



El Dorado Hills
COMMUNITY SERVICES DISTRICT

El Dorado Hills Community Services District

Recreation Guide

Your Place to Play

Winter/Spring 2017



Parks
Make
Life
Better!SM

(916) 933-6624

www.edhcsd.org

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



As 2016 winds down in beautiful El Dorado Hills we hope your holiday season is wonderful, and that the Community Services District can be your place to gear up for another fantastic year! For many the new year coincides with a resolution to challenge themselves to do something new and different. And why not

make this a year to remember by trying something novel. My recommendation is for you to peruse this Guide for just a few more moments and pick out something new to take part in.

If you are not the adventurous type, then we've also got a tried and true line-up of stellar activities and events. For instance, you could partake in the always adorable Daddy & Me dance; fall in love with one of the cooking classes during February's season of love; March yourself into a fitness class; or spring into the mad dash at our Easter Egg Hunt.

The District is doing so much more too. There are improvements being made to parks and facilities District-wide. Oak Knoll Clubhouse & Park recently received a new ADA ramp to the lower lawn area, a new horseshoe pit, musical playground equipment, and new picnic area equipment. Stephen Harris Park has newly resealed tennis courts. Creekside Greens and Murray Homestead Parks have new shade structures both in the ground and atop the playgrounds. The pool season will be cranking up soon and we have three new shade structures to protect our swimmers. We are also currently in the midst of designing a set of new bocce ball courts for an anticipated early 2017 installation at Promontory Park. With all of these improvements you'd think we'd be throwing some sort of party to celebrate – well, we are! The District will be hosting Neighborhood Park Parties in the upcoming months. See page 2 for the locations, dates and times near you!

In closing, I want you to know the District is continually striving to provide our residents with superior places & spaces for all ages & stages. We are your place to play, and remember... Parks and Recreation – Make Life Better!

Kevin A. Loewen, Interim General Manager

The El Dorado Hills Community Services District (District) reserves the right, and may give permission to the media, to photograph or video classes, programs, and participants at District facilities and properties or any sponsored activity. Please be aware that these photos and videos are for promotional purposes and may be used in future publications and media communications in print and electronic formats including social media outlets. Examples of promotional formats include, but not limited to Recreation Guide, District E-Newsletter, Facebook, Instagram and U-Tube. If you do not wish to be photographed, or you do not want your child photographed, please inform the program supervisor and staff will make reasonable efforts to honor your request. If you see a photo of yourself or a family member that causes you concern, please notify us. As a courtesy, staff will make every reasonable effort to dispose of the image, and will not use it in future publications. However, we will not be able to retrieve, destroy or discontinue existing printed publications in which the photograph may have been included.

SPECIAL EVENTS



Daddy & Me Valentine Dance

Girls ages 3+ with "Daddy"

Friday, February 3 • 6-8pm & Friday, February 10 • 6-8pm

It's a tradition... 15 years in the making, with two dances to choose from. Dads and daughters get dressed up for a night full of memories complete with dancing, photos, and a dessert bar. Photos of the event will be available for purchase at www.edhcsd.smugmug.com. Pre-Registration required. Please register early before we sell out!

Code: 120701.01 (2/3)

Fee: \$15 per person

Location: CSD Gym

Code: 120701.02 (2/10)

Easter Egg Hunt Saturday April 15th, 9-10:30am

EDH Community Park, 1021 Harvard Way

The Easter Bunny will be hopping into El Dorado Hills to visit the boys and girls and join in the celebration! Activities include: arts and crafts, visit from the Easter Bunny and an egg hunt at 10am SHARP!

Areas will be roped off into four different age categories: 2 & younger, 3-4, 5-6, 7 & older. Plastic eggs will be hidden throughout the park filled with candy and assorted goodies! Please have children bring their own baskets. Parents bring your cameras!

Aqua-Egg Hunt

Saturday, April 15 • 2pm

EDH Community Pool

The Easter Bunny will be hopping into El Dorado Hills Community Pool to visit the boys and girls! Get a picture with the Easter bunny! Aqua-Egg Hunt will start 30 minutes after start. Plastic eggs will be drifting throughout the pool and can be redeemed for candy and assorted special goodies!

Code: 120704.01

Fee: \$10 per person



SPECIAL EVENTS

NEIGHBORHOOD Park Parties

THURSDAYS

5-6:30pm

FUN DAYS

That's right we're bringing the party to a neighborhood park near you.

April 6	Laurel Oaks Park 5034 Whistlers Bend Way
April 20	Waterford Park 2617 Carnelian Circle
May 4	Valley View Sports Park 1661 Blackstone Parkway
May 18	Ridgeview Park 3449 Ridgeview Drive

FREE FOOD, ACTIVITIES & LOTS OF FUN FOR THE WHOLE FAMILY!

Girls Night Pajama Party

Girls ages 3+ with "Mommy"

Friday, April 28 • 6-8:30pm in CSD Gym

Our 4th Annual Mother Daughter night is sure to be a crowd pleaser! Stations will be set up around the gym to pick and choose what you want to do with your daughter (paint nails, arts & crafts, take photos, and more) plus some classic Pajama Party junk food while we watch a classic movie (appropriate for all ages). Pre-Registration required.

Code: 120710.03 Fee: \$15 per person



FREE April "Pools" Day

Saturday, April 22 • 2-4pm

March to the Pool to kick off our Drowning Prevention Campaign! Swim for FREE and get tips on drowning Prevention. Supported by EDHCS Foundation.

Campaign Schedule:

- April Pool's Day-FREE Swim, April 22
- Poster Contest-May
- World's Largest Swim Lesson, June 22.

EDH Community Pool



SEEKING SPONSORSHIP OPPORTUNITIES?

Looking to market your business to up to 4,000 people? Our Summer Concerts have your local target audience! For information contact Mike Cottrell @ 916-614-3215 or mcottrell@edhcsd.org.

SPECIAL EVENTS

Christmas Tree Recycling & Chipping

Saturday, January 7 • 9am-3pm & Sunday, January 8 • 9am-12pm

This CSD/Waste Connections sponsored free event will take place at the Community Park. Cash donations will be accepted and used for our Community Supporting Youth Fund.

To prepare: remove everything from the tree including all ornaments, lights, ornament holders, nails and stand. Trees that are "flocked" are not eligible for chipping.

Discarded wreaths, garland, and greenery with metal, plastic, wire, lights, or ornamentation are not considered green waste. Place them in your trash cart.

Residents have a choice of:

- A) Bringing their own trees to the Community Park either day
- B) Utilizing Boy Scout curbside tree collection fundraiser offered on Saturday only
- C) Cutting the tree into small pieces to place in the green waste cart (making sure it's not so packed in that it will get stuck in the cart when being emptied) for green waste collection week
- D) Taking trees to the Recycling Center at 4421 Latrobe Road
- E) Taking trees to the Material Recovery Facility in Diamond Springs



CELEBRATE arbor day

Friday, April 28 4:00 p.m.

Join us at

Promontory Community Park

1821 Francisco Dr.

edhcsd.org

916-933-6624

Celebrate Arbor Day

Friday, April 28 • 4pm

Location: Promontory Community Park

On Arbor Day, people are encouraged to care for their natural environment. It's a time for people to get their hands in the dirt and plant and/or care for trees, bushes and plants.

Community Clean up Day

Saturday, April 29 • 9am-3pm

Location: Rolling Hills Church, 800 White Rock Rd., EDH

What: Disposal of large/bulky, unwanted items, green waste and e-waste.

Who: El Dorado Hills residents & residents within the District boundaries. For more information on non-acceptable materials & optional disposal log onto: www.edhcsd.org and follow links for "waste/recycling collection."

Spring Community Garage Sale

Saturday, May 6 • 8am-12pm

Location: 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. Space fee: \$35



PRESCHOOL

NEW! Baby Wearing Dance Class

Designed for moms and their babies to dance together and enjoy fun and "baby wearing friendly" dance routines. The steps are easy to follow, but cardio charged. A wonderful way to get a workout and meet other moms with babies. Please call the **instructor Adriana Clark** at 916-849-6257 for more information.

Location: CSD Gym Exercise Room

CODE	DAYS	TIMES	DATES	MTGS	FEES
111127.01	Tu	10-11am	1/10-1/31	4	\$32
111127.02	Tu	10-11am	2/7-2/28	4	\$32
111127.03	Tu	10-11am	3/7-3/28	4	\$32
111127.04	Tu	10-11am	4/4-4/25	4	\$32
111127.05	Tu	10-11am	5/2-5/23	4	\$32

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. **No class 4/14.**

Instructor: Paul Charnow

Location: CSD Gym Exercise Room

CODE	DAYS	TIMES	DATES	MTGS	FEES
110203.01	W&F	4:30-5pm	1/4-1/27	8	↙ see below
110203.02	W&F	4:30-5pm	2/1-2/24	8	↙ see below
110203.03	W&F	4:30-5pm	3/1-3/24	8	↙ see below
110203.04	W&F	4:30-5pm	3/29-4/26	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.)

