9am-3pm

**What:** Reduce, Reuse, Recycle.

**Who:** EDH residents living within the CSD boundaries.

**Where:** Rolling Hills Christian Church, EDH  
An easy and convenient way to clean-up the garage, yard and house to dispose of unwanted household items, such as clothes, appliances, furniture, sports equipment, e-waste, and green waste.



# SPECIAL EVENTS

EDH PROMISE FOUNDATION'S

# FOOD TRUCK FESTIVAL & BEER GARDEN



**2ND WED** | **FOOD TRUCKS** | **5PM**  
FOOD-MUSIC-FUN-BREWS  
**EDH COMMUNITY PARK** | **UNTIL 8PM**  
EVERY 2ND WEDNESDAY OF THE MONTH

1021 HARVARD WAY, EDH  
EDHPROMISE.ORG  
FACEBOOK.COM/EDHPROMISE

BENEFITING THE  
**EDHPROMISE**  
FOUNDATION

FOOD TRUCKS  
  
FOOTHILLS



# SPECIAL EVENTS

# Annual Scarecrow Contest

At the CSD Quad

Thursday,  
October 19  
4:30-6:30pm

Have you always wanted to create your very own scarecrow? Here's a chance to let your imagination run wild!

Gather up your supplies and enter the EDHCSD Annual Scarecrow Contest! There is NO entry fee, and you can use supplies scavenged from the barn or storage shed. Borrow Grandpa's old straw hat, maybe Grandma's old apron... even the dog's bandana... just be sure to ask first!

## Scarecrows Wanted!

Youth groups, classrooms, families, service clubs, organizations, individuals and businesses are invited to participate. Visit [edhcsd.org](http://edhcsd.org) for a scarecrow entry form or contact Mike Cottrell at 916-614-3215 or [mcottrell@edhcsd.org](mailto:mcottrell@edhcsd.org) for details.

Thank you  
sponsors:



# SPECIAL EVENTS



Inaugural

# TRUNK OR TREAT

FRIDAY, OCTOBER 27 • 3:30-5PM

Trunk or Treaters go from trunk to trunk, collecting candy from volunteers who have decorated their vehicles to serve as a backdrop for this spooktacular event! Other activities include: Spooky Scarecrow Trail, Ghoulish Games and Creepy Cake Walk.

## Wanted

### Trunks and Candy Contributors

Volunteers will be asked to decorate their trunk or tailgate and provide them as stopping points for candy distribution at this event. Candy Contributors are those businesses or individuals who donate monetarily or actual candy in support of this event. Visit [edhcsd.org](http://edhcsd.org) for entry forms or contact Mike Cottrell at 916-614-3215 or [mcottrell@edhcsd.org](mailto:mcottrell@edhcsd.org) for more information.





# SPECIAL EVENTS



## Letters to Santa

Calling all kids! Santa is busy getting ready for the holiday season and his elves will be delivering your Christmas wish lists to the North Pole from December 1st – 15th. Santa would love to hear from all his friends in El Dorado Hills and promises to return letters. Letters can be mailed or deposited in the holiday mailbox at the El Dorado Hills CSD Gym. Send a self addressed stamped envelope to:



SANTA, North Pole  
c/o El Dorado Hills CSD  
1021 Harvard Way  
El Dorado Hills, CA. 95762

## Cookies with Santa

Friday, December 8 • 4-6pm

Come visit SANTA CLAUS! He will be making a special appearance as Santa's helpers will be serving cookies and hot chocolate.

Location: CSD Gym

CODE	DAYS	TIMES	DATES	FEES
360705.01	F	4-6pm	12/8	\$5

Pre-registration Event Fee: \$5 per person (under 24 months free)  
If space available – Day of event: \$10



## 10<sup>th</sup> Annual Breakfast with Santa

Saturday, December 9

Start the yuletide season off with a festive morning of holiday cheer. Event includes: breakfast, visit with Santa and holiday craft. Space is limited, please pre-register!

Two Seatings Available:

Location: CSD Gym

CODE	DAYS	TIMES	DATES	FEES
360704.01	Sa	8am-9:15am	12/9	\$5
360704.02	Sa	10am-11:15am	12/9	\$5

Pre-registration Event Fee: \$5 per person (under 24 months free)  
If space available – Day of event: \$10

## 5<sup>th</sup> Annual Holiday Art & Craft Fair

Friday, December 8 • 10am-7pm

Saturday, December 9 • 9am-3pm

Location: CSD Pavilion

Crafty Creations and the CSD will be hosting a Holiday Art and Craft Fair for families and friends. If you're looking for unique gifts then make the Holiday Art and Craft Fair your holiday shopping headquarters. Handmade holiday decor, wonderful gift items and so much more.



### Preschool Karate

ages 4 - 6

This SA Shotokan Karate Academy class allows young students to gain ability in karate. Class teaches how to listen, follow instructions and focus. Children will develop their motor skills and learn fundamental karate movements in a fun, yet disciplined way. Each new student is supplied a Gi to wear in class. AAU sanctioned. [www.saskausa.com](http://www.saskausa.com). **No class 11/10.**

**Instructor: Paul Charnow**

Location: CSD Gym Exercise Room

CODE	DAYS	TIMES	DATES	MTGS	FEES
310203.01	W&F	4:30-5pm	8/30-9/22	8	↙ see below
310203.02	W&F	4:30-5pm	9/27-10/20	8	↙ see below
310203.03	W&F	4:30-5pm	10/25-11/22	8	↙ see below
310203.04	W&F	4:30-5pm	11/29-12/22	8	↙ see below

Fee:\$60 for the first two months, Monthly: \$76 / \$10 sibling discount / 3 Months: \$168, Family Rate: \$420 (3 people registered for Preschool and/or Beg/Adv.)

## PRESCHOOL



(916) 933-0034

No classes

11/20-11/25

For more information and dress code, please visit: [www.eldoradodance.com](http://www.eldoradodance.com)

### NEW! Baby Ballet

ages 18 months - 2 ½  
(+ Parent participation)

Ballet can be fun and whimsical in this engaging, circle-based ballet class, which offers a delightful first experience for the independent little ballerina! Utilizing magic wands, scarves and ballet basics, even the youngest rising star can feel the excitement of ballet learning steps such as a plié, tendu, soutenu and sauté!

CODES	DAYS	TIMES	DATES	MTGS	FEES
311109.01	Sa	10-10:45am	9/9-9/30	4	\$45
311109.02	Sa	10-10:45am	10/7-10/28	4	\$45
311109.03	Sa	10-10:45am	11/4-12/2	4	\$45
Location: 3921 Sandstone Dr., Suite 4, EDH					
311109.04	M	4:15-5pm	9/11-10/2	4	\$45
311109.05	M	4:15-5pm	10/9-10/30	4	\$45
311109.06	M	4:15-5pm	11/6-12/4	4	\$45
311109.07	Th	10:45-11:30	9/7-9/28	4	\$45
311109.08	Th	10:45-11:30	10/5-10/26	4	\$45
311109.09	Th	10:45-11:30	11/2-11/30	4	\$45

Location: CSD Exercise Room

### Dance Discovery

ages 2 ½ - 4 (+ Parent participation)

The use of balls, toys, bubbles and magic wands turns this 45 minute movement lesson into a wonderland for our youngest students of dance learning alongside their parent or caregiver! Dance Discovery is an innovative way to approach the cultivation of motor skills necessary in technical dance movement, and is a fun way to capture the hearts and minds of beginners to the dance classroom!

CODES	DAYS	TIMES	DATES	MTGS	FEES
311120.01	Sa	10-10:45am	9/9-9/30	4	\$45
311120.02	Sa	10-10:45am	10/7-10/28	4	\$45
311120.03	Sa	10-10:45am	11/4-12/2	4	\$45

Location: 3921 Sandstone Dr., Suite 4, EDH

### Hippitee-Hop

ages 2 ½ - 4

This class is a fun introduction to Hip-Hop for youngsters! Whether they fly like airplanes, learn rhythms from around the world, or become jungle animals, you can be sure they will use their imagination! Some of the skills studied include gross motor skills, hand-eye coordination along with building self-esteem, stage presence and the ability to interact with other children in a structured setting.

CODES	DAYS	TIMES	DATES	MTGS	FEES
311121.01	M	5-5:45pm	9/11-10/2	4	\$45
311121.02	M	5-5:45pm	10/9-10/30	4	\$45
311121.03	M	5-5:45pm	11/6-12/4	4	\$45

Location: CSD Exercise Room



# KydZonE AFTER SCHOOL

Hourly Rates only \$3!



NEW Bus Route from Valley View

**Grades K - 5<sup>th</sup>**

**Location: CSD Gym • 1021 Harvard Way**

KydZonE is the PERFECT place for your kids after school! Buckeye Union School District & Rescue Union School District transportation departments provide buses from Oak Meadow, Silva Valley, William Brooks, Valley View, Lake View and Jackson! There is a bus stop right in the CSD Parking Lot that staff will meet them at each afternoon you need them to attend. *(Please note: A bus pass must be purchased from your school district's transportation department. Please check your school district's website for information about bus passes.)*

Not only will your children enjoy our awesome gymnasium and playground, but they will love our great staff! We have fun and energetic staff members comprised of high school and college students who are all first aid and CPR certified, have been fingerprinted and are well trained.

**Hours/Dates/Times:**

Monday-Friday from 2:15\*-6pm from 8/9/17-6/1/18 *(See closures below)*

NOTE: We are open for all Buckeye Union School District and Rescue Union School District Minimum Days, Early Release Days and school closures that are not holidays. (See list of dates below)

**Open All Day (7am-6pm):**

9/5/17, 11/20-11/22/17, 12/18-12/22/17, 12/26-12/29/17, 1/2-1/3/18, 2/12/18, 3/19/18, 3/26-3/30/18, 4/2-4/4/18

**CLOSURE Dates:** All national holidays, 9/4/17, 11/10/17, 11/23-11/24/17, 12/25/17, 1/1/18, 1/15/18, 2/19/18, 5/28/18

**HOURLY RATES:**

**Participants must pre-register and pre-purchase hours before attending.**

\$3 per hour plus \$30 annual family registration fee.

Please call the registration office at (916) 933-6624 for more information or to create/update your account.

**Why KydZonE?**

Because it's FUN! Not only will your child(ren) have a fully planned afternoon of recreation based programming (inside games, sports, arts & crafts and playground time), but they will also have a dedicated homework time and the best part? They are off campus! They break up their day by coming to the CSD and have LOADS of fun with our awesome staff. Give KydZonE a try... we know you'll like it!

**KydZonE Walking Bus from Silva Valley Elementary School**

**Go Green, Get Fit, Have Fun...**

with the Walking Bus that leaves from the flag pole at Silva Valley each afternoon and heads to the CSD Gym, the choice is clear – KydZonE is the place kids want to be! Save money (and the environment) on a bus pass, as well as prevent childhood obesity by giving your child the opportunity to walk to a recreational after school program that will not only keep them active and having fun, but will also help with homework, as well as build self-esteem while having tons of fun!

**Notes:** An additional waiver will need to be signed in the registration office prior to joining the Walking Bus.

*In the event of rain, staff will pick children up in a CSD vehicle.*



# YOUTH CLASSES

**NEW!**

## Halloween Costume Design Workshop **ages 8 - 17**

Create your own Halloween costume during this 2-day class and participate in the first ever Isabel Azam Halloween Costume parade during the CSD Trunk or Treat event on October 27<sup>th</sup>.



This course requires pre-consultation with the instructor regarding each student's skill level, desired design and necessary materials.

Instructor has a MFA in fashion design and is a skilled sewer. She will guide students on designing costumes they can make with respect to their technical experience. Beginners ok with approval. Space is limited to 8. Material fee \$15 (does not include the cost of fabric). **Registration deadline 9/18.**

CODE	DAY	TIMES	DATE	FEE
320122.01	Sa	10am-2pm	10/14 & 10/21	\$175 + \$15

Location: CSD Pavilion

## KydZonE School Year Field Trips!

Just because summer is over, it doesn't mean we won't continue the awesome field trips into the school year. Staff will transport children to and from field trip destinations in CSD vehicles. Children under the age of 8 **MUST** provide a booster seat or will not be able to attend. Be sure to register early... space is limited! **Please Note:** Trips will be cancelled if the minimum is not reached 3 days before trip. All participants must have a KydZonE Year-Round Hourly Account Card established and will be clocked in for hourly care for all field trips.

### "Leap" Movie Trip

CODE	DAY	TIMES	DATE	FEE
320705.01	Tu	10am-4pm	9/5	\$15

Location: Regal Theatre in TownCenter, EDH

### Pre-Thanksgiving Feast at John's Incredible Pizza Company

Participants will get a Fun Card with 20 Fun World Credits, a tour of John's Incredible Pizza Company and unlimited pizza/salad bar.

CODE	DAY	TIMES	DATE	FEE
320705.02	Tu	10:30am-4pm	11/21	\$35

Location: John's Incredible Pizza Company

## KydZonE Santa's Sleepover!

**ages 6 - 12**

### A Night Out for Parents!

Need finish up your holiday shopping, or just need a night out? Leave your little elves with us for a cheerful night of holiday craft making, and jolly fun-tivities to keep them in the holiday gift-giving spirit. After such a busy night we will wind down by curling up with our sleeping bags and pillows to watch a festive flick. Spaces are limited, so be sure to register early! Pizza dinner included. Fee will not be pro-rated for children that do not spend the night.

CODE	DAY	TIMES	DATE	FEE
321301.01	F-Sa	6pm-9am	12/8-12/9	\$45

Location: Teen Center

## Child and Babysitting Safety

**ages 11 - 15**

A course for building a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety & prevention, playtime, and first aid tips. No CPR training in this class, see Babysitting CPR. Please bring a snack and a \$5 materials fee payable at class.

CODE	DAYS	TIMES	DATES	MTGS	FEES
330503.01	Tu/W	5:30-8:30pm	9/5-9/6	2	\$57
330503.02	Tu/W	5:30-8:30pm	10/10-10/11	2	\$57
330503.03	Tu/W	5:30-8:30pm	11/7-11/8	2	\$57
330503.04	Tu/W	5:30-8:30pm	12/5-12/6	2	\$57

Location: Rescue Training Institute, 13405 Folsom Blvd. #150

## Babysitting CPR

**ages 11 - 15**

Teaches child & infant CPR. No certification card is issued for this class – participation card only. Please bring a \$5 materials fee payable at class.

CODE	DAYS	TIMES	DATES	MTGS	FEES
330501.01	F	5-7pm	9/8	1	\$37
330501.02	F	5-7pm	10/13	1	\$37
330501.03	F	5-7pm	11/10	1	\$37
330501.04	F	5-7pm	12/8	1	\$37

Location: Rescue Training Institute, 13405 Folsom Blvd. #150

## NEW! Kids Yoga

**ages 6 - 12**



In this class we will learn different yoga poses, play games, build strength and flexibility and bring more awareness to our breath, mind and body. This is a nurturing, non-competitive environment where each child can expand their creativity, learn how to relax and have fun. Come play yoga with us!

**No Class 11/21.**

CODES	DAYS	TIMES	DATES	MTGS	FEES
320202.01	Tu	3:45-4:45pm	9/5-9/26	4	\$68
320202.02	Tu	3:45-4:45pm	10/3-10/24	4	\$68
320202.03	Tu	3:45-4:45pm	11/7-12/5	4	\$68

Location: CSD Exercise Room



### Cooking with Kids

ages 4 - 17

Calling all Little Chefs! Join us in the kitchen where we will explore the culinary world through a child's eyes. We work with all fresh/organic ingredients and eat or share our creations. Class features nutrition, kitchen safety and new menus each session. Please bring \$35 material fee to first class. **No Class 9/4, 10/9, 11/20.** Instructor: Little Chef's World

CODES	DAYS	TIMES	DATES	MTGS	FEES
321003.01	M	3:45-4:45pm	8/28-9/25	4	\$64
321003.02	M	3:45-4:45pm	10/2-10/30	4	\$64
321003.03	M	3:45-4:45pm	11/6-12/4	4	\$64
321003.04	W	3:45-4:45pm	8/23-9/13	4	\$64
321003.05	W	3:45-4:45pm	9/27-10/18	4	\$64
321003.06	W	3:45-4:45pm	10/25-11/15	4	\$64

Location: CSD Gym Kitchen

### Fun in the Saddle

ages 6 & up



Learn to ride Western and English while mastering basic horsemanship! Groom, tack, work from the ground, lunge, and ride a well-trained lesson horse. Horse and helmet provided, boots required. Visit [www.equineunl.com](http://www.equineunl.com). Instructor: Malinda Kregoski

CODE	DAYS	TIMES	DATES	MTGS	FEES
360504.01	W	4-5:15pm	9/6-9/27	4	\$182
360504.02	W	4-5:15pm	10/4-10/25	4	\$182

Location: Equine Unlimited, 3984 Green Valley Road, Rescue



### NEW! Month-Long Math Workouts

grades 2 - 8

Twelve 2-hour workout sessions beginning the first week of each month, scheduled at student convenience. Individual custom curriculum based on detailed assessment of math skills. Expert one-on-one instruction provided at the Learning Center. Perfect for catching up or staying ahead of grade level Materials Fee: \$190 (waived with prior Mathnasium assessment)

CODE	DAYS	TIMES	DATES	MTGS	FEES
<b>Grades 2 - 5</b>					
320922.01	Su-F	Open	Week of 9/3	12	\$290
320922.02	Su-F	Open	Week of 10/1	12	\$290
320922.03	Su-F	Open	Week of 11/5	12	\$290

CODE	DAYS	TIMES	DATES	MTGS	FEES
<b>Grades 6 - 8</b>					
320922.04	Su-F	Open	Week of 9/3	12	\$310
320922.05	Su-F	Open	Week of 10/1	12	\$310
320922.06	Su-F	Open	Week of 11/5	12	\$310

Location: Mathnasium, 981 Governor Dr. #104, EDH

### NEW! SAT/ACT Prep

grades 9 - 12

Twelve 2-hour workout sessions beginning the first week of each month, scheduled at student convenience. Individual custom curriculum based on detailed assessment of math skills. Expert one-on-one instruction provided at the Learning Center. Multiple practice tests supervised by Mathnasium instructors. Perfect preparation for standardized math testing. Materials Fee: \$190 (waived with prior Mathnasium assessment)

CODE	DAYS	TIMES	DATES	MTGS	FEES
320922.07	M-F	Open	Week of 9/3	12	\$330
320922.08	M-F	Open	Week of 10/1	12	\$330
320922.09	M-F	Open	Week of 11/5	12	\$330

Location: Mathnasium, 981 Governor Dr. #104, EDH

Trunks Needed for the



Inaugural  
**TRUNK OR  
TREAT**

See page 4 for more information



### Early Engineers



**K - 5th grades**

Our kids need the real world skills and experience that can only be gained through STEM (Science, Technology, Engineering and Math).

Each week, Early Engineers offers a new building challenge and using a variety of materials, such as Legos, explores a new STEM concept. Early Engineers chooses concepts that would otherwise not be covered until middle, or even high school and aims to familiarize students with these concepts now, so they are confident and willing to engage in the sciences throughout their life! All supplies are provided. **BUSD No class: 9/25-29, 11/20-11/24 & RUSD No Class: 9/25, 10/9, 10/23, 11/13, 11/20, 12/4.** Instructor: Early Engineers Staff

CODE	DAYS	TIMES	DATES	MTGS	FEES
320901.A1	Th	2:20-3:20pm	9/14-10/26	6	\$101
320901.A2	Th	2:20-3:20pm	11/2-12/14	6	\$101

**Location: Silva Valley Elementary School**

320901.B1	Tu	2:10-3:20pm	9/12-10/24	6	\$101
320901.B2	Tu	2:10-3:20pm	10/31-12/12	6	\$101

**Kindergartners Only**

320901.B3	Tu	2:50-4pm	9/12-10/24	6	\$101
320901.B4	Tu	2:50-4pm	10/31-12/12	6	\$101

**Location: Oak Meadow Elementary School**

320901.C1	M	3:20-4:30pm	9/11-10/23	6	\$101
320901.C2	M	3:20-4:30pm	10/30-12/11	6	\$101

**Location: Brooks Elementary School**

320901.D1	M	3:20-4:30pm	9/18-12/11	7	\$117
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**Location: Jackson Elementary School**

### HoneyCode: CritterBots & Pirate Programming

**grades 3 - 6**



Students will build a project from LEGO WeDO 2.0 and attach a Bluetooth motor. Then, using block coding, they'll program their LEGO CritterBots to move, tilt, wobble, and shake! 11/6-1/29 students will set sails with Scratch Coding in creating

an interactive treasure map helping them along the way. At the end of both programs, they'll take home a USB with their Scratch projects, that can be continued at home (if you want to!). Both Courses will be the ultimate blend of robotics and coding. **No class weeks of 9/25, 11/20, 12/18-1/1/18, 1/15.**

**Instructor: HoneyCode Staff**

CODE	DAYS	TIMES	DATES	MTGS	FEES
320919.01	M	2:10-3:20pm	9/11-10/30	7	\$131
320919.02	M	2:10-3:20pm	11/6-1/29	8	\$149

**Location: Oak Meadow Elementary MP Room**

### Firefly Art

**K - 5th grades**

Firefly Art is about letting your child's inner artist shine whether your child is the "can't keep enough paper in the house" artist or the "not done until it's perfect" artist! In each class



we put memories on paper, encourage taking risks, problem solve, perfect techniques, explore different subjects, and inspire each child to SHINE in their own, unique way. Quality art supplies included. **BUSD No class: 9/25-29, 11/20-11/24 & RUSD No Class: 11/14, 11/21, 12/19-1/2/18.** Instructor: Firefly Art Staff

CODE	DAYS	TIMES	DATES	MTGS	FEES
320106.A1	W	1:10-2:10pm	9/13-10/25	6	\$101
320106.A2	W	1:10-2:10pm	11/1-12/13	6	\$101

**Location: Oak Meadow Elementary School**

320106.B1	Tu	2:20-3:20pm	9/12-10/24	6	\$101
320106.B2	Tu	2:20-3:20pm	10/31-12/12	6	\$101

**Location: Silva Valley Elementary School**

320106.C1	Th	3:20-4:20pm	9/14-10/26	6	\$101
320106.C2	Th	3:20-4:20pm	11/2-12/14	6	\$101

**Location: Brooks Elementary School**

320106.D1	Tu	3:10-4:10	9/19-10/24	6	\$101
320106.D2	Tu	3:10-4:10	11/7-1/23	7	\$117

**Location: Jackson Elementary School**





(916) 933-0034

**No classes  
11/20-11/25**

**Classes held at:**

3921 Sandstone Dr., Suite 4, EDH  
See website for dress code  
www.eldoradodance.com

**Intro/Combination: Ballet/Jazz/Tap** **ages 4 - 6**

Class introduces the American theatrical dance forms of Tap and Jazz, which are distinguished by percussive footwork, the concept of parallel positioning for the feet and exaggerated isolated movements.

Location: 3921 Sandstone Dr., Suite 4, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEES
321106.01	F	4:30-5:15pm	8/11-9/1	4	\$45
321106.02	F	4:30-5:15pm	9/8-9/29	4	\$45
321106.03	F	4:30-5:15pm	10/6-10/27	4	\$45
321106.04	F	4:30-5:15pm	11/3-12/1	4	\$45
321106.05	Sa	9-9:45am	8/12-9/2	4	\$45
321106.06	Sa	9-9:45am	9/9-9/30	4	\$45
321106.07	Sa	9-9:45am	10/7-10/28	4	\$45
321106.08	Sa	9-9:45am	11/4-12/2	4	\$45

**Creative Movement** **ages 3 - 4**

Beginning dancers are introduced to coordination, stretch exercises, rhythm and basic terminology through music, dance and dramatic exercises, all which improve self-awareness and build motivation.

Location: 3921 Sandstone Dr., Suite 4, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEES
311102.01	M	10-10:45am	9/11-10/2	4	\$45
311102.02	M	10-10:45am	10/9-10/30	4	\$45
311102.03	M	10-10:45am	11/6-12/4	4	\$45
311102.04	Th	3:30-4:15pm	8/10-8/31	4	\$45
311102.05	Th	3:30-4:15pm	9/7-9/28	4	\$45
311102.06	Th	3:30-4:15pm	10/5-10/26	4	\$45
311102.07	Th	3:30-4:15pm	11/2-11/30	4	\$45
311102.08	Sa	9-9:45am	8/12-9/2	4	\$45
311102.09	Sa	9-9:45am	9/9-9/30	4	\$45
311102.10	Sa	9-9:45am	10/7-10/28	4	\$45
311102.11	Sa	9-9:45am	11/4-12/2	4	\$45
311102.12	Th	10-10:45am	9/7-9/28	4	\$45
311102.13	Th	10-10:45am	10/5-10/26	4	\$45
311102.14	Th	10-10:45am	11/2-11/30	4	\$45

**Pre-Ballet**

**ages 4 - 6**

Ballet is one of the world's most timeless and elegant dance arts, where placement of the body, poise and proper alignment are emphasized. This class utilizes appropriate classical terminology and includes barre work, adagio, petite allegro, grand allegro and turns.

Location: 3921 Sandstone Dr., Suite 4, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEES
311103.01	M	3:30-4:30pm	8/7-8/28	4	\$60
311103.02	M	3:30-4:30pm	9/11-10/2	4	\$60
311103.03	M	3:30-4:30pm	10/9-10/30	4	\$60
311103.04	M	3:30-4:30pm	11/6-12/4	4	\$60
311103.05	Sa	10-11am	8/12-9/2	4	\$60
311103.06	Sa	10-11am	9/9-9/30	4	\$60
311103.07	Sa	10-11am	10/7-10/28	4	\$60
311103.08	Sa	10-11am	11/4-12/2	4	\$60

**Ballet I & II**

**ages 6 - 10**

Learn the appropriate classical terminology and include barre work, adagio, petite allegro, grand allegro and turns. Classes range in level depending on student's ability, and primarily follow the classical Cecchetti method of ballet training, though EDDA instructors are familiar with and will draw from R.A.D. (Royal Academy of Dance) and Vaganova techniques.

Location: 3921 Sandstone Dr., Suite 4, EDH

CODES	DAYS	TIMES	DATES	AGES	FEES
<b>BALLET I</b>					
321110.01	M	4:30-5:30pm	8/7-8/28	6-8	\$60
321110.02	M	4:30-5:30pm	9/11-10/2	6-8	\$60
321110.03	M	4:30-5:30pm	10/9-10/30	6-8	\$60
321110.04	M	4:30-5:30pm	11/6-12/4	6-8	\$60
321110.05	Sa	11am-12pm	8/12-9/2	6-8	\$60
321110.06	Sa	11am-12pm	9/9-9/30	6-8	\$60
321110.07	Sa	11am-12pm	10/7-10/28	6-8	\$60
321110.08	Sa	11am-12pm	11/4-12/2	6-8	\$60
<b>BALLET II</b>					
321110.09	F	3:30-4:30pm	8/11-9/1	7-10	\$60
321110.10	F	3:30-4:30pm	9/8-9/29	7-10	\$60
321110.11	F	3:30-4:30pm	10/6-10/27	7-10	\$60
321110.12	F	3:30-4:30pm	11/3-12/1	7-10	\$60

**Hip-Hop/Jazz**

**ages 5 - 7**

Will have you jumpin', turnin', spinnin', movin' forwards and backwards! The best of urban dance, Hip-Hop is the latest cultural trend on the dance scene.

Location: 3921 Sandstone Dr., Suite 4, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEES
321104.01	M	5:30-6:30pm	8/7-8/28	4	\$60
321104.02	M	5:30-6:30pm	9/11-10/2	4	\$60
321104.03	M	5:30-6:30pm	10/9-10/30	4	\$60
321104.04	M	5:30-6:30pm	11/6-12/4	4	\$60
321104.05	Sa	10-11am	8/12-9/2	4	\$60
321104.06	Sa	10-11am	9/9-9/30	4	\$60
321104.07	Sa	10-11am	10/7-10/28	4	\$60
321104.08	Sa	10-11am	11/4-12/2	4	\$60



## YOUTH SPORTS

### Dodgeball

ages 7 - 13

Participants will focus on reaction skills, hand-eye coordination, value of teamwork and most importantly, having fun. Teams are formed each week based on age and play round-robin games.

Location: CSD Gym

CODE	DAYS	TIMES	DATES	MTGS	FEE
320318.01	F	6:30-7:15pm	9/8-9/29	4	\$60

Registration Deadline: Friday, 9/1

### Try Archery

ages 8 - adult

If you've been curious about how to get started in Archery, the El Dorado Hills Bowmen invite you to join us to "Try Archery". No experience or equipment necessary. Our USA Archery Certified instructors will take you through shooting and equipment basics, and teach you what it takes to get started in the great sport of Archery. (Previously called Beginning Archery.)

Location: 3321 El Dorado Hills Blvd.

CODES	DAYS	TIMES	DATES	MTGS	FEES
360322.01	Sa	8:45am-11:30am	9/9	1	\$35
360322.02	Sa	8:45am-11:30am	10/14	1	\$35

## Annual Scarecrow Contest Scarecrows Wanted!

Youth groups, classrooms, families, service clubs, organizations, individuals and businesses are invited to participate. Visit [edhcsd.org](http://edhcsd.org) for entry form or contact Mike Cottrell at 916-614-3215 or [mcottrell@edhcsd.org](mailto:mcottrell@edhcsd.org) for more details.

## PEE WEE SPORTS CAMPS

### Boys and Girls

Camps provide participants the opportunity to build individual sports knowledge and skills, boost self esteem and confidence, sportsmanship, and learn the fundamentals of each sport. Scrimmage games are played so everyone has a chance to make their first home run or basket.

*Note: Pee Wee & Youth Sports registration deadlines are on the dates specified or when full.*

### Pee Wee Soccer

ages 4 - 6

Location: Promontory Community Park (Girls Softball Field)

CODE	DAYS	TIMES	DATES	AGE	FEES
310315.01	Th	5-5:45pm	9/7-9/28	4-6	\$60
310315.02	Th	6-6:45pm	9/7-9/28	4-6	\$60

Registration Deadline: 9/1

### Pee Wee T-Ball

ages 4 - 6

Location: Promontory Community Park (Girls Softball Field)

CODE	DAYS	TIMES	DATES	AGE	FEES
310316.01	Th	5-5:45pm	10/5-10/26	4-6	\$60
310316.02	Th	6-6:45pm	10/5-10/26	4-6	\$60

Registration Deadline: 9/29

### Pee Wee Basketball

ages 4 - 6

Location: Brooks Elementary School Gym

CODE	DAYS	TIMES	DATES	AGE	FEES
310314.01	Th	5-5:45pm	11/2-11/16	4-6	\$45
310314.02	Th	6-6:45pm	11/2-11/16	4-6	\$45

Registration Deadline: 10/27

\* Camp only 3 weeks due to Thanksgiving holiday.

Sponsored By:





## SA Shotokan Karate

ages 7 - adult

This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. This results in improved coordination, focus, and self confidence. This class accommodates all student levels from beginner to black belt. Each new student will be supplied a Gi to wear in class. **No class 11/10. Instructor: Paul Charnow**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
<b>BEGINNERS</b>					
360203.01	W&F	5-5:45pm	8/30-9/22	8	see below
360203.02	W&F	5-5:45pm	9/27-10/20	8	see below
360203.03	W&F	5-5:45pm	10/25-11/22	8	see below
360203.04	W&F	5-5:45pm	11/29-12/22	8	see below
<b>INTERMEDIATE</b>					
360203.05	W&F	5:30-6:30pm	8/30-9/22	8	see below
360203.06	W&F	5:30-6:30pm	9/27-10/20	8	see below
360203.07	W&F	5:30-6:30pm	10/25-11/22	8	see below
360203.08	W&F	5:30-6:30pm	11/29-12/22	8	see below
<b>ADVANCED</b>					
360203.09	W&F	6:15-7pm	8/30-9/22	8	see below
360203.10	W&F	6:15-7pm	9/27-10/20	8	see below
360203.11	W&F	6:15-7pm	10/25-11/22	8	see below
360203.12	W&F	6:15-7pm	11/29-12/22	8	see below

Fee: \$60 for the first two months

Monthly: \$86 / \$10 sibling discount / 3 Months: \$210

Family Rate: \$420 (3 people registered for Preschool and/or Beg/Adv.)