Music Math & Me

NEW! Music Math & Me 'Just Duet'

ages 2-3 with parent

Share the joy of learning with your child by discovering the wonders of music and mathematics together. Specifically designed as a parent participation class, this Music Math & Me offering will give your child the opportunity to sing, count, laugh and learn in a fun and educational group setting. Students in this program enjoy a curriculum packed with music and math games, art projects, stories, lessons, instrument exploration, singing, dancing and so much more! Music Math & Me classes give your preschooler early exposure to mathematics and music fundamentals that will build your child's self-confidence and inspire a passion for life-long learning. Call (916) 941-8394 or visit www.MusicMathandMe.com for more information. This program runs from January 3, 2017 to May 23, 2017. Please bring a materials fee of \$35 payable to Music Math & Me on the first day of class. ***No class 4/11.**

Instructor: Cheryl Dean

Location: EDDA North, 2222 Francisco Dr, Suite 140, EDH

CODE	DAYS	TIMES	DATES	AGES	FEES
110806.01	Tu	9-10:15am	1/3-1/24	2-3	\$100
110806.02	Tu	9-10:15am	1/31-2/21	2-3	\$100
110806.03	Tu	9-10:15am	2/28-3/21	2-3	\$100
100806.04	Tu	9-10:15am	3/28-4/25*	2-3	\$100
100806.05	Tu	9-10:15am	5/2-5/23	2-3	\$100

NEW! Music Together for Babies, Toddlers, Preschoolers & Their Parents

Description: Scoop up your budding musician, and join us for the greatest mommy-and-me class you'll ever experience. Celebrate your child's inner musician, support their development and make new friends along the way! We'll sing, dance, laugh and play along to our award winning music in class AND give you all the tools you need to continue the fun at home. Grown-ups - no prior musical experience is needed, just a desire to have fun and model music making for your little one. Please bring \$45 materials fee due to teacher on first day.

Instructor: Afton Parker (Tuesday) & Maxine Wolkenhorst (Wednesday)

Location: EDDA, 3921 Sandstone Dr., Suite D, EDH

CODES	DAYS	TIMES	DATES	AGES	FEES
100807.01	Tu	9:15-10am	1/10-3/13	0-4 y/o	\$130
100807.02	W	11:30-12:15pm	1/11-3/14	0-18 mo	\$130



MUSIC TOGETHER®
BRINGING HARMONY HOME.®

EL DORADO Dance ACADEMY

(916) 933-0034
No classes 2/20

For more information and dress code, please visit:
www.eldoradodance.com

NEW! Hippitee-Hop ages 2 1/2 - 4

This NEW class offering 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.

Location: CSD Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
111121.01	M	5-5:45pm	1/9-1/30	4	\$45
111121.02	M	5-5:45pm	2/6-3/6	4	\$45
111121.03	M	5-5:45pm	3/13-4/3	4	\$45

NEW! Baby Ballet

ages 18 months - 2 1/2

Ballet can be fun and whimsical in this engaging, circle-based ballet class, which offers a delightful first experience for the youngest 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!

Location: 3921 Sandstone Dr., Suite 4, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEES
111109.01	Sa	10-10:45am	1/7-1/28	4	\$45
111109.02	Sa	10-10:45am	2/4-2/25	4	\$45
111109.03	Sa	10-10:45am	3/4-3/25	4	\$45
↓ Note Different Location: CSD Exercise Room ↓					
111109.04	M	4:15-5pm	1/9-1/30	4	\$45
111109.05	M	4:15-5pm	2/6-3/6	4	\$45
111109.06	M	4:15-5pm	3/13-4/3	4	\$45

Dance Discovery

ages 2 1/2 - 4 (+ Parent participation)

The use of balls, toys, bubbles and magic wands turns this 45 minute movement lesson into a wonderland for our young 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!

Location: 3921 Sandstone Dr., Suite 4, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEES
111120.01	Sa	10-10:45am	1/7-1/28	4	\$45
111120.02	Sa	10-10:45am	2/4-2/25	4	\$45
111120.03	Sa	10-10:45am	3/4-3/25	4	\$45

LIBRARY EVENTS

El Dorado Hills Library

7455 Silva Valley Parkway
www.eldoradolibrary.org (916) 358-3505

FREE! YELL's New Year's Party

Thursday, January 5 • 5-7pm

Join the Youth Executive League at the Library as we celebrate the start of 2017 with a "Just Dance" competition, karaoke, games, and food. Middle School & High School Students only.

Used Book Sale

January 20/21, March 10/11, & April 28/29

Buy books by the pound at The Friends of the Library used book sale! Fridays are for members only from 3:00-7:00 pm (You can join at the door for \$10). Saturdays are open to the public from 8am to 4pm.

FREE! 4th Annual Spring Carnival "Fairy Tales Around the World"

Saturday, April 8 • 1-4pm

Enjoy games, crafts, and entertainment while you explore magical tales from around the world. Food will be available for purchase.

FREE! Painting with Bob Ross

Thursday, April 20 • 5-6pm



ONLY
\$3
Per Hour!

KydZonE AFTER SCHOOL

Grades K - 5th Location: CSD Gym • 1021 Harvard Way



YOUTH

OPEN
from 7am-6pm on
the following dates:
Winter Break:
12/19-12/29
Note: We close at 12pm on 12/30
Lincoln's Birthday: 2/17
Spring Break:
4/10-4/21



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, and 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.*)

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

Hours/Dates/Times:

Monday-Friday from 2:15*-6pm from 1/3/17-6/13/17

**See dates we are open or closed early below*

We are open for all Buckeye & Rescue Union School District minimum days and staff development days.

Open All Day (7am-6pm): 12/19-12/29, 1/3, 2/17, 3/20, 4/10-4/21.

Note: *On 12/30 we will close at 12 noon.*

CLOSURE Dates: All national holidays, 1/2/17, 1/16/17, 2/20/17, 5/29/17.

Please Note: *Summer Camp starts 6/5/17.*

HOURLY RATES:

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

\$3 per hour plus \$25 family registration fee due at the start of each school year.

Please call the registration office at (916) 933-6624 for more information or to create, or 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 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 participating in this program. In the event of rain, staff will pick children up in a CSD vehicle. Children under 8 or 80lbs will be transported in a booster seat.*

**See Spring Break
Camps on page 8**

AFTER SCHOOL CLASSES

HoneyCode Video Game Design

grades 3 - 6

HoneyCode is designed for students in 3rd through 6th grade (coding beginners). Students will program using Scratch to develop skills in problem solving, sequencing and logic. Students will use Makey Makeys to program and build a hands-on interactive games. As well as engage in unplugged programming challenges. All students will end their session with a USB drive of their Scratch projects. **Instructor: HoneyCode Staff**

Location: Oak Meadow Elementary MP Room

CODE	DAYS	TIMES	DATES	MTGS	FEES
1000000.01	M	2:10-3:20pm	3/6-5/22	9	\$162

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 and kitchen safety. Please bring \$35 material fee payable to Susan Kakavas to first class. **No Class 4/10. Instructor: Little Chef's World**

Location: Gym Kitchen

CODES	DAYS	TIMES	DATES	MTGS	FEES
121003.01	M	3:45-4:45pm	1/23-2/13	4	\$64
121003.02	M	3:45-4:45pm	3/6-3/27	4	\$64
121003.03	M	3:45-4:45pm	4/3-5/1	4	\$64
121003.04	W	3:45-4:45pm	1/11-2/1	4	\$64
121003.05	W	3:45-4:45pm	2/8-3/1	4	\$64
121003.06	W	3:45-4:45pm	3/8-3/29	4	\$64

Firefly Art



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.

Instructor: Firefly Art Staff

Location: Silva Valley Elementary School

CODE	DAYS	TIMES	DATES	MTGS	FEES
120106.A1	Tu	2:20-3:20pm	1/17-2/28	7	\$105
120106.A2	Tu	2:20-3:20pm	3/7-4/25	6	\$90
Location: Oak Meadow Elementary School					
120106.B1	W	1:10-2:20pm	1/18-2/22	6	\$90
120106.B2	W	1:10-2:20pm	3/1-4/26	7	\$105
Location: Brooks Elementary School					
120106.C1	Th	3:20-4:20pm	1/19-2/23	6	\$90
120106.C2	Th	3:20-4:20pm	3/2-4/27	6	\$90
Location: Jackson Elementary School					
120106.D1	Tu	3:10-4:10	1/17-2/21	6	\$90
120106.D2	Tu	3:10-4:10	2/28-4/25	7	\$105

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. **Instructor: Malinda Kregoski**

Location: Equine Unlimited, 3984 Green Valley Road, Rescue

CODE	DAYS	TIMES	DATES	MTGS	FEES
160504.01	W	4-5:15pm	3/1-3/22	4	\$182
160504.02	W	4-5:15pm	4/5-4/26	4	\$182

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 \$5 material fee payable at class.