## High School Flag Football

grades 9-12

This league's focus is on learning the value of teamwork in a competitive environment. Interest list will be created with individual captains drafting their teams. Call the Registration office to be put on this list for drafting purposes. **Registration deadline: 8/18.**

Location: Promontory Community Park

CODES	DAYS	DATES	TEAMFEE
330309.01	Su	9/10-10/29	\$400

# Interested in Coaching?

## Boys Winter Basketball League

grades K - 10<sup>th</sup>

Focus is on skill development and team building in a fun yet competitive environment. Practices begin in December with one practice per week with games on Saturdays starting in January. Full court games are played for 3<sup>rd</sup> grade and above. Teams are coached by volunteer coaches. Players must attend an evaluation date (see receipt).

**Registration Deadline: Friday, 10/13 or when full.**

Location: CSD/Brooks Elementary/Valley View Gyms

CODE	DATES	GRADES	FEES*
120340.00	12/4-2/24	Kindergarten	\$160/\$175 after 10/13
120341.00	12/4-2/24	1 <sup>st</sup> grade	\$160/\$175 after 10/13
120342.00	12/4-2/24	2 <sup>nd</sup> grade	\$160/\$175 after 10/13
120343.00	12/4-2/24	3 <sup>rd</sup> grade	\$160/\$175 after 10/13
120344.00	12/4-2/24	4 <sup>th</sup> grade	\$160/\$175 after 10/13
120345.00	12/4-2/24	5 <sup>th</sup> grade	\$160/\$175 after 10/13
120346.00	12/4-2/24	6 <sup>th</sup> grade	\$160/\$175 after 10/13
120347.00	12/4-2/24	7 <sup>th</sup> grade	\$160/\$175 after 10/13
120348.00	12/4-2/24	8 <sup>th</sup> grade	\$160/\$175 after 10/13
120349.00	12/4-2/24	grades 9-10 <sup>th</sup>	\$160/\$175 after 10/13

\*fee includes basic photo package

## Girls Winter Basketball League

grades K - 10<sup>th</sup>

Our focus is skill development and team building in a fun yet competitive environment. Practices begin in December with games on Saturdays in January and February. Players must attend an evaluation date (see receipt). Grades may be combined. **Registration Deadline: Friday, 10/13 or when full.**

Location: CSD/Brooks Elementary/Valley View

CODES	DATES	GRADES	FEES
120360.00	12/4-2/24	Kindergarten	\$160/\$175 after 10/13
120361.00	12/4-2/24	1 <sup>st</sup> grade	\$160/\$175 after 10/13
120362.00	12/4-2/24	2 <sup>nd</sup> grade	\$160/\$175 after 10/13
120363.00	12/4-2/24	3 <sup>rd</sup> grade	\$160/\$175 after 10/13
120364.00	12/4-2/24	4 <sup>th</sup> grade	\$160/\$175 after 10/13
120365.00	12/4-2/24	5 <sup>th</sup> grade	\$160/\$175 after 10/13
120366.00	12/4-2/24	6 <sup>th</sup> grade	\$160/\$175 after 10/13
120367.00	12/4-2/24	7 <sup>th</sup> grade	\$160/\$175 after 10/13
120368.00	12/4-2/24	8 <sup>th</sup> grade	\$160/\$175 after 10/13
120369.00	12/4-2/24	grades 9-10	\$160/\$175 after 10/13

\*fee includes basic photo package

Half-Time Free Throw Shot sponsored by:



Interested in coaching your child in youth basketball, girls volleyball or flag football? Please contact the EDHCS sports department at (916) 614-3223 for current opportunities. It's a great investment in your child.

# TENNIS CLASSES

## QuickStart Tennis

ages 5 - 7

A great introduction to the basic techniques using fun games and an easy to learn lesson curriculum.

Location: Promontory Community Park

CODE	DAYS	TIMES	DATES	MTGS	FEES
320328.A1	Tu	3:30-4:30pm	8/22-9/26	6	\$120
320328.A2	Tu	3:30-4:30pm	10/3-11/14	6	\$120
320328.A3	Tu	3:30-4:30pm	11/21-1/2	6	\$120
320328.B1	Th	3:30-4:30pm	8/24-9/28	6	\$120
320328.B2	Th	3:30-4:30pm	10/5-11/9	6	\$120
320328.B3	Th	3:30-4:30pm	11/16-1/4	6	\$120
320328.C1	Sa	8:30-9:30am	8/26-9/30	6	\$120
320328.C2	Sa	8:30-9:30am	10/7-11/11	6	\$120
320328.C3	Sa	8:30-9:30am	11/18-1/6	6	\$120

## Little Tennis

ages 8 - 11

This level is a graduation from QuickStart tennis. Designed to teach solid fundamentals and stroke production with an introduction to match play. Focused on developing a great technique while learning the basics of match play.

Location: Promontory Community Park

CODE	DAYS	TIMES	DATES	MTGS	FEES
320329.A1	Tu	4:30-5:30pm	8/22-9/26	6	\$120
320329.A2	Tu	4:30-5:30pm	10/3-11/14	6	\$120
320329.A3	Tu	4:30-5:30pm	11/21-1/2	6	\$120
320329.B1	Th	4:30-5:30pm	8/24-9/28	6	\$120
320329.B2	Th	4:30-5:30pm	10/5-11/9	6	\$120
320329.B3	Th	4:30-5:30pm	11/16-1/4	6	\$120
320329.C1	Sa	9:30-10:30am	8/26-9/30	6	\$120
320329.C2	Sa	9:30-10:30am	10/7-11/11	6	\$120
320329.C3	Sa	9:30-10:30am	11/18-1/6	6	\$120

## Junior Development

ages 12 - 16

Designed to teach solid fundamentals and stroke production with an introduction to match play. Focused on developing a great technique while learning the basics. Strategy is taught and players are being prepared for low-level competition.

Location: Promontory Community Park

CODE	DAYS	TIMES	DATES	MTGS	FEES
320330.A1	Tu	5:30-6:30pm	8/22-9/26	6	\$120
320330.A2	Tu	5:30-6:30pm	10/3-11/14	6	\$120
320330.A3	Tu	5:30-6:30pm	11/21-1/2	6	\$120
320330.B1	Th	5:30-6:30pm	8/24-9/28	6	\$120
320330.B2	Th	5:30-6:30pm	10/5-11/9	6	\$120
320330.B3	Th	5:30-6:30pm	11/16-1/4	6	\$120
320330.C1	Sa	10:30-11:30am	8/26-9/30	6	\$120
320330.C2	Sa	10:30-11:30am	10/7-11/11	6	\$120
320330.C3	Sa	10:30-11:30am	11/18-1/6	6	\$120



USPTA Certified Instructor: **Chris Medrano**, Tennis Director, and **Troy Carlsen**, Head Pro

Location: Promontory Community Park  
2550 Alexandra Way, EDH

**Supplies:** Participants need to bring a tennis racquet and water. For questions about EDHCS D, private & semi private lessons contact Chris at (949) 235-8649 or e-mail: [cmedrano10spro1@gmail.com](mailto:cmedrano10spro1@gmail.com). (Racquets are available if needed.)

**No class 9/4, 10/9, 10/31, 11/23, 12/23-12/30.**

## Junior League Match Play

ages 9 - 16

This program is a low pressure, fun way to begin competition match play. A USPTA certified teaching professional will be present each week to help with match play tactics. Champions receive trophies. **Note: Instructor approval required.**

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES	AGES
320373.01	F	5:30-7pm	9/15-10/20	6	\$110	12-16
320373.02	F	5:30-7pm	11/3-12/15	6	\$110	12-16
320373.03	F	4-5:30pm	9/29-11/3	6	\$110	9-11

## Junior & High School Tournament Level

ages 9 - 16

Dedicated to the competitive player. Technique, strategy, conditioning and mental toughness will be emphasized as these players work towards their tennis goals This group is being prepared for the highest level of competition. **Note: Instructor approval required.**

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES	AGES
320331.01	M	5:30-7pm	8/28-10/16	6	\$170	12-16
320331.02	M	5:30-7pm	10/23-11/27	6	\$170	12-16
320331.03	W	5:30-7pm	8/30-10/4	6	\$170	9-11
320331.04	W	5:30-7pm	10/11-11/15	6	\$170	9-11

## ADULT GROUPS

### Beginners

Designed to teach solid fundamentals and stroke production with an introduction to match play. Focus will be on developing a great technique while learning the basics of match play.

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES
340332.01	Tu	6:30-7:30pm	8/22-9/26	6	\$120
340332.02	Tu	6:30-7:30pm	10/3-11/14	6	\$120
340332.03	Tu	6:30-7:30pm	11/21-1/2	6	\$120

### Advanced Beginner/Intermediate

Location: Promontory Community Park

CODE	DAY	TIMES	DATES	MTGS	FEES
340333.01	Sa	11:30am-12:30pm	8/26-9/30	6	\$120
340333.02	Sa	11:30am-12:30pm	10/7-11/11	6	\$120
340333.03	Sa	11:30am-12:30pm	11/18-1/6	6	\$120





## LIBRARY EVENTS

### El Dorado Hills Library

7455 Silva Valley Parkway

[www.eldoradolibrary.org](http://www.eldoradolibrary.org) (916) 358-3500

#### Library Card Sign Up Month Kick-Off Party

Friday, September 1 • 3:30-4:30pm

September is National Library Card Sign-Up Month! Enjoy live music from the Papa Hugs Band, a craft, and a library scavenger hunt! Show us your library card or sign up for a new one and receive a free book! Free for all ages. Sponsored by the Friends of the Library.

#### 3<sup>rd</sup> Annual Harry Potter Halloween

Thursday, October 26 • 5-6:30pm

Gryffindors, Slytherins, Hufflepuffs, Ravenclaws, and Muggles, alike are invited to our Hogwart's themed Halloween party! Music, games, crafts, and a costume contest! Free for all ages. Sponsored by the Friends of the Library; hosted by Y.E.L.L. (Youth Executive League at the Library).

#### The Night at the Library

Sunday, November 12 • 4-6:30pm

Join us for our annual fundraising event, Night at the Library. This exciting, Great Gatsby-themed event will feature:

- Popular DJ John Bosch acting as emcee for the event
- Live music by The Jazz Report and Bob Rawleigh, The Ultimate Crooner
- Food and wine samples from the best local restaurants and wineries
- Silent auction and drawings for amazing prizes

Tickets, which include a complimentary wine glass, will be \$40 advance/\$45 at the door. Tickets will be available in September. For more details, visit [www.edhlibraryfriends.org/night-at-the-library](http://www.edhlibraryfriends.org/night-at-the-library)

#### Paper Crafting Class with Lori

Learn to create a unique, new paper craft each month. All supplies included in this free class. This adult program is held on the last Tuesday of each month from 5-7pm.

## COMMUNITY & DISTRICT NEWS

#### Compliance & Design Review Notes

Been told you don't have an HOA? That may be the case, but you definitely have CC&R's that run with the land and must be lawfully followed. GOT QUESTIONS? Design review staff is here for you, (916) 614-3211 or (916) 614-3208, Monday–Thursday, 8am–3pm.

- Heads Up when your planning exterior property improvements – most need design review approval before you start. In accordance with most Covenants, Conditions, & Restrictions (CC&Rs) throughout El Dorado Hills, it is necessary for property owners to submit applications for design review prior to beginning exterior property improvement projects.
- Projects include landscaping, tree removal, fencing, flat work, structures, paint, pools, roofing, windows, solar, room additions expansions, and new homes, etc.
- Check with Design Review staff about the application process for all exterior projects or new home construction.
- CC&Rs are enforced by the CSD. Call (916) 614-3201 with question about compliance.
- For a copy of your CC&Rs, compliance policies and procedures, and DRC applications, please visit the CSD website: [www.edhcsd.org](http://www.edhcsd.org).

# TEEN CENTER



## Grades 6<sup>th</sup> & up

Looking for somewhere to go after school? The C.E.N.T.E.R. (CSD Encouraging New Teen Experiences & Relationships) is the perfect place! Come hang out with your friends, get your homework done, play pool, surf the web, challenge someone to a video game or get involved in the community. The Teen Center has awesome, well-trained staff available to help with homework and provide a safe and fun environment for all participants. For more info call (916) 614-3225.

**Hours:** Monday-Friday: 2-6pm  
We will open early for Marina Village Middle School and Rolling Hills Middle School early release days only.

**Please note we are not open for ORHS/EDUHSD closures or early release days.**

Closed for all national holidays and the following dates: 11/20-11/24/17, 12/20/17-1/2/18, 3/26-3/30/18

**Cost:** \$25 per month  
\$200 per school year 8/9/17-6/1/18 (**\$50 savings!!**)

## Walking Crew from Rolling Hills Middle School

Registered Teen Center members will be met at the flag pole each day by a staff member to walk back to the Teen Center. The Walking Crew will leave 15 minutes after the bell rings each day after school excluding rainy days. Staff members will not be meeting the kids on days that are raining, but members are encouraged to all walk over together. No fee is associated with this program, but an additional waiver must be signed.

## Teen Taxi from Marina Village Middle School

Did you know that CSD Teen Center staff go to MVMS every day after school and pick kids up in the Teen Taxi? All registered members of the Teen Center can be picked up every day after school once a waiver is signed, for no additional fee. Be sure to take advantage of this great program! Students meet by the school flag pole for pick up.

## FREE! Welcome to Middle School Party & Teen Center Open House

**Thursday, August 10 • 2-6:30pm**

The Teen Center is throwing a Welcome to Middle School Party for all incoming EDH 6<sup>th</sup> Graders! Meet the Teen Center staff and walk through the Teen Center as you enjoy free food and lots of fun. Incoming 6<sup>th</sup> graders that stop by will receive a one month free membership valid 8/10-8/31<sup>st</sup>. Be sure not to miss out on this great opportunity!

## Fall Teen Center Late Night

Code: 331208.01

**Friday, October 13 • 6-9pm**

Are you looking for something that will start your weekend off right? The Teen Center Rec Leaders planned an awesome night of fun. Bring your friends (even if they aren't members) for a memorable night!

\$5 members, \$8 drop-in for non-members (includes dinner)

## The C.E.N.T.E.R.'s Wish List


The Teen Center is in need of new items to engage teens in the after school drop-in program. The following items would greatly improve the program and enhance The Center: DVDs rated PG/PG13, Wii, XBOX 360 and Playstation games rated E or T with staff approval, sports equipment (footballs, soccer balls, etc.) and sturdy patio furniture. If you have any of these items in good usable condition please contact Whitney Kahn at (916) 614-3225. Donation receipts are available.



## Birthday Parties at the Teen Center

Do you have a birthday party coming up and need to find a great place to have it that everyone hasn't already been to? Try the Teen Center! We have tons to offer and all ages would love this great space. For more information or to schedule an event, please call (916) 614-3225.



Find us and follow us on **Instagram!** @edhskatepark and tag us and use the #edhskatepark in your photos you take in the park! We will post photos as well as info on upcoming events!

# SKATE PARK

## Free Admission for All!

The Skate Park has plenty to offer both novice and advanced skateboarders and scooter riders including a half pipe, ramps and grind rails. Skate Park attendants are present to enforce rules and make sure everyone is having an awesome time during peak hours (see below). The CSD promotes safe riding and requires all participants under 18 to wear helmets. Please bring I.D.

### Supervised Hours beginning August 7th:

Monday-Friday: 2:30-7:30pm  
Saturday & Sunday: 12-5pm

### NOTE:

The Skate Park is closed on all national holidays, rainy days and Spare-the-Air days. Also subject to closures due to special events and violations of Skate Park rules.



## Birthday Parties at the Skate Park!

The El Dorado Hills Skate Park is a great place to host any event and the ultimate kid's birthday destination. Rentals may include exclusive use of the Skate Park and one staff member to monitor the facility and enforce safe riding practices. The Park is available for rent before the park opens or during open skate depending on your preference. Reservations are a minimum of two hours and must be made a minimum of two weeks in advance.

### Party Pricing:

\$100/hour (2 hour min.) for exclusive use of the park (During unsupervised hours call the Registration Office for more information).

\$50/hour (2 hour min.) for use of the park during supervised hours.

SKATE PARK





## AQUATIC ACTIVITIES

# El Dorado Hills Community Pool

1021 Harvard Way, EDH • (916) 614-3228

Summer is not over yet! Pack a picnic and bring the family down to cool off and relax.

### Admission Fees:

Under 12 months	FREE
Child (ages 1-17*)	\$4
Adult (ages 18-54)	\$5
Ages 55+	\$3

\*Children under 9 must be accompanied by a paying adult

**Pool Hours:** Aug 19-Sept 24, Open Sat & Sun 12-4pm  
Open for Labor Day, Monday, Sept 4

### Water Polo Clinic ages 8 - 12

Water Polo is the new sport in El Dorado Hills! Start learning the game in this co-ed clinic that focuses on the fundamentals of water polo. **No clinic 9/3.**

**Instructor:** Patrick Foster, ORHS Varsity Water Polo Coach

Location: Community Pool

CODES	DAYS	TIMES	DATES	MTGS	FEES
220404.02	Su	9:45-11:45am	8/20-10/15	8	\$145

### Lap Swim ages 16 & up

A great full body workout! Create your own or follow the posted workout. Pull buoys & kickboards are available for use. This program must have a minimum of 10 participants.

Location: Community Pool

CODES	DAYS	TIMES	DATES	FEES
340403.01	M/W/F	5:30-7am	9/1-9/29	\$40
340403.02	M/W/F	5:30-7am	10/2-10/30	\$40

Daily Drop In: \$5

### NEW! Saturday Swim Lessons

Saturday Swim lessons have arrived at the CSD Pool. Take advantage of the extra pool time to teach your child the life skill of swimming. Session includes four 30 minute lessons on Saturday mornings. Fee: \$45 (private: \$97)

Session C: 8/19-9/16\*  
(\*no class on 9/2)

Session D: 9/23-10/14

CLASS	Class Code	9:40	10:15	10:50	11:25
<b>Starfish</b>	220432				X
<b>Tiny Tots</b>	220433	X	X	X	X
<b>Penguins</b>	220434	X		X	
<b>Gold Fish</b>	220435	X	X	X	X
<b>Stingrays</b>	220436	X	X	X	X
<b>Sharks</b>	220437	X	X	X	X
<b>Dolphins</b>	220438		X		X
<b>Private</b>	220439	X	X	X	X

### Last Chance Swim Lessons

These one-week swim lessons are your last chance to get quality instruction before the season comes to an end so don't miss out!

Session A: 8/14-8/18

Group Fee: \$52

Session B: 8/21-8/25

Private Fee: \$97

Session C: 8/28-9/1

Last Chance Swim Lessons	Class Code	3:30pm	4:05pm
Tiny Tot Turtles / Starfish	220424	X	X
Gold Fish/Stingrays	220425	X	X
Sharks / Dolphin	220426	X	X
Private	220427	X	X



## KAYAKING

### Learn to Kayak

ages 14\* & up

“Seize the Day” and leave your worries and fears behind you! This small group class is the easiest way for anyone to try kayaking. Our stable kayaks and experienced instructors will show you how simple, safe and fun kayaking really is. Did you know that kids and women usually pick it up the quickest? Bring a friend and make a great day of it exploring the Lake’s hidden spots and learning the basics of how to be under your own power on the water. *\*Younger okay if with an adult.*

**Instructor: Current Adventures Kayak School**

Lake Natoma – Please call 530.333.9115 for details

CODES	DAYS	TIMES	DATES	MTGS	FEES
360407.01	Sa	10am-1pm	8/26	1	\$73
360407.02	Sa	10am-1pm	9/2	1	\$73
360407.03	Sa	11am-2pm	9/16	1	\$73
360407.04	Su	11am-2pm	9/24	1	\$73
360407.05	Sa	11am-2pm	10/7	1	\$73

### Sunset/Full Moon Paddles

ages 14\* – adult

Glide across the water of Lake Natoma beneath the fascinating light and shadows of the setting sun and rising moon. Except for the sounds of animals and birds settling down at twilight, you’ll have the stillness of the lake to yourself. Introductory skills session and equipment provided. *\*Younger okay if with an adult.* **Instructor: Current Adventures Kayak School**

Lake Natoma – Please call 530.333.9115 for details

CODES	DAYS	TIMES	DATES	MTGS	FEES
360412.01	Su	5:30-8:30pm	9/3	1	\$53
360412.02	Su	4:30-7:30pm	10/1	1	\$53

### Kayaking for Boomers

ages 50 & up

Adventure and exploration aren’t just for teenagers! Kayaking is great for fitness and easy on the body. These stress free paddles are the new activity of choice for baby boomers and beyond! **Instructor: Current Adventures Kayak School**

Lake Natoma – Please call 530.333.9115 for details

CODES	DAYS	TIMES	DATES	MTGS	FEES
340407.01	Sa	10am-1pm	8/19	1	\$73
340407.02	Su	10am-1pm	8/27	1	\$73
340407.03	Sa	10am-1pm	9/9	1	\$73
340407.04	Sa	11am-2pm	9/30	1	\$73
340407.05	Sa	11am-2pm	10/14	1	\$73
340407.06	Sa	12-3pm	10/28	1	\$73

### EDH Community Pool Rentals

The El Dorado Hills Community Pool is available for private parties and special occasions. Rentals are ideal for large parties such as birthdays, company picnics, and youth outings. Rentals require a two-hour minimum. Rental fee includes certified lifeguards. Call (916) 614-3217 for availability.



### Pumpkin Splash Patch

ages 3 to 10

Saturday, October 21 • 2-4pm

\$12 per person

Begin your quest for the perfect Halloween pumpkin at the Pumpkin Splash Patch at the CSD Community Pool. Children 3 to 10 years of age should come wearing their swimsuits for this holiday hunt. Participants will hunt for their perfect pumpkin in the heated pool, decorate it and take it home. In addition, there will be open swim. Price includes a pumpkin, decorating supplies, swim pass for the day and a special Trick-or-Treat goodie bag. Pre-registration is required.

**CODE:** 320430.01



### Birthday Party at the Community Pool

Looking for a place to have your child’s birthday party? The CSD pool is the perfect place! The birthday party package is available weekends and includes entrance for 10 children, a designated shaded area, Event Coordinator for one hour to play games and activities. Call to reserve (916) 933-6624.

Fee: \$125



## ADULT CLASSES

### Intro Guitar

ages 12 & up

Class instruction in playing guitar using Step One: Teach Yourself Guitar (Hal Leonard). Learn chords, strums, picks, and songs. No experience necessary. Bring a guitar and a copy of the book. **Instructor: Lew Johnson**

Location: CSD Gym Classroom

CODE	DAYS	TIMES	DATES	MTGS	FEES
360802.01	Th	6:45-7:30pm	9/7-9/28	4	\$44
360802.02	Th	6:45-7:30pm	10/5-10/26	4	\$44

### Let's Uke!

ages 12 & up

Class instruction in playing ukulele using Mel Bay's Easy Ukulele Method Book 1 by Mary Lou Dempler. Strum along to traditional songs. No experience necessary. Bring a ukulele (no baritones) and a copy of the book. **No class 11/23.**

**Instructor: Lew Johnson**

Location: CSD Gym Classroom

CODE	DAYS	TIMES	DATES	MTGS	FEES
360801.01	Th	7:30-8:15pm	10/5-10/26	4	\$44
360801.02	Th	7:30-8:15pm	11/2-11/30	4	\$44

### NEW! The Treatise Memoir Group

age 50 & up

We each have a unique and interesting life! This class will teach you to capture your memories in writing whether you intend to publish or not. Participation is required as we gently hone your skills into stories that will leave a memorable footprint for future generations. **Instructor: Geri Haskins**

Location: CSD Norm Rowett Pavilion

CODE	DAYS	TIMES	DATES	MTGS	FEES
350924.01	Tu	1-4pm	8/22-9/26	6	\$25
350924.02	Tu	1-4pm	10/24-11/28	6	\$25

### Ultimate Chocolate Truffles

ages 12 & up

Make elegant, dome-shaped truffles with a variety of luscious fillings including: white, milk and dark chocolate. Learn how to flavor basic ganaches (fillings) with liqueurs and oils. Make and take a dozen truffles in a gift box, plus receive recipes, notes, tips, and truffle molds. Please bring a material fee of \$15 to instructor. **Instructor: Karen Moore**

Location: CSD Gym Kitchen

CODE	DAYS	TIMES	DATES	MTGS	FEES
361991.01	Sa	10am-12:15pm	9/30	1	\$39
361991.02	Sa	10am-12:15pm	12/2	1	\$39

## ADULT FITNESS

### SA Shotokan Karate

ages 7 - adult

This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. This results in improved coordination, focus, and self confidence. This class accommodates all student levels from beginner to black belt. Each new student will be supplied a Gi to wear in class. **No class 11/10.** **Instructor: Paul Charnow**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
<b>BEGINNERS</b>					
360203.01	W&F	5-5:45pm	8/30-9/22	8	↙ see below
360203.02	W&F	5-5:45pm	9/27-10/20	8	↙ see below
360203.03	W&F	5-5:45pm	10/25-11/22	8	↙ see below
360203.04	W&F	5-5:45pm	11/29-12/22	8	↙ see below
<b>INTERMEDIATE</b>					
360203.05	W&F	5:30-6:30pm	8/30-9/22	8	↙ see below
360203.06	W&F	5:30-6:30pm	9/27-10/20	8	↙ see below
360203.07	W&F	5:30-6:30pm	10/25-11/22	8	↙ see below
360203.08	W&F	5:30-6:30pm	11/29-12/22	8	↙ see below
<b>ADVANCED</b>					
360203.09	W&F	6:15-7pm	8/30-9/22	8	↙ see below
360203.10	W&F	6:15-7pm	9/27-10/20	8	↙ see below
360203.11	W&F	6:15-7pm	10/25-11/22	8	↙ see below
360203.12	W&F	6:15-7pm	11/29-12/22	8	↙ see below

Fee: \$60 for the first two months

Monthly: \$86 / \$10 sibling discount / 3 Months: \$210

Family Rate: \$420 (3 people registered for Preschool and/or Beg/Adv.)

### AM Yoga for Healthy Living (YHL)

ages 21 & up

**FIRST CLASS FREE** for newcomers! Enjoy this gentle but effective flow-style, breath-centered class filled with others who never thought they could do yoga. Beginners welcome – many modifications are given. Comfy clothing/No fragrances please. Class card admits you to attend any AM YHL class. Contact Donna at 916-712-9642 with questions or if you need a loaner mat. Visit [www.yogapeace.net](http://www.yogapeace.net) for teacher bio and yoga style information. **Instructor: Donna Rixmann, M.A.** AVI Certified Yoga Therapist, ERYT 500

Location: Gym Exercise Room

CODES	DAYS	TIMES	DATES	FEES
340215.01	W	10-11am	on-going	\$38/4 sessions \$68/8 sessions

### Tai Chi in the Morning

ages 18 & up

Commonly known as "meditation in motion", Guang Ping Tai Chi is a gentle form of slow exercise movements for health and relaxation. Daily practice of Tai Chi can help reduce high blood pressure, strengthen internal organs, improve coordination, and offers numerous health benefits.

**Instructor: Sada Hatanka**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
340201.01	W&F	8-9am	Sept.	8	\$49
340201.02	W&F	8-9am	Oct.	8	\$49
340201.03	W&F	8-9am	Nov.	8	\$49
340201.04	W&F	8-9am	Dec.	8	\$49



## Pickleball

What's the fastest growing sport in the Nation? Pickleball!!! Pickleball is played on a badminton size court and primarily played doubles with a partner. The game is fast paced, and a great cardio workout economical, social and promotes a healthy lifestyle! Once you try it you will be hooked for life! Our facility is air conditioned, very welcoming and everyone loves teaching "newbies" to the sport. If you have heard of it but haven't played it, now is the time! Stop by to check it out at the CSD gym at 1021 Harvard Way, El Dorado Hills, CA 95762 or for more information call: 916-614-3223.

### Intro to Pickleball ages 18 & up

Learn the rules of Pickleball, techniques for executing basic shots (serves, return, volley, dink), simple strategy and team work with doubles partners. **Registration deadline 8/25.**

**Instructor: Doug Koch**

Location: EDHCSD Gym, 1021 Harvard Way

CODE	DAYS	TIMES	DATES	MTGS	FEES
340371.01	Tu/Th	12-1pm	9/5- 9/14	4	\$60

### Intermediate Pickleball ages 18 & up

Increase consistency power and accuracy. Learn teamwork for doubles and strategies. **Registration deadline 9/8.**

Location: EDHCSD Gym, 1021 Harvard Way

CODE	DAYS	TIMES	DATES	MTGS	FEES
340371.02	Tu/Th	12-1pm	9/19- 9/28	4	\$60

### Drop-In Pickleball ages 18 & up

Played on 4 indoor courts. Loaner paddles and balls provided or feel free to bring your own!

Location: EDHCSD Gym, 1021 Harvard Way

DAYS	TIMES	FEE*
Tu/Th	9am-12pm	\$4/person
Su	10am-1pm	\$4/person

\*Or buy a \$15, 5-visit punchcard. Pay upon arrival.



### Hatha Yoga Stretch/Deep Relaxation ages 18 & up

Sessions include 1.5 hours of continuous flow level-one yoga postures, deep stretching, balance and a variety of yoga breathing techniques. Class concludes with 5-10 minutes of deep relaxation. This program contains no inverted postures. Knowledge of Yoga and or good physical condition is very helpful. Yoga Blocks and a Strap are provided; please bring a mat and towel. Contact Bill at 916-276-7087 with questions.

**Instructor: Bill Scrivani, YA Certified**

Location: CSD Exercise Room

CODES	DAYS	TIMES	DATES	FEES
340202.01	M	9:30-11am	on-going	\$39/4 sessions \$69/8 sessions

### Evening Tai Chi ages 18 & up

Commonly known as "meditation in motion", Guang Ping Tai Chi is a gentle form of slow exercise movements for health and relaxation. Daily practice of Tai Chi can help reduce high blood pressure, strengthen internal organs, improve coordination, and offers numerous health benefits.

**Instructor: Sifu Ken Stark & Matt Peterson**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
340201.05	M&W	7:30-8:30pm	Sept.	8	\$49
340201.06	M&W	7:30-8:30pm	Oct.	8	\$49
340201.07	M&W	7:30-8:30pm	Nov.	8	\$49
340201.08	M&W	7:30-8:30pm	Dec.	8	\$49

### Ballroom, Swing & Salsa Dancing ages 18 & up

Learn the fundamentals of Ballroom Dancing and build each week progressing from basics to intermediate patterns and techniques. No partner necessary. Call (916) 849-6257 for private lessons. **No class 11/24. Instructor: Adriana Clark**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
East Coast Swing					
341101.01	Th	6:30-7:30pm	10/5-10/26	4	\$44
Night Club 2 Step					
341101.02	Th	7:30-8:30pm	10/5-10/26	4	\$44

### Country Line Dancing ages 18 & up

Beware! It's easy to get hooked on line dancing. Many people find themselves becoming addicted to line dancing because they love the music, the confidence that grows from mastering a dance, and the friendships that start to form. It's also a great way to dance socially without a dance partner.