Location: 13405 Folsom Blvd. Suite 150, Folsom

CODE	DAYS	TIMES	DATES	MTGS	FEES
130503.01	Tu & W	5:30-8:30pm	1/10 & 1/11	2	\$57
130503.02	Tu & W	5:30-8:30pm	2/7 & 2/8	2	\$57
130503.03	Tu & W	5:30-8:30pm	3/7 & 3/8	2	\$57
130503.04	Tu & W	5:30-8:30pm	4/11 & 4/12	2	\$57

Babysitting CPR

ages 11 - 15

Teaches child & infant CPR. Please bring \$5 material fee payable at class.

Location: 13405 Folsom Blvd. Suite 150, Folsom

CODE	DAYS	TIMES	DATES	MTGS	FEES
130501.01	F	5-7pm	1/13	1	\$37
130501.02	F	5-7pm	2/10	1	\$37
130501.03	F	5-7pm	3/10	1	\$37
130501.04	F	5-7pm	4/7	1	\$37

Early Engineers

K - 5th grades

Early Engineers use a variety of building materials – such as LEGO, Kapla blocks, K'nex, and much more, to inspire innovation and creativity. We provide an environment that promotes teamwork social cooperation, builds self-confidence and highlights the process not the result. Projects and lessons are created by professional artists, architects and engineers, as well as those with backgrounds in psychology and early childhood education.

No class 2/20. Instructor: Early Engineers Staff

Location: Silva Valley Elementary School

CODE	DAYS	TIMES	DATES	MTGS	FEES
120901.A1	Th	2:20-3:30pm	1/26-3/2	6	\$90
120901.A2	Th	2:20-3:30pm	3/16-4/27	5	\$75
Location: Oak Meadow Elementary School					
120901.B1	Tu	2:10-3:20pm	1/17-2/21	6	\$90
120901.B2	Tu	2:10-3:20pm	2/28-4/25	7	\$105
Location: Jackson Elementary School					
120901.D1	M	3:20-4:30pm	1/30-3/6	5	\$75
120901.D2	M	3:20-4:30pm	3/13-4/24	4	\$60

SPRING BREAK CAMPS

YOUTH



NEW! Radical Robots

ages 6 - 12

Robots are taking over! Learn all about robots and how they are used in our world. Perform experiments with cool robots including sound-sensing robots, line-tracking robots, light-sensing robots and even robots that can play soccer! Cool! Discover the science of circuits and how robots use sensors to explore things around them. Throughout this camp, you will make your own robot and take it home at the end of the week! (An additional materials fee of \$25 for a robot kit is due at the first day of camp.) Instructor: Mad Science

Location: CSD Norm Rowett Pavilion

CODE	DAYS	TIMES	DATES	MTGS	FEES
120611.01	M-F	9am-12pm	4/10-4/14	5	\$166
120611.02	M-F	9am-12pm	4/17-4/21	5	\$166

NEW! Advanced Robotics

ages 8 - 12

Great Scott! We need you to control our robots before they get the upper hand and take over the world! In this camp you will learn about robotic control and also program the amazing Parallax "Scribbler 2" robot with its Graphical User Interface programming language. A series of increasing challenges are designed to earn you mastery of this sinister mechanical menace! If you are victorious and there is time you will employ light sensors and program flags to follow lines, avoid obstacles and navigate mazes. Get ready to fire up your skills of deductive reasoning and problem solving. By the end you'll be convinced that you have a new super-power! (An additional materials fee of \$40 for a robot kit is due at the first day of camp.) Instructor: Mad Science

Location: CSD Norm Rowett Pavilion

CODE	DAYS	TIMES	DATES	MTGS	FEES
120611.03	M-F	1-4pm	4/10-4/14	5	\$166
120611.04	M-F	1-4pm	4/17-4/21	5	\$166



KydZonE Winter Field Trips!

When the kids are out of school, we will give them something super fun to do... come on a field trip with us! Staff will transport children to and from field trip destinations in the new CSD mini-bus. 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. If you need care before and after field trips, drop off/pick up times are between 7am-6pm.

Location: varies – see below

CODES	DAYS	TIMES	DATES	FEES
Wild Nights/Holiday Nights at the Zoo (<i>pizza dinner included</i>)				
121314.01	F	5-8pm	12/16	\$25
Ice Skating at Skatetown in Roseville				
121314.05	Tu	8:45am-1pm	1/3	\$22
Monster Mini Golf - (includes mini golf and 8 arcade tokens)				
121314.02	F	1:30-4pm	2/17	\$17
Folsom Zoo Trip				
121314.03	Tu	TBA	4/11	\$15
John's Incredible Pizza Co. (<i>includes unlimited buffet & 20 tokens</i>)				
121314.04	Th	10:30am-4pm	4/20	\$35





See website for dress code
www.eldoradodance.com
(916) 933-0034

No classes 2/20

Preschool
Dance classes
on page 5

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

CODES	DAYS	TIMES	DATES	MTGS	FEES
111102.01	M	10-10:45am	1/9-1/30	4	\$45
111102.02	M	10-10:45am	2/6-3/6	4	\$45
111102.03	M	10-10:45am	3/13-4/3	4	\$45
111102.04	Sa	9-9:45am	1/7-1/28	4	\$45
111102.05	Sa	9-9:45am	2/4-2/25	4	\$45
111102.06	Sa	9-9:45am	3/4-3/25	4	\$45

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

CODES	DAYS	TIMES	DATES	MTGS	FEES
121106.01	F	3:30-4:15pm	1/6-1/27	4	\$45
121106.02	F	3:30-4:15pm	2/3-2/24	4	\$45
121106.03	F	3:30-4:15pm	3/3-3/24	4	\$45
121106.04	Sa	9-9:45am	1/7-1/28	4	\$45
121106.05	Sa	9-9:45am	2/4-2/25	4	\$45
121106.06	Sa	9-9:45am	3/4-3/25	4	\$45

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

CODES	DAYS	TIMES	DATES	MTGS	FEES
121104.01	Sa	10-11am	1/7-1/28	4	\$60
121104.02	Sa	10-11am	2/4-2/25	4	\$60
121104.03	Sa	10-11am	3/4-3/25	4	\$60

Lyrical

ages 8 - 12

One of the most popular styles of dance. Lyrical is more emotive than jazz, less confined than ballet and it pulls movement from modern dance. It's challenging and fun to explore creative moves that import meaning in every step.

Location: 3921 Sandstone Dr., Suite 4

CODES	DAYS	TIMES	DATES	MTGS	FEES
121128.01	Tu	6:30-7:30pm	1/3-1/24	4	\$60
121128.02	Tu	6:30-7:30pm	2/7-2/28	4	\$60
121128.03	Tu	6:30-7:30pm	3/7-3/28	4	\$60

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

CODES	DAYS	TIMES	DATES	MTGS	FEES
111103.01	M	4:30-5:30pm	1/9-1/30	4	\$60
111103.02	M	4:30-5:30pm	2/6-3/6	4	\$60
111103.03	M	4:30-5:30pm	3/13-4/3	4	\$60
111103.04	Sa	10-11am	1/7-1/28	4	\$60
111103.05	Sa	10-11am	2/4-2/25	4	\$60
111103.06	Sa	10-11am	3/4-3/25	4	\$60

Ballet I

ages 6 - 12

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

CODES	DAYS	TIMES	DATES	MTGS	FEES
BALLET I (ages 6-9)					
121110.01	F	3:30-4:30pm	1/6-1/27	4	\$60
121110.02	F	3:30-4:30pm	2/3-2/24	4	\$60
121110.03	F	3:30-4:30pm	3/3-3/24	4	\$60
BALLET I (ages 8-12)					
121110.04	Sa	11am-12pm	1/7-1/28	4	\$60
121110.05	Sa	11am-12pm	2/4-2/25	4	\$60
121110.06	Sa	11am-12pm	3/4-3/25	4	\$60



YOUTH SPORTS

YOUTH SPORTS



U.K. International Soccer Camp

"The Ultimate Soccer Challenge"

Camp emphasizes fundamental skills for players ages 4-6 and progresses to a more challenging approach on individual skills and techniques. Scrimmages will improve technical and tactical knowledge. Groups are formed according to age. Fee includes a camp Tee-shirt, soccer ball and evaluation certificate. All players must have shin guards and cleats to participate. **Registration Deadline: 3/31**



Half Day Camp

ages 4 - 16

Location: CSD North/South Field

CODES	DAYS	TIMES	DATES	MTGS	FEES
120317.01	M-F	9am-12pm	4/10-4/14	5	\$139

Full Day Camp

ages 8 - 16

Location: CSD North/South Field

CODES	DAYS	TIMES	DATES	MTGS	FEES
120317.02	M-F	9am-3pm	4/10-4/14	5	\$189

NFL Youth Flag Football

grades 2nd - 8th

League focuses on fundamentals, teamwork and improving individual skills in a competitive yet fun environment. Participants receive an official NFL jersey, set of flags and personalized award. Practices are one day a week with games on Saturdays beginning in April. All players must attend a player evaluation (see receipt for date & times). **Registration Deadline: 2/3 or when full.**

Location: Promontory Community Park Synthetic Field

CODE	DATES	AGE	FEES
120321.00	3/6 - 5/20	2 nd grade	\$155/\$170 after 2/3
120322.00	3/6 - 5/20	3 rd grade	\$155/\$170 after 2/3
120323.00	3/6 - 5/20	4 th grade	\$155/\$170 after 2/3
120324.00	3/6 - 5/20	5 th grade	\$155/\$170 after 2/3
120325.00	3/6 - 5/20	6 th grade	\$155/\$170 after 2/3
120326.00	3/6 - 5/20	7 th /8 th grade	\$155/\$170 after 2/3

Half-time event sponsored by:



High School Flag Football

grades 9 - 12

Focus is on improving individual skills and learning the value of teamwork in a competitive environment. Teams will be drafted by captains and team fee is divided amongst members on the team. Call 916-933-6624 to be placed on a team list for drafting purposes.