**Instructor: Tina Goins**

Location: CSD Gym Exercise Room

CODE	DAYS	TIMES	DATES	MTGS	FEES
341115.01	Tu	7-8pm	9/5-9/26	4	\$44
341115.02	Tu	7-8pm	10/3-10/24	4	\$44
341115.03	Tu	7-8pm	11/7-11/28	4	\$44

CSD Collaborates with



Bring a towel, water bottle and clean tennis shoes. Participants will need to sign a SNAP liability waiver before class, so arrive early. All classes require pre-registration through the CSD Office. (916) 933-9448

Classes held at: 2222 Francisco Dr., El Dorado Hills



**Spin** **ages 16 & up**

Indoor spin is a great low-impact workout with huge cardiovascular benefits. Lose yourself in the motivating music while working through various drills incorporating speed and resistance. Not sweating isn't an option, make sure you bring a towel.

Location: 2222 Francisco Dr., El Dorado Hills

CODES	DAYS	TIMES	DATES	MTGS	FEES
340234.01	W	5:30-6:25pm	9/6-9/27	4	\$35
340234.02	W	5:30-6:25pm	10/4-10/25	4	\$35
340234.03	W	5:30-6:25pm	11/1-11/29	4	\$35
340234.04	W	5:30-6:25pm	12/6-12/27	4	\$35

**Total Body Conditioning** **ages 16 & up**

This is an all over body workout designed to strengthen and tone all muscles, using a combination of weights and floor work combined with cardio intervals to elevate the heartrate. This is a great class to learn how to work with weights properly, strengthen and define muscles while burning calories.

Location: 2222 Francisco Dr., El Dorado Hills

CODES	DAYS	TIMES	DATES	MTGS	FEES
340248.01	W	5:30-6:25pm	9/6-9/27	4	\$35
340248.02	W	5:30-6:25pm	10/4-10/25	4	\$35
340248.03	W	5:30-6:25pm	11/1-11/29	4	\$35
340248.04	W	5:30-6:25pm	12/6-12/27	4	\$35

**Vinyasa Yoga** **ages 16 & up**

Vinyasa yoga is a powerful, energetic form of yoga where you will fluidly move from one pose to the next while connecting your breath with every movement. Vinyasa Flow will strengthen your core, improve your flexibility, and develop your balance. The end of class will focus on restorative poses, so students leave feeling centered and refreshed.

Location: 2222 Francisco Dr., El Dorado Hills

CODES	DAYS	TIMES	DATES	MTGS	FEES
340237.01	M	8-8:55am	9/11-10/2	4	\$35
340237.02	M	8-8:55am	10/9-10/30	4	\$35
340237.03	M	8-8:55am	11/6-11/27	4	\$35
340237.04	M	8-8:55am	12/4-12/18	3	\$27

**Zumba Gold®** **age 55 & up**

Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Location: 2222 Francisco Dr., El Dorado Hills

CODES	DAYS	TIMES	DATES	MTGS	FEES
340211.01	Th	11-11:55am	9/7-9/28	4	\$35
340211.02	Th	11-11:55am	10/5-10/26	4	\$35
340211.03	Th	11-11:55am	11/2-11/30	4	\$35
340211.04	Th	11-11:55am	12/7-12/28	4	\$35

**Pilates** **ages 16 & up**

A system of strengthening and stretching exercises designed to develop the body's core, mobilize the spine, and build flexibility. With regular practice Pilates can increase flexibility, posture, range of motion, circulation, and abdominal strength.

Location: 2222 Francisco Dr., El Dorado Hills

CODES	DAYS	TIMES	DATES	MTGS	FEES
340241.01	Th	10-10:55am	9/7-9/28	4	\$35
340241.02	Th	10-10:55am	10/5-10/26	4	\$35
340241.03	Th	10-10:55am	11/2-11/30	4	\$35
340241.04	Th	10-10:55am	12/7-12/28	4	\$35

ADULT FITNESS



# ADULT SPORTS

## Adult Sports League Information

Leagues are for adults, ages 18+ and include game balls, certified officials and awards for league champions. Registration is limited in the number of teams per league and on a “first-come, first-served” basis. Once maximum numbers are reached registration closes.

### Adult 5x5 Basketball

Teams play seven games followed by playoffs for the top four teams. Team fee \$435.

Location: CSD Gym

CODES	DAYS	TIMES	DATES	DEADLINE
<b>Fall League – No games 9/3</b>				
340308.01	Su	5pm	8/20-10/15	8/11
<b>Winter League – No games 11/26,12/24, 12/31</b>				
340308.02	Su	5pm	10/29-1/7	10/20

### Adult Open Gym Basketball

Open Gym is 4-v-4 pick-up games.

Location: CSD Gym

DAYS	TIMES	FEE*
M & Th	8:15-10pm	\$5/person

*\*Or buy a \$20, 5-visit punchcard. Pay upon arrival.*

### Adult Flag Football – 6 vs 6 Pass-Only League

Teams play seven games followed by playoffs for the top four teams.

Location: Promontory Community Park

CODES	DAYS	DATES	DEADLINE	TEAM FEE
340309.01	Su	9/10-10/29	8/25	\$435

### Adult Softball

Pick from multiple options including coed and men’s leagues. Teams play weekly games followed by playoffs for the top four teams the final week. **No game 9/1.**

Location: Promontory Community Park

CODE	DAYS	TYPE	DATES	DEADLINE
<b>Fall League</b>				
340302.01	W	Coed	8/23-10/11	8/11
340302.02	Th	Men’s	8/10-9/28	7/28
340302.03	F	Men’s	8/18-10/13	8/4

**FEE:** \$490 per team

### Intro to Bocce Ball

ages 13 - adult

Learn rules, scoring, strategy, terminology, court courtesies and actual game play. **Instructor: Carl Renner**

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES
360311.01	Sa	9:30-10:45am	9/9	1	\$35
360311.02	Sa	9:30-10:45am	10/7	1	\$35
360311.03	Sa	9:30-10:45am	11/4	1	\$35

### Bocce Ball Strategies

ages 13 & up

Refine your skills in blocking, lag, bumping, and shooting. Get the big picture on the court to know what strategies to use and how to execute them. **Instructor: Carl Renner**

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES
360312.01	Sa	11am-12:15pm	9/9	1	\$35
360312.02	Sa	11am-12:15pm	10/7	1	\$35
360312.03	Sa	11am-12:15pm	11/4	1	\$35

### Practice to Win

ages 13 - adult

Who likes losing? You’ve heard the adage “Practice Makes Perfect” now learn how to organize practice sessions that will translate into improved play and hopefully victories in matches. Topics include: setting your line-up and order of play, team chemistry, seeing verses perceiving match situations, practice drills, player communication and critiquing each player or team in a simulated game. **Instructor: Carl Renner**

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES
360313.01	Sa	12:30-1:45pm	9/9	1	\$35
360313.02	Sa	12:30-1:45pm	10/7	1	\$35
360313.03	Sa	12:30-1:45pm	11/4	1	\$35



# CPR/FIRST AID



## Heartsaver Adult/Child CPR & AED

Learn the AHA's one-person technique for adult and child CPR and AED use.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
340506.01	Sa	10am-12:30pm	9/9	1	\$57
340506.02	Sa	10am-12:30pm	10/7	1	\$57
340506.03	Sa	10am-12:30pm	11/4	1	\$57
340506.04	Sa	10am-12:30pm	12/2	1	\$57

## Heartsaver Adult/Child/Infant CPR & AED

Learn the AHA's one-person technique for adult, child, infant CPR and AED use.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
340505.01	Sa	10am-1pm	9/9	1	\$62
340505.02	Sa	10am-1pm	10/7	1	\$62
340505.03	Sa	10am-1pm	11/4	1	\$62
340505.04	Sa	10am-1pm	12/2	1	\$62

## Heartsaver Adult/Child/Infant CPR, AED & First Aid

Learn AHA's adult, child & infant CPR, AED use and basic first aid administration. The CA EMSA and Community Care Licensing do not approve this class for daycare/preschool industry licensing.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
340507.01	Sa	8am-1pm	9/9	1	\$72
340507.02	Sa	8am-1pm	10/7	1	\$72
340507.03	Sa	8am-1pm	11/4	1	\$72
340507.04	Sa	8am-1pm	12/2	1	\$72

## Heartsaver First Aid Only

Learn American Heart Association's basic first aid administration for medical, injury & environmental emergencies. The CA EMSA and Community Care Licensing do not approve this class for daycare/preschool industry licensing.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
340508.01	Sa	8-10am	9/9	1	\$42
340508.02	Sa	8-10am	10/7	1	\$42
340508.03	Sa	8-10am	11/4	1	\$42
340508.04	Sa	8-10am	12/2	1	\$42

# Rescue Training Institute

Classes held at:

13405 Folsom Blvd. Ste.150, Folsom

(916) 939-2277 [rescuetraininginstitute.com](http://rescuetraininginstitute.com)

No walk-ins. Registration closes 48 hours before class begins. Two-year certification cards from American Heart Association are issued within a week of course completion. Mid-week classes are available for all courses below. For more information see website or call us at the number listed above.



## Heartsaver CPR & AED Skills Session

Prerequisite: Separate purchase and completion of the OnlineAHA.org Heartsaver CPR/AED online course. Bring the Completion Certificate to class.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
340509.01	Sa	2-3pm	9/16	1	\$42
340509.02	Sa	2-3pm	9/23	1	\$42
340509.03	Sa	2-3pm	10/14	1	\$42
340509.04	Sa	2-3pm	10/21	1	\$42
340509.05	Sa	2-3pm	11/11	1	\$42
340509.06	Sa	2-3pm	12/9	1	\$42

## Basic Life Support

Intended for present and future professional rescuers.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
340516.01	Sa	8am-12:30pm	9/16	1	\$62
340516.02	Sa	8am-12:30pm	9/23	1	\$62
340516.03	Sa	8am-12:30pm	10/14	1	\$62
340516.04	Sa	8am-12:30pm	10/21	1	\$62
340516.05	Sa	8am-12:30pm	11/11	1	\$62
340516.06	Sa	8am-12:30pm	12/9	1	\$62

## Pediatric CPR & First Aid

Learn Medic First Aid's infant and child (age 8 & under) CPR and first aid. Note for licensed daycare providers: Class is approved by State Daycare Licensing and we are required to affix their approval sticker to your card at a cost of \$6, payable at class. Please bring a \$10 materials fee payable at class.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
340512.01	Sa	8am-5pm	9/30	1	\$77
340512.02	Sa	8am-5pm	10/28	1	\$77
340512.03	Sa	8am-5pm	11/18	1	\$77
340512.04	Sa	8am-5pm	12/16	1	\$77
340512.05	M & Tu	5:30-9:30pm	9/11-9/12	2	\$77
340512.06	M & Tu	5:30-9:30pm	11/13-11/14	2	\$77





## Year-Round Drop-in Activities

### Weekly

Morning Fitness Classes .....	M-F, 8am
Painting Pals .....	Monday, 10am
<b>NEW TIME!</b> Sit & Get Fit .....	Monday & Wednesday, 10:15 & 11:15am
Fun Bingo .....	Monday & Thursday, 12:30pm
Think You Can't Exercise? .....	Tuesday & Thursday 9:30am
Knit 'n Chat .....	Tuesday, 10am
Mah Jongg .....	Tuesday, 1pm
Wii Bowling .....	Wednesday, 9:30am
Social Bridge Play .....	Wednesday, 9am
Pinochle .....	Wednesday, 12:30pm
Mexican Train Dominoes .....	Wednesday, 12:30pm
Line Dance .....	Wednesday, 1pm
Evening Cribbage .....	Wednesday, 6:30pm
Chess Club .....	Thursday, 2pm
Canasta (evening) .....	Thursday, 5pm
Hand & Foot .....	Thursday & Friday, 12:30pm
Falun Dafa .....	Friday, 4:30pm

### Monthly

Movie of the Month .....	1st/3rd Monday, 1pm
Bridge Lessons.....	1st, 2nd & 4th Wednesday, 12pm
American Sewing Guild Meeting .....	1st Monday, 6:30pm & 2nd Tues. 7pm
EDH Arts Association Meeting .....	2nd Monday, 6pm
Computer User Group .....	2nd/4th Monday, 1pm
Craniosacral Therapy .....	2nd Monday, by appt.
Caregiver Support Group .....	3rd Tuesday, 5:30pm
Senior Council Meeting .....	Last Tuesday, 10:30am
Senior Attorney Appointments .....	2nd Wednesday, by Appt.
"Golden Hills" Men's Group .....	3rd Wednesday, 10am
"Let's Chat" Discussion Group .....	1st Thursday, 10am
Caregiver Support Group .....	Last Thursday, 10:30am
Senior Stampers.....	4th Friday, 9:30am
French Social Club .....	1st/3rd Friday, 1:30pm
Brain Connections .....	3rd Friday, 10am
Grands' & Greats' Gazette .....	4th Friday, 1pm
HICAP Counseling .....	4th Friday, by appt.
Beginning French .....	1st/3rd Friday, 3pm

El Dorado County's

Gilmore Center

Programs for ages 50 & better

**990 Lassen Lane**

**El Dorado Hills, CA 95762**

(at the corner of El Dorado Hills Blvd.)

**Hours:** 9am-4pm Monday-Friday

**Phone:** 916-358-3575

Rebecca's District Cell: 916-825-7173

**Gilmore Center Staff:** Rebecca Todd

email: [rtodd@edhcsd.org](mailto:rtodd@edhcsd.org)

Yvonne Griffin, Danielle Duhe and

Lauren Neff

### Holiday Observances:

- **September 4** – Labor Day
- **November 10** – Veteran's Day
- **November 23/24** – Thanksgiving
- **Dec. 25/26** – Winter Break
- **Jan. 1/1/18** – New Year's Day

### Senior Nutrition Lunch

Monday-Friday

El Dorado County's Senior Nutrition Program offers excellent meals for a reasonable donation of only \$3 for seniors age 60 and over, and \$5 for those under 60. Lunch is served at 12 noon. Please call (916) 939-4410, 11am-1pm, for menu questions.

### Big Parties:

- **October 6** – Octoberfest Luncheon
- **December 8** – Christmas Luncheon

*Please note you must RSVP for the Big Parties ahead of time. Big Parties take place at the EDH CSD, 1021 Harvard Way.*

# 50 & BETTER



## Please Register in Advance!

Please make every effort to register for Senior Center programs a *minimum* of one week in advance. Our instructors, many of whom are volunteers, often require advance notice for supply purchasing, preparations, etc. By waiting until the last few days before a program, you run the risk of the program being cancelled, or already filled.

### Senior Day Program

El Dorado County's Senior Day Care program located in the rear portion of the Senior Center, serves adults with chronic illnesses, disabilities or frailty due to age related conditions. "Members" enjoy activities, make friends, increase their mental and physical functioning, and increase their sense of self-worth. For more information, call (916) 358-3560.

### Gilmore Center Library and Computer Room

The Gilmore Center has MANY books available. There is no formal check out system, just come find books you like and take them! If you have books you would like to donate – let us know. The library also has a computer with a large screen for Seniors to use at their convenience. All you have to do is ask staff for the password and the world of computing opens up. Wi-fi is available throughout the Center.

### Blood Pressure Checks **2<sup>nd</sup> Th | 11:30am**

Mercy Hospital's Auxiliary volunteers provide blood pressure checks on the 2nd Thursday of each month at 11:30am.

### Senior Mailing List

Sign up for our direct-mailed quarterly newsletter & you will receive the most updated information and program details. We strive to have something for everyone!

### Senior Council **Last Tu | 10:30am**

The SC is a liaison group between the senior community, El Dorado Hills CSD, and County Department of Human (Senior) Services. The all volunteer, elected council coordinates annual senior parties in addition to overseeing Bingo and supporting other Center activities. Meetings are held the last Tuesday of the month at 10:30am. All are welcome!

### Senior Peer Counseling

If you feel lonely, isolated, sad and blue, grief, or stressed, call the Senior Peer Counseling office at 530-621-6304. One-on-one confidential supportive counseling is offered at no charge.

### Senior Legal Assistance **2<sup>nd</sup> W | by appt.**

For seniors age 60+ who reside in El Dorado County. Call (530) 621-6154 to schedule an appointment.

### HICAP Insurance Counseling **4<sup>th</sup> F | by appt.**

#### Health Insurance Counseling and Advocacy Program for Medicare Beneficiaries

If you have Medicare questions, need to learn about programs available, have had a claim denied, or are evaluating Long Term Care Insurance, our volunteer HICAP Counselors can help! Appointments are available by calling (530) 621-6369.

### Sharing and Caring in EDH **3<sup>rd</sup> Tu | 5:30-7pm**

#### A Monthly Caregiver Support Group

Caring for a family member with a dementia or other illness can be both mentally and physically exhausting. Support groups can provide care giving strategies, education, resources, information and a shoulder to lean on. Respite available to qualified caregivers. **Sponsor: Greater Sacramento Area Office of the Alzheimer's Association**

### Daytime Caregiver Support Group

#### Last Th | 10:30am

Jillien Smith has over 17 years of experience in supporting elders who have care needs and their loved ones. This group is an upbeat but caring circle where each attendee is heard and validated and has the chance to share their concerns, experiences and ideas. If you are supporting another person who has chronic health conditions, don't try to reinvent the wheel! Take this chance to join a group where you will be understood and able to gain from the experience of others. **Facilitator: Jillien Smith, Senior's Day Care Program Supervisor**



## Visitors and Guests

We welcome any Senior 50 years of age and up. We also welcome those accompanying a Senior – and you can be any age! .....come on over!

## The Gilmore Senior Center Needs Your Help!

Do you have a hobby or talent to share with senior center guests? Are you an expert in your profession or trade and wish to share your knowledge with seniors? Please contact staff to discuss presenting your topic during our weekly Guest Speaker Series. Is there a topic that you think seniors need to know more about? Please share with us your ideas, all are welcome!

## A Valuable Website Resource

The County's Commission on Aging website offers numerous resources and valuable information for seniors in El Dorado County. Check it out at [www.2nd50yrs.org](http://www.2nd50yrs.org).

## Sierra Renaissance Society

SRS is an organization that provides opportunities for participatory lifelong learning and community engagement for older adults. Members choose to study topics proposed by peers who lead the seminars. Seminars are held on Friday afternoons at Folsom Lake College El Dorado Center in Placerville. For membership information go to [www.srsedc.com](http://www.srsedc.com)

# Themed Days at the Gilmore!

*Dress to the theme is encouraged but not mandatory. Theme days start at 11:30am.  
Come for lunch and stay for the fun!*

**October 31**  
Halloween Party

**November 9**  
Veteran's Day Tribute  
(10am)

**December 22**  
Christmas Sing-A-Long

**December 29**  
New Year's Countdown at Noon

Call the Gilmore Center at 916-358-3575

## Transportation Options for Seniors

### El Dorado Hills Taxi Voucher Program

Seniors and persons with disabilities may register for a photo ID that allows the purchase of \$3 vouchers good for one-way trips within the El Dorado Hills CSD area by Gold Rush Taxi from 7am-10pm seven days a week. Vouchers can be purchased at the CSD Registration Office and EDH Chamber of Commerce during regular business hours.  
*\*Registration Required*

### Dial-a-Ride

Seniors can call Dial-A-Ride up to 3 business days in advance to arrange for transportation within El Dorado County. Get a ride to the Senior Center and personal appointments by calling 530-642-3696. Limited availability. *\*Registration Required*

### Sac-Med Transportation

Sac-Med will take you to doctor's appointments in the Greater Sacramento area on Tuesdays and Thursdays. The pick-up point is El Dorado Hills Park and Ride. If you need a ride there, simply schedule a separate Dial-A-Ride pick-up or utilize the taxi-voucher service. Wheelchair transport is available. *\*Registration Required*

Download the application at [eldoradotransit.com](http://eldoradotransit.com) or call (530) 642-5383.

### Senior Center Program Fees

We offer a multitude of program/activity opportunities. Many programs are run by delightful volunteers who do not wish to charge a class fee. We agree it's confusing at times! Programs listed in this Activity Guide which have 8-digit activity code numbers require preregistration at the CSD Registration Office (1021 Harvard Way, or [www.edhcsd.org](http://www.edhcsd.org)). The programs which have a supply fee (only) listed, require cash prepayment at the Gilmore Center office. Many programs are free.

### C.A.R.E. Program for Seniors

In an effort to provide affordable recreation programs, the El Dorado Hills CSD Foundation is offering the EDH Community Scholarship Opportunity Program. Eligibility guidelines have been established to provide options for participation in District sponsored recreation activities. This program is for El Dorado Hills residents only. Please contact Gilmore Center staff at 916-358-3575 for more information.



### Border Law Enforcement with Rollin Klink

Retired Special Agent in Charge for the US Treasury Dept., US Customs Service, Rollin Klink will share the intricacies and problems of border law enforcement and the different agencies involved. Hear how border law enforcement has changed over the years. Learn fascinating facts about smuggling techniques, money laundering, and other border crimes. Please call to hold a spot. 916.358.3575.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Tu	10/24	1pm

### What We Eat Makes Our Bodies

Presented by Yuko Nagahashi-Lee

In Asia, there is an old saying "Food and medicine come from the same source". In this class we will talk about everyday foods that reduces inflammation, boost your immune system and help you to stay healthy.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Th	11/16	1pm

### An Afternoon with Assemblyman Kevin Kiley

Assemblyman Kiley will be at the Gilmore providing a legislative update to the group. He will be focusing on legislation that impacts seniors. There will also be a question and answer session. Please call the Gilmore Center to hold your spot 916.358.3575.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Tu	10/3	1pm

### What is SIR's? Presented by Rich Turoff, Big SIR

SIR (Sons in Retirement) is a non-profit organization formed for men in or near retirement. Our Mission is to improve the life of our members through fun activities and events while making friends for life. This is a social group which involves no political or religious agenda. If you would like to learn more about SIR, come to this presentation. Please call to reserve your spot.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Tu	9/5	1pm

## National Senior Month

Watch for information regarding our celebration of September is National Senior Center Month. You know us, any excuse to PARTY! Please call the Gilmore for more information! 916.358.3575

## GUEST SPEAKERS

### Social Security – How to Pay Less or Nothing in Taxes with Bill Corley, CFP

Employed adults age 50+ may minimize or eliminate taxes on Social Security benefits with careful planning before they retire. Taxes are different in retirement... learn effective ways to balance benefits and other income to keep more of your hard-earned money. Call (916) 358-3575 to reserve your spot.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME	FEE
Tu	9/19	6:30-8pm	\$10

### Smart Social Security Planning with Bill Corley, CFP

Transitioning to retirement requires careful planning to maximize Social Security benefits. When and how you elect benefits, and how you manage other income and savings, can make a big difference in the taxes you pay and the lifestyle you enjoy. Call (916) 358-3575 to reserve your spot.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME	FEE
Th	10/12	6:30-8pm	\$10

### Everything You Always Wanted to Know About Recycling... But Were Afraid to Ask with Taylor

Grimes, EDC Waste Management

Do you know every item that is recyclable? Given 25 household items could you sort them into recyclable vs non-recyclable? In this information packed presentation you will learn the do and don'ts of recycling. Let's be green and help the environment! It benefits everyone! Please call to hold your space.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Th	12/7	1pm

Call the Gilmore Center at 916-358-3575



## Happiness! How to make the Golden Years the Happiest Possible! – Presented by Bryan Hill

Come learn the three biggest ways to enjoy our days! You'll be amazed how much we can create our happiness and increase it any time we choose. It's a fun presentation where we laugh and learn our way to feeling better each and every day! Bryan Hill has 20 years' experience as a Life Coach and Speaker. Please call the Gilmore to hold your spot. 916.358.3575.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Th	9/7	1pm

## Age Well Drive Safe Program – Presented by the California Highway Patrol

The Age Well Drive Smart Program is for older drivers. This program is designed to help senior drivers tune up their driving skills, refresh their knowledge of the rules of the road, learn about normal age related changes and how to adjust to these changes. At the end of this course we will also discuss when it may be time to limit or stop driving. If this is the case we will help you understand alternatives to driving. Please call the Gilmore to hold your space. 916.358.3575.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Sa	9/9	9am-12pm

## Medicare Update Presented by: Eileen Baughn from Baughn & Associates

You are invited to an educational session on Medicare updates including available choices and overall costs. Learn what Medicare health and drug plans are right for you. There will be a time set aside for questions. Please call the Gilmore to hold your spot 916.358.3575.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Tu	9/26	1pm

## NEW! Coffee Talk 1<sup>st</sup> W | 8:45am

Join the Gilmore Center Staff the 1<sup>st</sup> Wednesday of the month for an informal chat regarding Gilmore Center Activities. We will discuss program ideas, evaluation and other issues regarding the Gilmore Center. We value your input! Hope to see you at coffee talk!



## Senior Peer Counseling

You are invited to an informational session to get more information on El Dorado County's very own Senior Peer Counseling Program. The Senior Peer Counseling program has been in operation in this county since 1988. They have over 20 trained volunteer senior counselors who will meet with people over 55 dealing with issues related to the aging process. There is no charge and the counselors are supervised by a licensed clinical psychologist. The most common issues they see are grief, loneliness, difficulties with adult children, concerns about an ailing spouse, and other senior worries. They are eager to spread the word about their valuable service. Please call the Gilmore Center to hold your spot 916.358.3575.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Tu	9/12	1pm

## Calling All Fashionistas!

The Gilmore Center is hosting a ladies fashion show featuring clothing by Chico's on Thursday, September 14, 2017. Your friends at the senior center will be featured as models who will show two or three outfits during this chic event. Come enjoy an afternoon of fun, refreshments and a raffle prize! Guests who attend the fashion show will have a unique opportunity to shop at Chico's during a 'Gilmore Only' hour on Tuesday, September 19, 2017. Call 916-358-3575 to reserve your spot today.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	DATE	TIME
Th	9/14	1pm



GILMORE CENTER

# HEALTH & FITNESS



**Kayaking  
for Boomers  
See page 15**

## Think You Can't Exercise? Yes YOU Can!!!

Classes include safe stretching and strengthening exercises using resistance bands, range of motion, and simple movements. Both sitting and standing exercises are incorporated. Benefits include: lower blood pressure, improved circulation, and increased stamina and muscle strength. **Group Leader: Yvonne Griffin.**

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	TIMES	DONATION
Tu & Th	9:30-10:30am	Drop-in \$2

## Improve Your Balance Through Exercise

Stay on your feet! Remain vertical! Using the basic exercises from the evidence-based Matter of Balance© training, **Nora Kolthoff** will teach you exercises to enhance your balance and stability. You will strengthen your core (with additional home practice), and learn range of motion movements for your joints. Class includes individualized attention and exercise modifications as needed. Discussion time will also be included. Registration deadline: One week prior to each session.

Location: Gilmore Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE*
350246.01	Th	10-10:45am	12/7-1/11	6	\$30

\*Drop in fee is \$5 per class

## Falun Dafa Exercise

**F | 4:30-5:30pm**

Falun Dafa, also known as Falun Gong, is a traditional Chinese self-cultivation practice that improves mental and physical wellness through a series of easy-to-learn exercises and meditation. Benefits include: stress and anxiety reduction; increased energy and improved health. These classes are **FREE!** For more information see [www.falundafa.org](http://www.falundafa.org). Please call to hold a spot.

**Instructor: Zhengwei (Zack) Lu**

## Forever Fit... Good for Your Body, Balance and Brain!

Our health and fitness programs improve your physical fitness, your brain health, balance, energy and overall well-being. Classes are taught with a focus on safety. Whether you are new to exercise, or seasoned, you will enjoy the positive atmosphere while challenging your body at a level that's right for YOU. Try out a class for free! Punch cards are good for the three classes listed below and expire 90 days after issuance. **Instructors: Sue Reed & Rose Mullen**

Fee: \$53, 10 class punch-card / \$85, 20 class punch card  
Location: El Dorado Hills Senior Center

### Body Blast

**M & W | 8-8:45am**

A sculpting and strength building workout that will tone and transform your body, improve balance and stability, and tighten your core.

### Zumba Gold

**Tu & Th | 8-8:45am**

For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

### Sit 'n Get Fit

**M & W | 10:15 & 11:15 am**

Feel better! Enhance your quality of life! Stretch and strengthen! AND, have fun and move! Class offers a variety of seated exercises designed to increase cardiovascular and muscular endurance, range of movement and activities for daily living. A chair is used for seated or standing support.

## Mind Fit Series

Just like the body, the brain can show signs of aging as we grow older. There are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative three-part series, led by brain fitness expert **Glenn Krakow** from Home Care Assistance. In this series you will learn about proactive ways to enhance cognitive functioning, including fun group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program. A \$20 material fee will hold your spot. **Reg. deadline: 11/14.**

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	TIMES	MTGS	DATES	FEE
Tu	2-4pm	3	11/21-12/5	\$20

## CranioSacral Therapy

**2<sup>nd</sup> M | 9-11am by appt.**

with Yuko Nagahashi-Lee, Craniosacral Therapist at EDPT

CranioSacral Therapy is a light touch approach that can create dramatic improvements in your life. It releases tensions deep in the body to relieve pain and dysfunction and improve whole body health and performance. Call (916) 358.3575 to schedule your appointment with Yuko today. \$10 donation suggested. Time slots fill up fast.



# 50 & BETTER ACTIVITIES

## You Have Photos? We Have Solutions!

### Organize and Scan Your Photos & Treasured Documents

Do you have boxes and albums full of family photos and memorabilia that need to be sorted, organized and scanned? Bring the photos to class and learn the ABC's of photo organizing. After sorting and organizing your photos, you can choose your favorite photos for free digital scanning. At the end of this class you will walk away with 80-100 scanned photos, or six photo album sides, to add to your digital collection. You are encouraged to bring a flash drive or an external drive to class for transporting your scanned memories. Bring your laptop if you need help creating folders/albums for your scanned photos. A \$25 supply fee will hold your spot.

**Facilitator:** Judy Bujold, Captured Moments

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	TIMES	DATES	MTGS	SUPPLY FEE
F	9:30am-12pm	9/29	1	\$25
Sa	9:30am-12pm	10/14	1	\$25

## Creating Photo Memory Books & Digital Scrapbooking

Learn the step by step process to make your own custom Photo Memory Book using Mixbook.com, an Internet-based image publishing service. Upload your favorite photos then select a theme and a design to make your memories pop! Bring your laptop and an external drive or flash drive with up to 50 digital photos to use for your Photo Memory Book. You can also scan up to 20 photos in class to add to your collection. At the end of the class, you will be ready to continue creating your Custom Photo Memory Book, preserving your most meaningful memories for you and your family to love for generations. Class requires a laptop and ability to get on the internet via Wi-Fi access. **Registration deadline: 9/11 & 11/27.**

**Instructor:** Judy Bujold, Captured Moments

Location: Gilmore Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
350120.01	F	9am-12:30pm	9/15	1	\$45
350120.02	Sa	9am-12:30pm	12/2	1	\$45



The Gilmore Center has it's own **Facebook** page! Check us out and be sure to LIKE us at "El Dorado Hills Gilmore Senior Center"

## Volunteers Wanted!

Volunteering is a great way to network, strengthen your resumé, and learn or maintain valuable skills, all while making a valuable contribution to the wellbeing of our community. The Gilmore Center offers a wide variety of services to those 50 and over and their families and we likewise have a wide variety of volunteer opportunities. Some volunteers have regularly schedule volunteer shifts. Others help out with special events, like our Big Parties and monthly dances. We have a vast number of volunteer opportunities available at the Gilmore Center for our members to choose from depending on their interests, talents and skills.

Volunteer applications can be picked up at the Gilmore Center. For questions about volunteering with The Gilmore, please contact Rebecca Todd at [rtodd@edhcsd.org](mailto:rtodd@edhcsd.org) or 916.358.3575

## AARP Smart Driver Course

This class will update you on current DMV information, review of the rules of the road and introduce defensive driving techniques. Receive a DMV certificate of completion by attending all 8 hours of class. The class on 11/14 is a four hour refresher class. Preregistration with payment is required.