Location: Promontory Community Park Synthetic Field

CODES	DAYS	DATES	DEADLINE	TEAM FEE
130309.01	Su	3/19-5/21	3/3	\$380

Dodgeball

ages 7 - 12

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
120318.01	F	6:30-7:15pm	3/10-3/31	4	\$60

Registration Deadline: Friday, 3/3

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 4/14. Instructor: Paul Charnow**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
BEGINNERS					
160203.01	W&F	5-5:45pm	1/4-1/27	8	see below
160203.02	W&F	5-5:45pm	2/1-2/24	8	see below
160203.03	W&F	5-5:45pm	3/1-3/24	8	see below
160203.04	W&F	5-5:45pm	3/29-4/26	8	see below

INTERMEDIATE

160203.05	W&F	5:30-6:30pm	1/4-1/27	8	see below
160203.06	W&F	5:30-6:30pm	2/1-2/24	8	see below
160203.07	W&F	5:30-6:30pm	3/1-3/24	8	see below
160203.08	W&F	5:30-6:30pm	3/29-4/26	8	see below

ADVANCED

160203.09	W&F	6:15-7pm	1/4-1/27	8	see below
160203.10	W&F	6:15-7pm	2/1-2/24	8	see below
160203.11	W&F	6:15-7pm	3/1-3/24	8	see below
160203.12	W&F	6:15-7pm	3/29-4/26	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.)

Beginning Archery

ages 8 - adult

The El Dorado Hills Bowmen's Archery Club offers classes that focus on shooting skills and safety. If you haven't shot in years, this is a good refresher course. Equipment will be provided.

Instructor: EDH Bowmen's Archery Club

Location: 3321 El Dorado Hills Blvd.

CODES	DAYS	TIMES	DATES	MTGS	FEES
160322.01	Sa	8:45am-12pm	3/18	1	\$35
160322.02	Sa	8:45am-12pm	4/22	1	\$35

PEE WEE SPORTS CAMPS

Boys and Girls, ages 4 - 6

Pee Wee Sports 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, basket or goal.

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

Sponsored By:



Pee Wee Basketball

ages 4 - 6

Location: Brooks Elementary School Gym

CODE	DAYS	TIMES	DATES	AGE	FEES
110314.01	Th	5-5:45pm	3/2-3/23	4-6	\$60
110314.02	Th	6-6:45pm	3/2-3/23	4-6	\$60

Registration Deadline: 2/24

Pee Wee Soccer

ages 4 - 6

Location: Promontory Community Park (Girls Softball Field)

CODE	DAYS	TIMES	DATES	AGE	FEES
110315.01	Th	5-5:45pm	4/6-4/27	4-6	\$60
110315.02	Th	6-6:45pm	4/6-4/27	4-6	\$60

Registration Deadline: 3/31

Pee Wee T-Ball

ages 4 - 6

Location: Promontory Community Park (Girls Softball Field)

CODE	DAYS	TIMES	DATES	AGE	FEES
110316.01	Th	5-5:45pm	5/11-6/1	4-6	\$60
110316.02	Th	6-6:45pm	5/11-6/1	4-6	\$60

Registration Deadline: 5/5

Girls Volleyball

grades 4th - 10th

This recreational league allows girls to learn the game of volleyball in both a fun and competitive environment. Practices and games are one day a week each, with games beginning in late March. Participants receive a team jersey and a personalized award. Alternate grade combinations may occur due to numbers. All players must attend an evaluation (see receipt). **No practices or games 4/10-4/14. Registration Deadline: 2/10 or when full.**

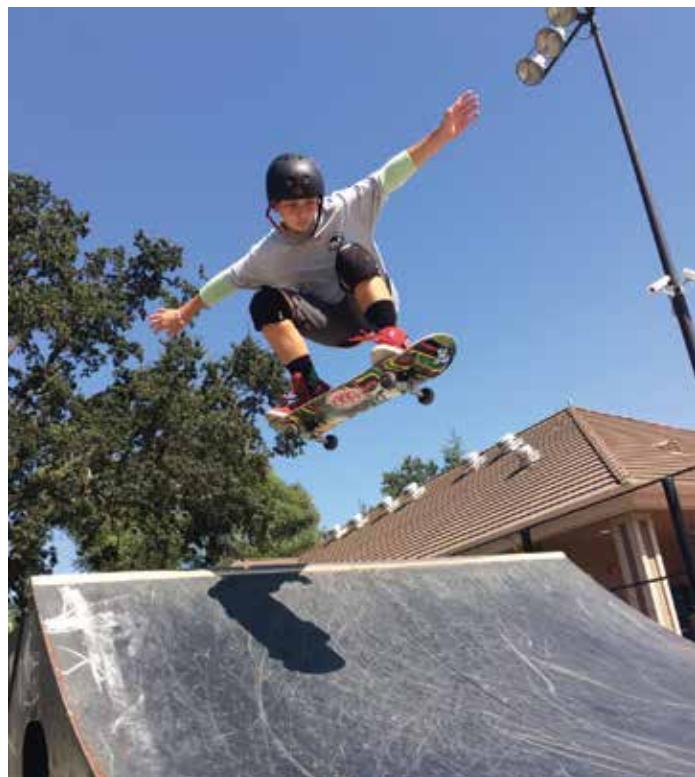
Locations: CSD/Valley View Elementary

CODE	DATES	AGE	FEES
120352.00	3/6-5/18	4 th grade	\$155/\$170 after 2/10
120353.00	3/6-5/18	5 th grade	\$155/\$170 after 2/10
120354.00	3/6-5/18	6 th grade	\$155/\$170 after 2/10
120355.00	3/6-5/18	7 th grade	\$155/\$170 after 2/10
120356.00	3/6-5/18	8 th -12 th grade	\$155/\$170 after 2/10

Sponsored By:



SKATE PARK



Free Admission for all!

The Skate Park has plenty to offer both novice and advanced skate boarders and scooter riders including a half pipe, ramps and grind rails. Skate park attendants are present during supervised hours to enforce rules and make sure everyone is having an awesome time. The CSD promotes safe riding and requires all participants under 18 to wear helmets.

Supervised Hours:

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, park improvements and violations of skate park rules.

*Check our Instagram Page @edhskatepark for Spare the Air Closure notices – we'll be closed when it is unhealthy air quality for all groups.



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



TEEN CENTER

Grades 6th & 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) 643-4367

Hours: Monday-Friday: 2-6pm

We are open early for Marina Village Middle School and Rolling Hills Middle School Early Release Days.

We are not open early for ORHS early release days. Closed for all national holidays and the following dates: 4/10-4/17, 4/18-4/21 (after school only)

Cost: \$25 per month (*membership is not prorated*)

Please Note: Memberships paid after the 5th of the month are subject to a \$10 late fee.

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 teen center staff go to MVMS every day after school and pick kids up in the Teen Taxi to bring them back to the CSD? 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!

Summer Camp Jobs

Come spend your summer at the CSD and get paid for it. We are seeking mature, responsible, positive role models who enjoy working with elementary aged children and teens in a recreational based camp. These job opening are for our KydZonE Summer Camp, Skate Park and Teen Camp. Applications are available online. Please have your applications in no later than 4/3/17. Experience as a camp counselor a plus.

Teen Center Late Nights!

Fridays, 6-9pm

\$5 for members / \$8 drop-in for non-members

Location: Teen Center

CODE	DAYS	TIMES	DATES	THEME
131208.01	F	6-9pm	1/20	Birthday Bash
131208.02	F	6-9pm	3/10	St. Paddy's Party

Happy 10th Birthday Teen Center!!