**Instructor:** Ralph Hern, AARP Volunteer

Location: Gilmore Center, 990 Lassen Lane, EDH

DATES	DAYS	TIMES	FEE
10/10 & 10/17	Tu	1:30-5:30pm	\$15 AARP Members
11/14	Tu	1:30-6:30pm	\$15 AARP Members

**Note:** \$20 for nonmembers, checks only, made out to AARP



**Call the Gilmore Center at 916-358-3575**

# 50 & BETTER ACTIVITIES



## the Gilmore Center



Moni Gilmore was passionate about having a place for seniors in El Dorado Hills. Due to her perseverance and won't "take no for an answer" spirit, Moni collaborated with then Fire Chief Brian Veerkamp, EDH Fire District's Board of Directors and El Dorado County Health and Human Services to transform the fire station into a Senior Center. Later, the Gilmore Center became her namesake. In August of 2006, the El Dorado Hills CSD Recreation Department began implementing recreation and leisure programs and in March 2014, the County's Adult Day Services program began. Moni Gilmore passed away unexpectedly in April of 2008. The "hat" logo was launched at the 10<sup>th</sup> Anniversary Open House event, and celebrates and honors Moni who had quite the hat collection.

### Computer Lessons for Beginners

If you need to learn the basics, including Internet and email, call to sign up for three free lessons. Our volunteer instructors will work with you one-on-one. Students must have a computer (PC or Mac) for practice. Thanks to our volunteer instructor **Jenny Figueroa**. Sorry, due to schedule constraints only one three-week session per Senior is allowed. **For beginners only.**

### Computer User Group 2<sup>nd</sup> & 4<sup>th</sup> M | 1-3pm

We offer one-on-one assistance with your portable units including laptops, tablets, iPads, iPhones, iPods, Smartphones, Kindles, etc. Bring your questions and problems faced during day-to-day home use. THANK YOU to our volunteer instructor **Jenny Figueroa**.

### iPad 101 Workshop

The new iPads are wonderful tools that can almost replace your PC! We'll show you how to set up your iPad, browse the web, email, read books and how to incorporate into your daily life. If you are a new beginner this class is for you. Bring your questions along. **This class is restricted to the Apple iPad ONLY.** Bring your iPad, fully charged. Reservations are required – call (916) 358-3575 to register. No drop-ins please. **Instructor: Tom Holt**

Location: Gilmore Center, 990 Lassen Lane, EDH

DAY	TIME	DATES
Tu	1pm	11/21

### iPhone101 Workshop

The new iPhone is much more than a phone! We'll show you how to set up your iPhone, browse the web, email, use Siri, use it for navigation, play music, listen to the radio, etc. If you are a raw beginner this class is for you. Bring your questions! **This class is restricted to the Apple iPhone ONLY.** Bring your iPhone, fully charged. Reservations are required – call (916) 358-3575 to register. No drop-ins please.

**Instructor: Tom Holt**

Location: Gilmore Center, 990 Lassen Lane, EDH

DAY	TIMES	DATE
Tuesday	1pm	12/5

### Getting to Know YOUR Digital Camera

Are you having difficulty making your digital camera do what you want it to? Have you had a camera in its box for months? Bring it and learn how it operates to give you the best photos. Instructions are given specific to your make and model! Please bring your camera manual and fully charged batteries. No experience is necessary.

**Instructor: Robert Gouine, RobertAlanPhotography.com**

Location: Gilmore Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
350524.01	F	9am-12pm	10/13	1	\$34

**Call the Gilmore Center at 916-358-3575**





The Gilmore Center has it's own **Facebook** page! Check us out and be sure to LIKE us at "El Dorado Hills Gilmore Senior Center"

**NEW! The French Connection- Beginning French Class** **1<sup>st</sup> & 3<sup>rd</sup> F | 3pm**

Learn this romantic language in a fun and relaxed environment. This course is for all levels and will cover pronunciation as well as basic words and phrases. Registration is required. Please call the Gilmore to hold your spot 916.358.3575.  
**Instructor: Marie Starrs**

**Paint and a Splash Too!**

Yes you can complete a painting in two hours! The step-by-step instructions will have you creating your own artwork on canvas that you can hang on a wall or give as a gift. You and your friends can enjoy refreshments and just have fun while the instructor guides you through the painting session using acrylics. All materials are included. Preregistration is necessary.  
**Instructors: Terri Haverty, Maggie Bosch & Sherry Pavloff, Paint & A Splash Too!**

Location: Gilmore Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	SEE
350115.01	Sa	10am-12pm	9/16	1	\$30
Painting: Give Thanks					
350115.02	Sa	10am-12pm	11/4	1	\$30
Painting: Snowman					

**Painting Pals!** **M | 10am-12:30pm**

This non-instructional gathering is a casual, creative avenue for painters of any kind to enjoy art in a new setting and meet others with the same interest. Come hang out and paint!

**El Dorado Hills Arts Association** **2<sup>nd</sup> M | 6pm**

EDHAA provides monthly art demonstrations and activities for artists. It has been an active visual arts organization for five years and has over 100 artists in its membership. For more information visit [www.eldoradohillsarts.com](http://www.eldoradohillsarts.com). Visitors welcome!

**American Sewing Guild** **1<sup>st</sup> M | 6:30pm & 2<sup>nd</sup> Tu | 7pm**

The local American Sewing Guild group holds bi-monthly meetings at the Senior Center. Visitors are always welcome. Check out [GoldCountryASG.org](http://GoldCountryASG.org).

**Knit'n Chat** **Tu | 10-11:30am**

Join our casual social gathering! Bring your own knit or crochet supplies and project(s). Beginning and project assistance is happily provided. All ability levels are welcome.  
**Facilitators: Diane Haug, Carmen Flores, Betty Eastment, Dinah Schade and Connie Yee**

**"Let's Chat..." A Topical Discussion Group**

**Led by Mary Bradford** **1st Th | 10am**  
The group will use newspaper headlines and articles for its discussion points. We hope to see you there!

**The Senior Center "Golden Hills Men's Group"**

**Led By Rich Cuffe** **3rd W | 10am**  
Your chronological age doesn't matter, but your interests and needs do! We welcome all seniors including women to attend! Come visit over an endless cup of coffee as we discuss health, life's journey and current events in our lives and our community.



GILMORE CENTER



### **Mexican Train Dominoes** **W | 12:30-2:30pm**

This simple and fun domino game brings lots of smiles and laughs to our players. Anyone can learn the very popular Mexican Train Dominoes! Join us!

### **Senior Stampers** **4<sup>th</sup> F | 9:30am**

If you currently collect stamps, are interested in doing so, or just want to learn more about stamps, join us for these informal monthly meetings. Bring your stamps, albums, collections and ideas and resources for sharing.

**Facilitator: Margie Yowell**

### **Wednesday Wii Games** **W | 9:30-11am**

Join us for Wii Bowling and other games. Get into the "team spirit" with friends as you develop better range of motion and balance. No experience is necessary. All levels of physical ability can play Wii games – you can even sit down. Lots of laughs and TONS OF FUN will be had in this casual, drop-in program. "Wii" hope to see you there.

### **The Grands' & The Greats' Gazette** **4<sup>th</sup> F | 1pm**

Share your grand-parenting stories, jokes, trials and tribulations for our quarterly newsletter, "The Grands' & the Greats' Gazette". No experience is necessary. Articles are always welcome and much needed. You don't have to attend a meeting to submit an article, but of course you are welcome to!

**Leaders: Terry Provenza and Flora LaForce**

### **NEW TIME** **French Social Club** **1<sup>st</sup> & 3<sup>rd</sup> F | 1:30pm**

New group leader, Ralph Gross, has stepped up to the plate to continue the French Social Club in honor of the longtime volunteer, Terry Provenza, who passed away in late June 2017. We are going to emphasize speaking French and would love to have you join us twice a month! Please call the Gilmore Center for more information or to hold your spot 916.358.3575.

### **Movie of the Month** **1<sup>st</sup> & 3<sup>rd</sup> M | 1pm**

Check out our new big screen TV and enjoy popular and recently released movies. We even provide the popcorn! Movie suggestions are always welcome. *Note: The Gilmore Center is closed on National Holidays.*

### **Games at the Gilmore!**

Come on down... to the Gilmore Senior Center for some classic game show fun! Every other Friday we will be going head to head and recreating some of the most popular game shows on television! These games will include Minute to Win It, The Price is Right, Deal or No Deal, and Win, Lose, or Draw. This is a drop-in program and no pre-registration is required! Call the Gilmore Center for more information on dates and times.

## **GAMES & MORE**

### **Fun Bingo!** **M & Th | 12:30-1:30pm**

Join us for these casual, yet fun Bingo games. Our local grocers, Raley's & Nugget participate in this program by offering us discount purchases of their \$5 gift cards which players can win. \$3 for 2 bingo cards. *Thank you Bingo volunteers!*

### **Bridge Play** **W | 9am-12noon**

Join us for a fun game of bridge. Our bridge group plays American Standard Bridge. This level of play is not suitable for those who have never played the game.

**Leader: Mickey Parmalee**

### **It's Time to Play Cribbage...** **W | 6:30pm**

The Gold Country Cribbers meet year-round for American Cribbage Congress League play. Lessons available upon request. The weekly fee is \$3. For info check out this link:

[http://accgrassroots.org/local\\_cribbage\\_club.asp?clubid=306](http://accgrassroots.org/local_cribbage_club.asp?clubid=306)

### **Canasta** **Th | 5pm**

### **Hand & Foot** **Th & F | 12:30pm**

Our game groups are growing but we are always looking for more players. There are many opportunities to play both of these simple card games. Beginners are welcome, we will teach you to play.

### **Weekly Mah Jongg Play** **Tu | 1-3pm**

Mah Jongg, of Chinese origin, is played with tiles similar to dominoes but marked with Chinese characters. Our friendly group plays both Chinese and American versions of the game. Everyone who shows up gets to play. No experience necessary – we will teach you the game!

**Group Leader: Margie Yowell**

### **Chess Club** **Th | 2-4pm**

We will exchange playing ideas, recreate famous games and compete with other participants. All ages are welcome and invited to join. Sorry, this is not for brand new beginners, as no lessons will be offered. Bring your own chess board. *OFF-SITE LOCATION: Oak Knoll Club House, 3371 Alyssum Circle, off Bass Lake Road*. **Group Leader: Wil Brunet**, Former ranked player



# 50 & BETTER ACTIVITIES

## Intro to Guitar for Seniors

Class instruction in playing guitar using Step One: Teach Yourself Guitar (Hal Leonard). Learn chords, strums, picks and songs. No experience necessary. Bring a guitar and a copy of the book. Please pre-register.

**Instructor: Lew Johnson.**

Location: Gilmore Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
350802.01	M	1:45-2:30pm	9/11-10/2	4	\$42
350802.02	M	1:45-2:30pm	10/9-10/30	4	\$42
350802.03	M	1:45-2:30pm	11/6-11/27	4	\$42

## Let's Uke! Ukulele Lessons for Seniors

Class instruction in playing ukulele using Mel Bay's Easy Ukulele Method Book 1 by Mary Lou Dempler. Strum along to traditional songs. No experience necessary. Bring a ukulele (no baritones) and a copy of the book. Please pre-register.

**No class 5/29. Instructor: Lew Johnson**

Location: Gilmore Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
350801.01	M	1-1:45pm	9/11-10/2	4	\$42
350801.02	M	1-1:45pm	10/9-10/30	4	\$42
350801.03	M	1-1:45pm	11/6-11/27	4	\$42

## Theater Group

Did you know the Senior Center has a theater group who attends theatrical productions/musical performances? The group carpools from the Center to enjoy local productions. Call us if you would like to be on the Theater Group list.

## We Thank Our Wonderful Volunteers!

Without our dedicated team of volunteers our programs would not happen. Please take a moment to thank our program leaders, guest speakers, presenters, instructors, Senior Council Members and Senior Nutrition Team. Our Volunteers are the backbone of our events, classes and activities. WE

**THANK YOU ALL!**

## Line Dance Lessons

**W | 1-2pm** (beginning)

**W | 2-3pm** (adv. beg./Inter)

Learn new and old dances! No partner and no experience necessary! Come on down, get some exercise, meet new friends and have some good ol' foot-stompin' fun! **\$3 per class donation. Instructor: Shelley Mills**

## Beginning Ballroom Dance

If you are not familiar with basic ballroom dances, this is the class for you! Ballroom dancing is fun, good exercise and studies show it is a great "brain exercise". We will start with simple dances such as the two-step and the box-step. Call to hold a spot. **Instructor: Don Frankel**

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	TIMES	DATES	MTGS
Th	1-2pm	10/5-11/2	5

## Dance Party

Once each quarter we offer a special Dance Party just for you! **Host Don Frankel** brings favorite tunes from days long ago. Join us for a fun afternoon of music and dancing. Meet new friends who also love to cut a rug! Refreshments will be served. Please let us know you are coming.

Location: Gilmore Center, 990 Lassen Lane, EDH

DAYS	TIMES	DATES	MTGS
Th	1-3pm	11/9	1

## Brain Connections

**3<sup>rd</sup> F | 10-11am**

Attend this dynamic group every month as we explore encouraging neurological research done by notable scientists. Challenge your brain playing interactive games, exercises, and investigate products that claim to enhance brain performance. Refreshments served, reservations suggested. There is a \$5 fee payable at class. **Facilitator: Judy Bakke.**





## 50 & BETTER COOKING

### Ultimate Chocolate Truffles

What if you could create beautiful, gift-worthy chocolate truffles in two hours? Well, you're in luck! Participants will learn how to make elegant dome-shaped truffles. Everyone will take home a dozen truffles in flavors of their choosing. Students will receive a set of molds and notes from class, along with boxes to take home their impressive creations. Supply fee of \$15 payable to Instructor. **Instructor: Karen Moore**

Location: CSD Gym, 1021 Harvard Way, EDH

CODE	DAYS	TIMES	DATES	MTGS	FEES
361991.01	Sa	10am-12:15pm	9/30	1	\$39
361991.02	Sa	10am-12:15pm	12/2	1	\$39

### Cheesecake 101

Learn to make cheesecake from start to finish including cooking do's and don'ts. Learn about different crusts and take home lots of recipes. Cheesecake tasting included! Reservations required. A \$15 cash fee holds your spot in the class.

**Instructor: Pauline Rivera**

Location: Gilmore Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES	SUPPLY FEE	DEADLINE
11/1	W	4-5pm	\$15	10/30

### Tamales.... Si'!

Learn hands-on all of the necessary steps from working the masa, preparing the meat, cleaning the corn husks, and rolling, steaming and cooking tamales. You will make and take your own delicioso creations. Reservations are a must. Your cash supply fee of \$25 will hold your spot in the class.

**Instructor: Pauline Rivera**

Location: Gilmore Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES	SUPPLY FEE
12/2	Sa	10am-11:30am	\$25

### Wine 101... a Course All About Wine

Presented by Rollin Klink

El Dorado Hills Gilmore Center is offering a two-session WINE 101 class on Thursdays from 3-5pm. Class topics include: Growing the Grapes; Harvesting; Factors that affect the taste of wine such as fermentation, sugars, aging, and bottling; Tasting Room Etiquette, and more. The first session will be held at El Dorado Hills Gilmore Center (990 Lassen Lane). The second classroom and tasting session is off-site at Total Wine, 2765 E. Bidwell in Folsom. Preregistration is necessary. The supply fee is \$15 and payable at the second class. Call the Gilmore Center to hold a spot, 916-358-3575.

Location: Gilmore Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES
10/19 & 10/26	Th	3-5pm

### Basic Introduction to Cooking From India

with Rich Turoff

Learn about the various spices used in Indian cooking and some basic things to know. Contrary to what many believe, Indian cooking does not have to be "hot" spicy. Taste some healthy Indian staples. Reservations required. A \$15 supply fee holds your spot in the class.

Location: Gilmore Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES	SUPPLY FEE
10/7	Sa	10am-11:30am	\$15

### Cuban Cooking with Nora Kolthoff

Our very own gourmet cook, Nora Kolthoff will share both her talent and great recipes! Foods from the western areas of Cuba are not spicy, but are muy sabraso (flavor filled, savory and delicious) a \$25 cash supply fee is required to hold your spot. This class fills up quickly so please call the Gilmore early to hold your spot! 916.358.3575

Location: Gilmore Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES	SUPPLY FEE
11/4	Sa	10am	\$25



# REGISTRATION INFORMATION

All participants must sign an Emergency Release Form and pay all fees before attending a program. Questions can be answered by calling (916) 933-6624.