The Teen Center turns 10 on January 20! Members will be celebrating on **Friday, January 20th** and continue the celebration at our **Late Night**. We will be open until 9pm.

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 program. The following items would greatly improve the program and enhance The Center: DVDs rated PG or PG13, Wii, XBOX 360 and Playstation games rated E or T with staff approval, sports equipment (footballs, rubber balls, soccer balls) and sturdy patio furniture. If you have any of these items in good usable condition please contact Rebecca Todd at (916) 643-4368. 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) 933-6624.

AQUATIC ACTIVITIES



POOL OPENS IN MAY

The CSD Community Pool will open starting May 13 for weekends & holidays. **HOURS: Saturday & Sunday • 12-4pm**
Note: Also open for Memorial Day – Monday, May 29

\$109 Family Summer Swim Pass

(If purchased by April 30th)

Get your 2017 Summer Season Pass by 4/30 and save BIG!! Buy a Family Pass now for only \$109 or an Individual Pass for just \$40. Membership includes admission to the Community Pool for recreation swim, 5/13-9/24, swim lesson discounts, use of Kiddy Pool during swim lesson sessions, and morning lap swim (adults only). Price increases to \$195 on May 1.

Lifeguard Training Academy

ages 15 & up

Want to be a lifeguard this summer? Plan now and get signed up for this certification class that most community pools require. American Red Cross instructors will certify you in Lifeguarding, CPR, AED, and Title 22 First Aid. Includes lecture, videos and skill practice sessions in and out of the water. Participants must pass a Swim Test to participate in the class.

Location: Community Pool

CODES	DAYS	TIMES	DATES	MTGS	FEES
130401.01	Su	8am-5pm	3/19-4/9	4	\$210

El Dorado Hills Community Pool Rentals

The 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.

FREE! April Pool's Day

Saturday, April 22 • 2-4pm

March to the Pool to kick off our Drowning Prevention Campaign! Swim for FREE and get tips on drowning Prevention. Supported by EDHCSD Foundation.

Campaign Schedule:

- April Pool's Day-FREE Swim, April 22
- Poster Contest-May
- World's Largest Swim Lesson, June 22.

EDH Community Pool

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. Daily drop-in fee: \$5

Location: Community Pool

CODES	DAYS	TIMES	DATES	FEES
140403.01	M/W/F	5:30-7am	2/6-2/27	\$40
140403.02	M/W/F	5:30-7am	3/1-3/31	\$40
140403.03	M/W/F	5:30-7am	4/3-4/28	\$40

CSD Junior Water Polo Clinic

ages 8 - 13

Water Polo is an exciting, face-paced game that incorporates athletic elements from soccer, basketball, football, rugby, wrestling, and of course, swimming. Participants will learn basic skills and strategies of Water Polo including: ball control, passing, shooting, game plays and set-up. *No practice on 4/16.*
Instructor: Patrick Foster, ORHS Water Polo Coach

Location: Community Pool

CODES	DAYS	TIMES	DATES	FEES
120404.01	Su	10am-12pm	3/5-4/30	\$145





TAZ Spring Swim Clinic

ages 5 - 18

Spring into action with the TAZ Swim Team coaches and sign up for this awesome clinic. Sign up for the class that fits your child's swimming level. If you are not sure what level that is please contact Coach Jenn at coachjenn@edhtaz.org. New for this spring clinic is the option to sign up for two sessions allowing you more time in the pool. Please note sessions will be held rain or shine and only cancelled due to thunderstorms. No make-ups or refunds.

- Level 1 (ages 5 - 9)** - Swimmers with little or no swim team experience and a novice in freestyle and backstroke. Must be able to swim 25 yards without assistance.
- Level 2 (ages 7 - 10)** - Swimmers with limited swim team experience, proficient at freestyle and backstroke, and novice at breast stroke and butterfly.
- Level 3 (ages 9 - 19)** - Swimmers must be proficient at all four strokes (back, freestyle, breast & butterfly). This level will focus on development and endurance of each stroke.

Coaches: Jenn Soto & Staff

Location: Community Pool

CODES	DAYS	TIMES	DATES	LEVEL	FEES
120413.01	Su	3-3:45pm	2/27-4/9	1	\$95
120413.02	Su	3:45-4:30pm	2/27-4/9	2	\$95
120413.03	Su	4:30-5:15pm	2/27-4/9	3	\$95
120413.04	W	5:45-6:30pm	3/1-4/12	1/2	\$95
120413.05	W	6:30-7:15pm	3/1-4/12	3	\$95

Note: If you are interested in joining the Taz Team for the Summer Recreation Swim Team you must register through the El Dorado Hills Tasmanian Swim Team. Enrollment begins February 1. You need to contact them directly at edhtaz.org.

Aqua-Egg Hunt

Saturday, April 15 • 2-4pm

The Aqua Bunny will be hopping into El Dorado Hills Community Pool to make a big splash with local boys and girls! A basket will be provided for children to join in an aquatics egg hunt with plastic eggs floating on top and scattered along the bottom of the pool. Eggs will be exchanged for goodies. Aqua-Egg Hunt will start 30 minutes after start. Gates will open 2pm and the Spring Bunny will be available for photos.

Location: EDH Community Pool

CODES	DAYS	TIMES	FEE
120704.01	Sa	2pm, egg hunt starts at 2:30pm sharp	\$10



SACRAMENTO STATE AQUATIC CENTER

Basic Sailing

ages 12 & up

Designed for those with little or no sailing experience. The 14 hour course covers boating safety, knots, rigging and sailing theory. On the water skills such as boat handling, docking, sail trim and capsise recovery will be taught on Holder 14 sail-boats. Upon successful completion of this course graduates are eligible to rent Holder 14's. This class follows the guidelines set by US Sailing.

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
160408.01	Sa/Su	2-5:30pm	3/4-3/12	4	\$165
160408.02	M-Th	2:30-6pm	3/6-3/9	4	\$165
160408.03	Sa/Su	3:30-7pm	4/1-4/9	4	\$165
160408.04	M-Th	4-7:30pm	4/17-4/20	4	\$165

Windsurfing

ages 12 & up

For those with little or no experience and will familiarize the student with the basic fundamentals of windsurfing. This class covers rigging, terminology, balance, stances and sailing theory. Instructors will utilize the latest techniques and a variety of sail sizes to decrease fatigue and help accelerate learning. Upon successful completion of this course, students will be eligible to rent these windsurfers.

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
160411.01	M-Th	4-6pm	3/6-3/9	4	\$90
160411.02	M-Th	4-6pm	4/17-4/20	4	\$90

Stand Up Paddling - Sup

ages 10 & up

Designed for those that have little or no experience paddling, our group SUP class are designed using ACA level one requirements, which introduce and expose beginning paddlers to the skills, equipment and knowledge needed to become a successful paddle boarder. We also challenge the more advanced paddlers wanting to improve their techniques on the water.

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
160406.01	Tu	10am-1pm	3/21	1	\$45
160406.02	Sa	2-5pm	3/24	1	\$45
160406.03	Sa	1-4pm	4/1	1	\$45
160406.04	Su	10am-1pm	4/23	1	\$45

Water Ski & Wakeboarding

ages 9 & up

All levels of wakeboarding and water skiing welcome! Designed for the beginner, who has never skied or wakeboarded, to the advance who wishes to improve on technique or break bad habits. Trick skiing, kneeboarding and bare-footing can also be covered during this lesson. Equipment will be provided but students may bring their own if they prefer.

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
160409.01	Tu	3-6pm	3/21	1	\$70
160409.02	Sa	10am-1pm	4/1	1	\$70
160409.03	Su	10am-1pm	4/16	1	\$70
160409.04	Tu	5-8pm	4/25	1	\$70

Basic Rowing

ages 12 & up

This course is designed for the beginning/novice rower. It teaches safety, boat control, proper care of equipment, and correct rowing technique. Students will row in open water type rowing shells designed for a single person. Successful completion of this course and demonstration of basic skills enables students to rent shells for recreational use and/or join one of the competitive rowing programs offered by the Sacramento State Aquatic Center.

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
160410.01	Tu	11am-1pm	3/27-3/30	4	\$105
160410.02	Sa	6-8pm	4/10-4/13	4	\$105
160410.03	Su	6-8pm	4/24-4/27	4	\$105



KAYAKING

Learn to Kayak

ages 14 & up

Learn proper equipment selection and fit, along with basic safety and paddling skills. We'll tour the lake while refining skills and stopping for lunch along the way. All equipment provided. Please bring a snack or lunch.

Instructor: Current Adventures Kayak School

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
160407.01	M	11am-2pm	1/16	1	\$73
160407.02	Sa	11am-2pm	2/4	1	\$73
160407.03	M	11am-2pm	2/20	1	\$73
160407.04	Sa	11am-2pm	3/4	1	\$73
160407.05	Sa	11am-2pm	4/1	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.

Instructor: Current Adventures Kayak School

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
160412.01	Sa	4:30-7:30pm	2/11	1	\$53
160412.02	Sa	5-8pm	3/11	1	\$53
160412.03	Sa	5:30-8:30pm	4/8	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

Location: Lake Natoma, 1901 Hazel Avenue, Gold River

CODES	DAYS	TIMES	DATES	MTGS	FEES
140407.01	Sa	11am-2pm	1/28	1	\$73
140407.02	Sa	12-3pm	2/11	1	\$73
140407.03	Sa	11am-2pm	2/25	1	\$73
140407.04	Sa	11am-2pm	3/18	1	\$73
140407.05	Sa	1-4pm	4/8	1	\$73
140407.06	M	11am-2pm	4/17	1	\$73



TENNIS CLASSES



QuickStart Tennis

ages 5 - 6

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
120328.A1	Tu	3:30-4:15pm	1/7-2/7	6	\$114
120328.A2	Tu	3:30-4:15pm	2/14-3/21	6	\$114
120328.A3	Tu	3:30-4:15pm	3/28-5/9	6	\$114
120328.B1	Th	3:30-4:15pm	1/5-2/9	6	\$114
120328.B2	Th	3:30-4:15pm	2/16-3/23	6	\$114
120328.B3	Th	3:30-4:15pm	3/30-5/11	6	\$114

Little Tennis

ages 7 - 12 (or instructor approval)

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
120329.A1	Tu	4:30-5:30pm	1/7-2/7	6	\$114
120329.A2	Tu	4:30-5:30pm	2/14-3/21	6	\$114
120329.A3	Tu	4:30-5:30pm	3/28-5/9	6	\$114
120329.B1	Th	4:30-5:30pm	1/5-2/9	6	\$114
120329.B2	Th	4:30-5:30pm	2/16-3/23	6	\$114
120329.B3	Th	4:30-5:30pm	3/30-5/11	6	\$114
120329.C1	Sa	9:30-10:30am	1/7-2/11	6	\$114
120329.C2	Sa	9:30-10:30am	2/18-3/25	6	\$114
120329.C3	Sa	9:30-10:30am	4/1-5/13	6	\$114

USPTA Instructor: **Chris Medrano**

Location: Promontory Community Park, 2550 Alexandra Way

Supplies: Participants need to bring a tennis racquet and water. For questions about EDH CSD, private & semi private lessons contact Chris at (949) 235-8644 or e-mail him at: cmedrano10spro1@gmail.com. (Racquets are available if needed.

No class 4/10-4/15

Junior League Match Play

ages 7 - 16

All play on Friday afternoons. 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: Need coach's approval.*

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES	AGES
120373.01	F	4-5:30pm	1/6-2/10	6	\$100	7-10
120373.02	F	4-5:30pm	2/17-3/24	6	\$100	7-10
120373.04	F	5:30-7pm	1/6-2/10	6	\$100	11-16
120373.05	F	5:30-7pm	2/17-3/24	6	\$100	11-16

Junior Development

ages 11 - 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
120330.A1	Tu	5:30-6:30pm	1/7-2/7	6	\$114
120330.A2	Tu	5:30-6:30pm	2/14-3/21	6	\$114
120330.A3	Tu	5:30-6:30pm	3/28-5/9	6	\$114
120330.B1	Th	5:30-6:30pm	1/5-2/9	6	\$114
120330.B2	Th	5:30-6:30pm	2/16-3/23	6	\$114
120330.B3	Th	5:30-6:30pm	3/30-5/11	6	\$114
120330.C1	Sa	10:30-11:30am	1/7-2/11	6	\$114
120330.C2	Sa	10:30-11:30am	2/18-3/25	6	\$114
120330.C3	Sa	10:30-11:30am	4/1-5/13	6	\$114

Tournament Level Group

ages 13 - 17

Dedicated to the competitive player. Technique, strategy, consistency 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. 90 minute class

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES
120331.01	M	5:30-7pm	1/9-2/13	6	\$165
120331.02	M	5:30-7pm	2/20-3/27	6	\$165
120331.03	M	5:30-7pm	4/3-5/15	6	\$165

ADULT GROUPS

Beginners/Intermediate 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
140332.A1	Tu	9-10am	1/3-2/7	6	\$114
140332.A2	Tu	9-10am	2/14-3/21	6	\$114
140332.A3	Tu	9-10am	3/28-5/9	6	\$114

Advanced Beginner/Intermediate

Location: Promontory Community Park

CODE	DAYS	TIMES	DATES	MTGS	FEES
140333.A1	Sa	11:30am-12:30pm	1/7-2/11	6	\$114
140333.A2	Sa	11:30am-12:30pm	2/18-3/25	6	\$114
140333.A3	Sa	11:30am-12:30pm	4/1-5/13	6	\$114

ADULT CLASSES

NEW! Create Time for Yourself Without the Guilt: Mastering the Art of Time Management

ages 18 & up

Are you feeling overwhelmed by all you have to do? Is it nearly impossible to find time for yourself? By utilizing the art of time management, you can get tasks done in a timely fashion, carve out some personal time, and juggle what is on your plate with grace and without guilt. Course Goals:

- Learn the 3 mistakes busy professionals make that lead them to feeling overwhelmed
- Learn 3 strategies to maximize your time so you can get more done in less time
- Learn 3 tips for overcoming your guilt

Instructor: Sharon Grossman, PhD

Location: CSD Norm Rowett Pavilion

CODE	DAYS	TIMES	DATES	MTGS	FEES
100000.01	M	7:30-9pm	1/9	1	\$35
100000.02	M	7:30-9pm	1/23	1	\$35

Chess Club

Th | 2-4pm

If you already play chess, join us and be part of our new Chess Club which will meet weekly. 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. Call the Senior Center at 916-358-3575 to let us know you are coming. **OFF-SITE LOCATION: Oak Knoll Club House, 3371 Alyssum Circle.** Group Leader: Wil Brunet, Former ranked player

NEW! The Barriers to Smart Parenting and How

to Overcome Them

ages 18 & up

Are you overwhelmed in your parenting role? Do you wish you were calmer and less reactive no matter what your child does? Uncover the missing ingredients and learn the essential steps to being a smart parent so you can increase your sense of control, confidence, and joy as a parent. Course Goals:

- Identify the 3 key ingredients that parents are missing for smart parenting
- Find out what kind of a parent you are
- Learn how to keep your cool even when you're pushed to your limit

Instructor: Sharon Grossman, PhD

Location: CSD Norm Rowett Pavilion

CODE	DAYS	TIMES	DATES	MTGS	FEES
100000.01	Tu	7:30-9pm	1/17	1	\$35
100000.02	Tu	7:30-9pm	2/7	1	\$35

Intro Guitar

ages 12 & up

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

No class 4/11. Instructor: Lew Johnson

Location: CSD Gym Classroom

CODE	DAYS	TIMES	DATES	MTGS	FEES
160802.01	Tu	7:15-8pm	1/31-2/21	4	\$44
160802.01	Tu	7:15-8pm	3/28-4/25	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. Instructor: Lew Johnson

Location: CSD Gym Classroom

CODE	DAYS	TIMES	DATES	MTGS	FEES
160801.01	Tu	7:15-8pm	1/3-1/24	4	\$44
160801.02	Tu	7:15-8pm	2/28-3/21	4	\$44

Ultimate Chocolate Truffles

ages 12 & up

What if you could create beautiful, gift-worthy chocolate truffles in two hours? Well, you're in luck! During this class, participants will learn how to make elegant dome-shaped truffles. The instructor will walk students through three simple steps to making truffles using two different types of chocolate. White, milk and dark ganache will be flavored with exciting additions like Amaretto, Raspberry, and Coconut. 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

CODE	DAYS	TIMES	DATES	MTGS	FEES
161991.01	Sa	10am-12:15pm	2/4	1	\$39



ADULT FITNESS

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. Can't touch your toes? No worries, modifications are given. Beginners welcomed any time/day. 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 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
140215.01	W	10:15-11:15am	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: Master Henry Look

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
140201.01	W&F	8-9am	January	8	\$49
140201.02	W&F	8-9am	February	8	\$49
140201.03	W&F	8-9am	March	8	\$49
140201.04	W&F	8-9am	April	8	\$49

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
140202.01	M	9:30-11am	on-going	\$39/4 sessions \$69/8 sessions

NEW! 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
140201.05	M&W	7:30-8:30pm	January	8	\$49
140201.06	M&W	7:30-8:30pm	February	8	\$49
140201.07	M&W	7:30-8:30pm	March	8	\$49
140201.08	M&W	7:30-8:30pm	April	8	\$49

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 4/14. Instructor: Paul Charnow**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
BEGINNERS					
160203.01	W&F	5-5:45pm	1/4-1/27	8	↖ see below
160203.02	W&F	5-5:45pm	2/1-2/24	8	↖ see below
160203.03	W&F	5-5:45pm	3/1-3/24	8	↖ see below
160203.04	W&F	5-5:45pm	3/29-4/26	8	↖ see below

INTERMEDIATE

160203.05	W&F	5:30-6:30pm	1/4-1/27	8	↖ see below
160203.06	W&F	5:30-6:30pm	2/1-2/24	8	↖ see below
160203.07	W&F	5:30-6:30pm	3/1-3/24	8	↖ see below
160203.08	W&F	5:30-6:30pm	3/29-4/26	8	↖ see below

ADVANCED

160203.09	W&F	6:15-7pm	1/4-1/27	8	↖ see below
160203.10	W&F	6:15-7pm	2/1-2/24	8	↖ see below
160203.11	W&F	6:15-7pm	3/1-3/24	8	↖ see below
160203.12	W&F	6:15-7pm	3/29-4/26	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.)