## Online Registration

Available 24 hours a day at [www.edhcsd.org](http://www.edhcsd.org). An account name and password is required.

## Walk-in Registration

Accepted Monday-Friday, 9am-4pm at the Registration Office:  
1021 Harvard Way, El Dorado Hills

## Phone-in Registration

Call (916) 933-6624. Have your payment (Visa or Mastercard) ready.

## Mail-in Registration

Accepted if postmarked five business days prior to class beginning date.

1. Fill out the registration form on page 38.
2. Send registration form and payment to EDHCS D, 1021 Harvard Way, El Dorado Hills, CA 95762. No cash please.

## Fax-in Registration

Fax your completed, signed registration form (available at [edhcsd.org](http://edhcsd.org)) to (916) 941-1627. (*Credit card required*)

## Things to know

Registration is on a first come, first serve basis. Classes may be combined or cancelled due to lack of registration.

## Refund Policy

- Refunds will be given if an activity or class is cancelled by EDHCS D.
- Refund requests need to be made in writing, by phone, or in person at the EDHCS D Administration Office. **Refund requests must be made at least 3 business days prior to the start of the program or class, unless noted differently in a specific program (i.e. KydZone, Aquatics, Sports, etc.)**
- **There is a \$5 processing fee for each and every refund or transfer request.**
- Refund checks take approximately 2-3 weeks to process.
- Refunds will not be granted for any excursions/trips or activities that require pre-paid admission, including KydZone/Teen Center field trips.

## Scholarships

Residents requiring financial assistance to participate in District programs may inquire. Contact the registration office at (916) 933-6624.

The El Dorado Hills CSD will be closed on the following Holidays:

- September 4 – Labor Day
- October 9 – Columbus Day
- November 10 – Veteran's Day
- November 23-24 – Thanksgiving
- December 25-26 – Christmas Holiday

## El Dorado Hills CSD

### Phone Numbers:

**Registration Office:**

(916) 933-6624

Fax: (916) 941-1627

**KydZone:**

(916) 614-3225

**Senior Center:** (916) 358-3575

**Community Pool**

(916) 614-3228

**Teen Center:** (916) 643-4367

**The District Office** is located

at the Gym West Entrance

1021 Harvard Way,

El Dorado Hills, CA 95762

**Hours:** Monday-Friday 9am-4pm

### General Manager

Kevin A. Loewen – [kloewen@edhcsd.org](mailto:kloewen@edhcsd.org)

### Recreation Supervisors

Whitney Kahn – Youth & Teen

Development

[wkahn@edhcsd.org](mailto:wkahn@edhcsd.org)

Michael Cottrell – Leisure Classes

& Special Events

[mcottrell@edhcsd.org](mailto:mcottrell@edhcsd.org)

Frank Sianez – Youth & Adult Sports

[fsianez@edhcsd.org](mailto:fsianez@edhcsd.org)

Teri Gotro – Aquatics

[tgotro@edhcsd.org](mailto:tgotro@edhcsd.org)

Rebecca Todd – Gilmore Center

[rtodd@edhcsd.org](mailto:rtodd@edhcsd.org)

### CSD Board

#### BOARD OF DIRECTORS

Wayne Lowery, Noelle Mattock,

Benjamin Paulsen, Allan Priest &

Bill Vandegrift

*The El Dorado Hills CSD Board of Directors meets the second Thursday of each month at 6:30pm in the Pavilion. Requests to place an item on the agenda must be received by noon on the Wednesday one-week prior to the meeting. Regular meeting agendas are posted at [www.edhcsd.org](http://www.edhcsd.org) 72 hours prior to the meeting. Special Board meetings are scheduled as the need arises with agendas posted 24 hours prior to the meeting.*

# REGISTRATION FORM

## El Dorado Hills Community Services District · PROGRAM REGISTRATION FORM

Mail Form with Payment to: EDHCSD 1021 Harvard Way El Dorado Hills, CA 95762 · Phone (916) 933-6624 · Fax (916) 941-1627 · [www.edhcsd.org](http://www.edhcsd.org)

Participant's Name: \_\_\_\_\_ Circle: **M** **F** Date of Birth: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_ E-Mail: \_\_\_\_\_  
\*To send receipt

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Grade: \_\_\_\_\_ Circle T-Shirt Size (Youth Sports): Youth: **S** **M** **L** Adult: **S** **M** **L**

Program Name	Class Code	Month/Dates	Day	Time	Fee

This constitutes application and consent that the above named individual(s) participate in the recreation program sponsored by the El Dorado Hills Community Services District. I/We understand and acknowledge that the recreation program may involve risk of injury to participants from bodily contact with other participants and/or other risks inherent in the activity and that the District has no medical insurance resulting from such recreation activity. The undersigned further agrees that the District will not be held responsible for any such accidental injuries, not involving fault or negligence of the District. I/We authorize and consent to such emergency medical care and treatment prescribed by a duly licensed physician as the physician deems advisable, and the undersigned will be responsible for the costs of any such medical care or treatment.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (Parent Signature if participant is a minor)

Received \$ \_\_\_\_\_ Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Check # \_\_\_\_\_ Cash: \_\_\_\_\_ Money Order: \_\_\_\_\_

Visa/MC #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Auth. #: \_\_\_\_\_

REGISTRATION

## FREE WaterPlay

Open until Monday, September 4  
**OPEN 10am-8pm DAILY**

2 CSD Parks have Water Playgrounds:

- Peter Bertelsen
- Promontory

## Picnic Rental Sites Available

CSD Parks have reservable sites:

- Lake Forest
- Promontory
- Peter Bertelsen

For reservations please call (916) 933-6624

Plan ahead... Reserve your picnic site now! The sites can accommodate various group sizes, from a small family gathering to a large company picnic.



# EL DORADO HILLS PARKS AT A GLANCE




























Parks Make Life Better!	AMENITIES																			
	Soccer	Tables	BBQ	Restrooms	Playground	Spray Ground	Volleyball	Tennis Courts	Bocce Ball	Horse Shoe Pit	Exercise Course	Basketball Ct	Trails/Trail Access	Parking Lot	Street	Structure	Trees	Baseball	Birthdays & Special Events	Picnic Rental Area
Allan Lindsey	x	x	x		x										x		x	x	x	
Art Weisberg										x			x		x		x		x	
Creekside Greens			x		x										x				x	
El Dorado Hills Community	x	x	x	x	x									x		x	x	x	x	
Fairchild		x			x								x				x		x	
Governor's															x		x		x	
Kalitheia	x	x	x		x									x		x		x		
Lake Forest		x	x	x	x		x	x	x				x	x		x			x	x
Laurel Oaks		x	x		x					x					x				x	
Murray Homestead		x	x		x										x					
Oak Knoll & Clubhouse		x	x	x	x									x			x		x	
Overlook		x	x		x														x	
Parkview Heights		x	x							x		x					x			
Peter Bertelsen		x	x	x	x	x				x				x	x	x			x	x
Promontory Community	x	x	x	x	x	x		x	x	x				x		x		x	x	x
Ridgeview		x													x		x		x	
Ridgeview Unit 7		x			x												x			
Sellwood	x																	x		
Stephen Harris	x	x	x	x			x	x				x							x	
McCabe		x	x		x										x		x		x	
Village Green					x															
Waterford		x	x		x															
Wild Oaks													x							
Windsor Point		x	x												x					













PARKS & FACILITIES

# PARKS, SCHOOLS & FACILITIES

## PARKS

-  **Allan Lindsey Park**  
2150 Armsmere Circle
-  **Art Weisberg Park**  
2560 Francisco Drive
-  **Creekside Greens Park**  
4735 Concordia Drive
-  **Dog Park**  
1021 Harvard Way
-  **EDH Community Park & Pool**  
1021 Harvard Way
-  **Fairchild Park**  
3045 Brackenwood Place
-  **Governor's Park**  
905 Governor Drive
-  **Governor's West Park**  
4120 Hensley Circle
-  **Kalitheia Park**  
4900 Gillette Drive
-  **Lake Forest Park**  
1821 Francisco Drive
-  **Laurel Oaks Park**  
5034 Whistlers Bend Way
-  **Murray Homestead Park**  
3700 Amer Way
-  **Oak Knoll Park & Clubhouse**  
3371 Alyssum Circle
-  **Overlook Park**  
3273 Kensington Drive
-  **Parkview Heights Park**  
2925 Ridgeview Drive
-  **Peter Bertelsen Park**  
831 Redwood Lane
-  **Promontory Community Park**  
2700 Alexandra Way
-  **Ridgeview Park**  
3449 Ridgeview Drive
-  **Ridgeview Unit 7 Park**  
3397 Julie Ann Way
-  **Stephen Harris Tennis Court Park**  
2560 Riviera Circle
-  **Tam O'Shanter Parklet**  
See map
-  **Teen Center & Skate Park**  
1021 Harvard Way
-  **Valley View Sports Park**  
1661 Blackstone Parkway
-  **Village Green Park**  
4655 Serrano Parkway
-  **Waterford Park**  
2617 Carnelian Circle

## FACILITIES

-  **Wild Oaks Park**  
2510 El Dorado Hills Blvd.
-  **William C. "Bill" McCabe Park**  
2590 Hoffman Court
-  **Windsor Point Park**  
4005 Windsor Point Place
-  **Bass Lake (Sellwood) Field**  
3240 Bass Lake Road
-  **Bowmen's Archery Range**  
3321 El Dorado Hills Blvd.
-  **Deputy Jeff Mitchell Field**  
831 Redwood Lane
-  **EDHCS D Gym & Norm Rowett Pavilion**  
1021 Harvard Way
-  **Jackson School Gym**  
2561 Franciso Drive
-  **"Moni" Gilmore Senior Center**  
990 Lassen Lane
-  **New York Creek Nature Trail**  
1021 Harvard Way (starting point)
-  **William Brooks School Gym**  
3610 Park Drive
-  **Oak Knoll Clubhouse**  
3371 Alyssum Circle

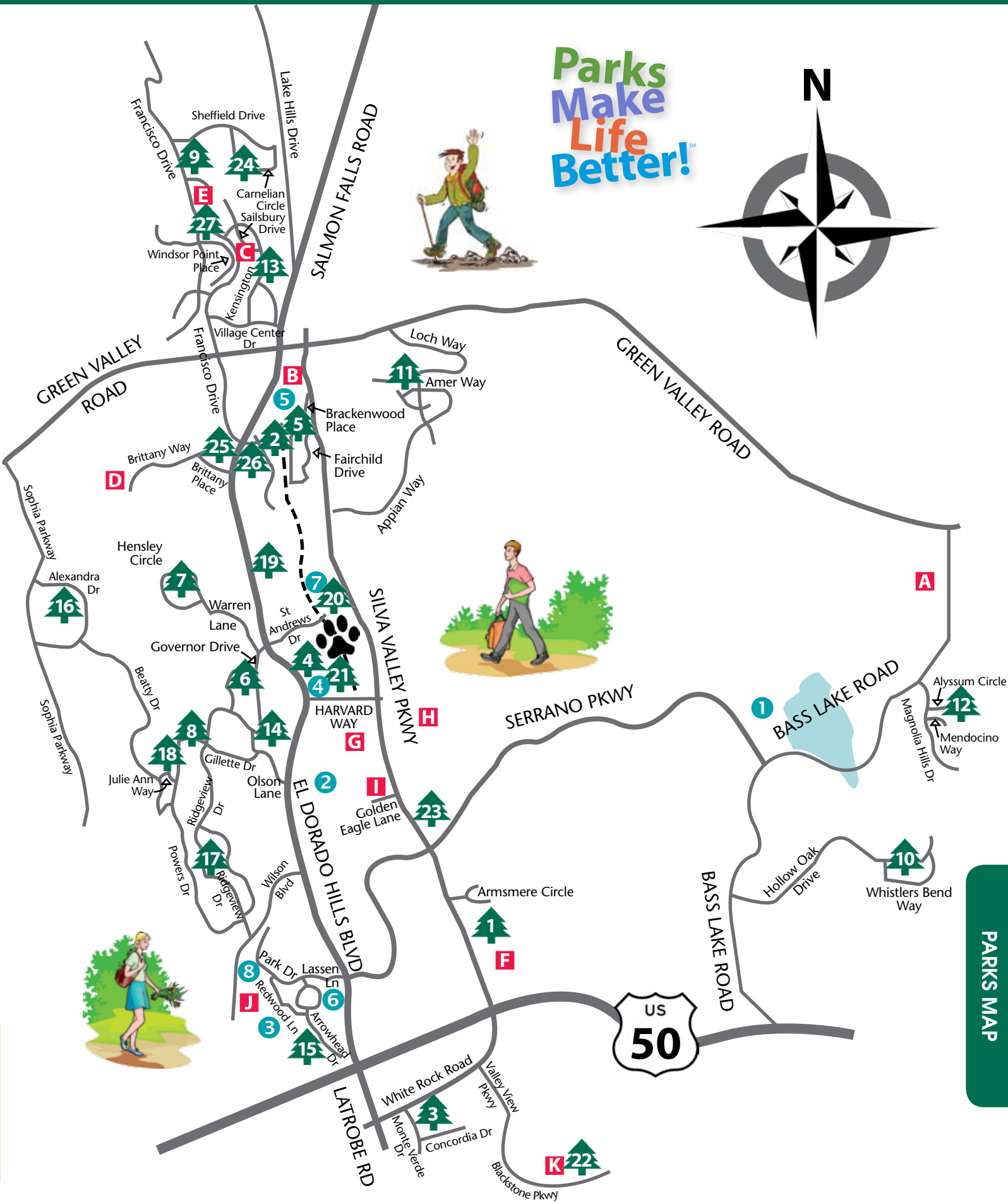
## SCHOOLS

-  **Green Valley School**  
2380 Bass Lake Road
-  **Jackson Elementary School**  
2561 Francisco Drive
-  **Lake Forest Elementary School**  
2240 Salsbury Drive
-  **Lake View Elementary**  
3371 Brittany Way
-  **Marina Village Middle School**  
1901 Francisco Drive
-  **Oak Meadow School**  
7701 Silva Valley Parkway
-  **Oak Ridge High School**  
1120 Harvard Way
-  **Rolling Hills Middle School**  
7141 Silva Valley Parkway
-  **Silva Valley School**  
3001 Golden Eagle Lane
-  **William Brooks Elementary School**  
3610 Park Drive
-  **Valley View Charter Montessori**  
1665 Blackstone Parkway



# PARKS, SCHOOLS & FACILITIES

Parks  
Make  
Life  
Better!



El Dorado Hills  
 Community Services District  
 1021 Harvard Way  
 El Dorado Hills, CA 95762

PRSRT STD  
 US POSTAGE  
 PAID  
 FOLSOM, CA  
 PERMIT NO 267

To Our Valued Customer  
 ECRWSS Postal Customer - Local  
 El Dorado Hills, CA 95762  
 Carrier Route

**SO MUCH IS HAPPENING THIS FALL!**

YES! WE'LL BE THERE!	DATE	EDHCSD COMMUNITY EVENTS!
✓	August dates vary	<b>Last Chance Swim Lessons!!!</b>
✓	Friday Aug 11	 <b>Cover Me Badd</b> Popular Dance Hits
✓	Saturday Sept 9	EDHCSD in partnership with the EDH Chamber of Commerce 
✓	Saturday Sept 30	<b>Community Clean-up Day</b>
✓	Thursday Oct 19	<b>Annual Scarecrow Contest</b> A chance to let your imagination run wild!
✓	Saturday Oct 21	<b>Pumpkin SPLASH PATCH</b>  
✓	Friday Oct 27	 <b>Inaugural TRUNK OR TREAT</b>
✓	Fri & Sat Dec 8-9	 <b>Annual Holiday Art &amp; Craft Fair</b>
✓	Saturday Dec 9	<b>10<sup>th</sup> Annual Breakfast with Santa</b>

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