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. **Instructor: Adriana Clark**

Location: CSD Gym Exercise Room

CODES	DAYS	TIMES	DATES	MTGS	FEES
141101.01	Tu	6:30-7:30pm	1/10-1/31 (EC Swing I)	4	\$44
141101.02	Tu	7:30-8:30pm	1/10-1/31 (Foxtrot I)	4	\$44
141101.03	Tu	6:30-7:30pm	2/7-2/28 (EC Swing II)	4	\$44
141101.04	Tu	7:30-8:30pm	2/7-2/28 (Foxtrot II)	4	\$44
141101.05	Tu	6:30-7:30pm	3/7-3/28 (Salsa I)	4	\$44
141101.06	Tu	7:30-8:30pm	3/7-3/28 (WC Swing I)	4	\$44
141101.07	Tu	6:30-7:30pm	4/4-4/25 (Salsa II)	4	\$44
141101.08	Tu	7:30-8:30pm	4/4-4/25 (WC Swing II)	4	\$44
141101.09	Tu	6:30-7:30pm	5/2-5/23 (Lindy Hop)	4	\$44
141101.10	Tu	7:30-8:30pm	5/2-5/23 (Waltz II)	4	\$44



Pickleball

What's the fastest growing sport in the Nation? Pickleball!!! Pickleball is played on a badminton size court and primarily played with a partner. The game is fast paced, and a great cardio workout. It's social and promotes a healthy lifestyle! 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, or for more information call: 916-614-3223 on Tuesdays or Thursdays (9am-12pm).

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 3/3.**

Instructor: Doug Koch

Location: EDHCSD Gym, 1021 Harvard Way

CODE	DAYS	LEVEL	TIMES	DATES	MTGS	FEES
140371.01	Tu	Beg.	12-1pm	3/14-4/4	4	\$60
140371.02	Th	Inter.	12-1pm	3/16-4/6	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

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

Country Line Dancing

ages 18 & up

Exercise your body and mind dancing to lively, upbeat music. Country line dancing is a fun way to dance socially without a dance partner and get fit. **No Class 3/16.**

Instructor: Tina Goins

Location: CSD Gym Exercise Room

CODE	DAYS	TIMES	DATES	MTGS	FEES
141115.01	Th	5:30-6:30pm	1/12-1/26	3	\$33
141115.02	Th	5:30-6:30pm	2/2-2/23	4	\$44
141115.03	Th	5:30-6:30pm	3/2-3/30*	4	\$44
141115.04	Th	5:30-6:30pm	4/6-4/27	4	\$44

CSD Collaborates with SNAP Fitness

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.

Classes held at: 2222 Francisco Dr., El Dorado Hills
(916) 933-9448



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
140211.01	Th	11-11:55am	1/5-1/26	4	\$35
140211.02	Th	11-11:55am	2/2-2/23	4	\$35
140211.03	Th	11-11:55am	3/2-3/23	4	\$35
140211.04	Th	11-11:55am	4/6-4/27	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
140241.01	Th	10-10:55am	1/5-1/26	4	\$35
140241.02	Th	10-10:55am	2/2-2/23	4	\$35
140241.03	Th	10-10:55am	3/2-3/23	4	\$35
140241.04	Th	10-10:55am	4/6-4/27	4	\$35



Metabolic Blast

ages 16 & up

Metabolic Blast is a 55 minute strength, cardio, and core workout that utilizes the use of a mat and set of dumbbells for the ultimate fat burning workout. Metabolic Blast uses exercises that come to you from all angles, hit multiple muscle groups and tax the body quickly and effectively. It is a rest based workout meaning that we will ask you to work hard until you have to rest, and rest until you can work again.

Location: 2222 Francisco Dr., El Dorado Hills

CODES	DAYS	TIMES	DATES	MTGS	FEES
140247.01	W	10-10:55am	1/4-1/25	4	\$35
140247.02	W	10-10:55am	2/1-2/22	4	\$35
140247.03	W	10-10:55am	3/1-3/22	4	\$35
140247.04	W	10-10:55am	4/5-4/26	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
140248.01	W	5:30-6:25pm	1/4-1/25	4	\$35
140248.02	W	5:30-6:25pm	2/1-2/22	4	\$35
140248.03	W	5:30-6:25pm	3/1-3/22	4	\$35
140248.04	W	5:30-6:25pm	4/5-4/26	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
140237.01	M	8-8:55am	1/9-1/30	4	\$35
140237.02	M	8-8:55am	2/6-2/27	4	\$35
140237.03	M	8-8:55am	3/6-3/27	4	\$35
140237.04	M	8-8:55am	4/3-4/24	4	\$35

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
140234.01	M	9-9:55am	1/9-1/30	4	\$35
140234.02	M	9-9:55am	2/6-2/27	4	\$35
140234.03	M	9-9:55am	3/6-3/27	4	\$35
140234.04	M	9-9:55am	4/3-4/24	4	\$35
140234.05	M	5:30-6:25pm	1/9-1/30	4	\$35
140234.06	M	5:30-6:25pm	2/6-2/27	4	\$35
140234.07	M	5:30-6:25pm	3/6-3/27	4	\$35
140234.08	M	5:30-6:25pm	4/3-4/24	4	\$35

Scholarships Available

Community Scholarship Opportunity

Every resident has an opportunity to participate in a supervised recreation program. In an effort to provide affordable 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 (916) 933-6624 for more information.

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.

Location: CSD Gym

CODES	DAYS	DATES	DEADLINE	TEAM FEE
Winter League— No games 2/5				
140308.02	Su	1/8-3/5	12/16	\$435
Spring League – No games 4/16, 5/14				
140308.03	Su	3/19-5/21	3/10	\$435

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 Soccer 7 vs 7

Seven games followed by playoffs for the top 4 teams.

Location: Promontory Community Park

CODES	DAYS	DATES	DEADLINE	TEAM FEE
Winter League				
140306.02	W	1/11-3/1	12/16	\$615
Spring League				
140306.03	W	3/15-5/3	3/3	\$615

Adult Flag Football – 6 vs 6 Pass-Only League

Seven games followed by playoffs for the top four. *No games 4/16, 5/14*

Location: Promontory Community Park

CODES	DAYS	DATES	DEADLINE	TEAM FEE
140309.01	Su	3/19-5/21	3/10	\$435

Adult Softball

Weekly games followed by playoffs for the top four teams.

Registration opens 2/1 for resident and returning teams.

Opens 2/8 for non-residents. No games 4/14.

Location: Promontory Community Park

CODE	DAYS	TYPE	DATES	DEADLINE
Spring League FEE: \$485 per team				
140302.00	M	Men's (lower)	3/27-5/15	3/17
140302.01	Tu	Coed (upper)	3/28-5/16	3/17
140302.02	W	Coed (lower)	3/29-5/17	3/17
140302.03	Th	Men's (upper)	3/30-5/18	3/17
140302.04	F	Men's (upper)	3/24-5/19	3/10

Intro to Bocce Ball

ages 13 - adult

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

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES
160311.01	Sa	9:30-10:45am	2/11	1	\$32
160311.02	Sa	9:30-10:45am	3/11	1	\$32
160311.03	Sa	9:30-10:45am	4/8	1	\$32

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
160312.01	Sa	11am-12:15pm	2/11	1	\$32
160312.02	Sa	11am-12:15pm	3/11	1	\$32
160312.03	Sa	11am-12:15pm	4/8	1	\$32

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
160313.01	Sa	12:30-2pm	2/11	1	\$35
160313.02	Sa	12:30-2pm	3/11	1	\$35
160313.03	Sa	12:30-2pm	4/8	1	\$35

Bocce Ball League

ages 13 & up

Teams must have a minimum of 5 players (10 maximum). Fee is per person.

Location: Promontory Community Park

CODES	DAYS	TIMES	DATES	MTGS	FEES
160310.01	Tu	9 & 10:30am	3/21-5/30	11	\$40
160310.02	Tu	5,6:30 & 8pm	3/21-5/30	11	\$40
160310.03	W	5,6:30 & 8pm	3/22-5/31	11	\$40



CPR/FIRST AID

Rescue Training Institute

Classes held at: 13405 Folsom Blvd. Ste.150, Folsom
 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.

www.rescuetraininginstitute.com

(916) 939-2277



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
140506.01	Sa	8-11am	1/7	1	\$57
140506.02	Sa	8-11am	2/4	1	\$57
140506.03	Sa	8-11am	3/4	1	\$57
140506.04	Sa	8-11am	4/1	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
140505.01	Sa	8am-12pm	1/7	1	\$62
140505.02	Sa	8am-12pm	2/4	1	\$62
140505.03	Sa	8am-12pm	3/4	1	\$62
140505.04	Sa	8am-12pm	4/1	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
140507.01	Sa	8am-3pm	1/7	1	\$72
140507.02	Sa	8am-3pm	2/4	1	\$72
140507.03	Sa	8am-3pm	3/4	1	\$72
140507.04	Sa	8am-3pm	4/1	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
140508.01	Sa	1-3pm	1/7	1	\$42
140508.02	Sa	1-3pm	2/4	1	\$42
140508.03	Sa	1-3pm	3/4	1	\$42
140508.04	Sa	1-3pm	4/1	1	\$42

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
140509.01	Sa	2-3pm	1/14	1	\$42
140509.02	Sa	2-3pm	1/21	1	\$42
140509.03	Sa	2-3pm	2/11	1	\$42
140509.04	Sa	2-3pm	2/18	1	\$42
140509.05	Sa	2-3pm	3/11	1	\$42
140509.06	Sa	2-3pm	3/18	1	\$42
140509.07	Sa	2-3pm	4/8	1	\$42
140509.08	Sa	2-3pm	4/22	1	\$42

Basic Life Support CPR & AED

Class is intended for present and future EMS, Medical, Dental & Allied Health professionals.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
140510.01	Sa	8am-12:30pm	1/14	1	\$62
140510.02	Sa	8am-12:30pm	1/21	1	\$62
140510.03	Sa	8am-12:30pm	2/11	1	\$62
140510.04	Sa	8am-12:30pm	2/18	1	\$62
140510.05	Sa	8am-12:30pm	3/11	1	\$62
140510.06	Sa	8am-12:30pm	3/18	1	\$62
140510.07	Sa	8am-12:30pm	4/8	1	\$62
140510.08	Sa	8am-12:30pm	4/22	1	\$62

Pediatric CPR & First Aid

Infant, Child, & Adult CPR and First aid. This class is EMSA approved for daycare/preschool providers. We are required to affix their approval stickers to your card at a cost of \$6, payable at class. \$10 materials fee also due at class.

Location: 13405 Folsom Blvd. Ste. 150, Folsom

CODES	DAYS	TIMES	DATES	MTGS	FEE
140512.01	Sa	8am-5pm	1/28	1	\$77
140512.02	Sa	8am-5pm	2/25	1	\$77
140512.03	Sa	8am-5pm	3/25	1	\$77
140512.04	Sa	8am-5pm	4/29	1	\$77
140512.05	M & Tu	5:30-9:30pm	1/16-1/17	2	\$77
140512.06	M & Tu	5:30-9:30pm	3/13-3/14	2	\$77





Year-Round Drop-in Activities

Weekly

Morning Fitness Classes (see page 28)	M-F, 8am
Painting Pals	Monday, 10am
NEW! Colorful Creators Club (Adult Coloring)	Monday, 2:30pm
NEW TIME! Sit & Get Fit	Monday & Wednesday, 9:30am
Fun Bingo	Monday & Thursday, 12:30pm
Think You Can't Exercise?	Tuesday & Thursday 9:30am
NEW! 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
Book Club	1st Monday, 3pm
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
"Nite" Knitters	2nd Monday, 7pm
Hand or Neck Massage	2nd Monday, by appt.
Grief Support Group	2nd Tuesday, 6:30pm
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 Talk" Discussion Group	1st Thursday, 10am
Caregiver Support Group	Last Thursday, 10:30am
Senior Stampers	4th Friday, 10am
French Social Club	1st Friday, 10am
Brain Connections	3rd Friday, 10am
Grands' & Greats' Gazette	3rd Friday, 1pm
HICAP Counseling	4th Friday, by appt.

**El Dorado County's
Gilmore Center
Programs for ages 50 & up**

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

Gilmore Center Staff:

Yvonne Griffin, Danielle Duhe,
& Hannah Spaulding

Holiday Observances:

- **December 23/26** – Christmas
- **January 2** – New Year's Day
- **January 16** – M. Luther King Jr. Day
- **February 20** – President'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 new and improved menu.

SENIORS

Blood Pressure Checks

2nd 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

2nd W | by appt.

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

Sharing and Caring in EDH 3rd 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**

NEW! 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**

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.

Monthly Grief Support Group

2nd Tu | 6:30-8pm

When someone we love dies, we are left standing without a firm foundation. The death of a loved one catapults us into a deep transition of our own.

This monthly support group provides a safe, supportive place to explore your thoughts, feelings, questions and concerns in a community of others who are doing the same. The power of grief is its capacity to show us that the end of something, even a life, is always a doorway, opening into expanded awareness and renewed life. We hope you will join us. Please call the Senior Center to let us know you will be attending.

Facilitator: Julie Interrante



Julie Interrante, MA, has more than 25 years' experience in working with people who are dying and their families. She is an adjunct professor in the Dept. of Psychology at Sacramento City College and author of "The Power of a Broken-Open Heart". Visit www.Julie-Interrante.com for more information.

Grief Group generously sponsored by Tomi Ryan in memory of John Ryan.

HICAP Insurance Counseling

4th 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.

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! We also have a limited number of movies (yes, many are VCR!). If you have books and movies 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.

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!

Volunteers, Instructors & Presenters Needed

Do you have a special talent or skill you would like to share with Seniors? Many Seniors themselves are a wealth of knowledge. We invite you to come share your experience and wisdom. Call us to request a Program Proposal form. We would love to have you on our team!

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.

T.A.S. (Teens and Seniors) Book Club

Venture with us into our intergenerational book club! Hosted by *Face in a Book* bookstore in Town Center, this unique program offers teens and Seniors alike a chance to explore literature. From classic contemporary to new science fiction literature, the group will choose the books. Please R.S.V.P. **Group leaders: Kyoko Lee and Haley Garland**

Location: Face in a Book, EDH Town Center

DAYS*	TIMES	DATES
1 st Monday	3-4pm	monthly

*the January meeting will be held on January 9.

NEW! 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

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 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). The programs which have a supply fee (only) listed, require cash prepayment at the Gilmore Center office. Many programs are free.

Scholarships for Senior Programs

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.



SENIOR SPECIAL EVENTS

Valentine Luncheon

Save the date! Our annual Valentine Luncheon is scheduled for Friday, February 10th at the CSD Gym. Mark your calendars. Call the Gilmore Center to make your reservations after January 3rd.

NEW! Music from the Fabulous Fifties

Do you remember the Fifties? Host Bill Ho recently went through his extensive music collection and came up with his favorite musical decade, the 50's, especially the years 1952-1955. Those were the years before Rock and Roll. After 1995, Rock and Roll and Elvis Presley changed the music and the beat became the thing. Join us to watch music videos that bring back the memories of the top thirty songs of 1952-55. We will talk about the songs, the singers and the Fifties. Vote for what you feel is the best song of each year. See and hear singers like, Tony Bennett, Patti Page, and Frank Sinatra. Hear the songs Tennessee Waltz, Changing Partners, Pretend and more. Call the Center to sign-up by April 20th.

Location: Senior Center, 990 Lassen Lane, EDH

DAY	DATE	TIME
Th	4/27	1pm

NEW! Spring Fever Tea Party

Kick off Spring with a Tea Party hosted by Tea Xotics in Town Center. We will enjoy tea tastings, as well as receive a Tea 101 lesson on the origin and brewing process of their teas. The party includes tastings, pastries, and several tea samples to take home. Please note offsite location where the group will meet. Preregistration deadline March 7.

Location: Tea Xotics, 4356 Town Center Blvd., EDH

CODES	DAY	TIMES	DATES	MTGS	FEES
150720.01	Tu	10:30am	3/21	1	\$12



the Gilmore Center

2006-2016

Moni Gilmore was passionate about having a place for seniors in El Dorado Hills. Due to her perseverance and “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 10th Anniversary Open House event, and celebrates and honors Moni who had quite the hat collection.

NEW! Animal Sanctuary Show & Tell

“The Ranch” is a local nonprofit organization and animal sanctuary that specializes in educational interactions between animals and humans. They will be bringing several different animal species to show us. We will learn interesting animal facts and interact with them too! Don’t miss out. Space is limited, please register by April 7. **Presenter: Kate Kohagen**

DAY	DATE	TIME
F	4/14	10am

NEW! Gilmore Center Craftstravaganza

Do you have a craft, hobby, or fascinating collection that you’d love to show off? Are you interested in learning about handmade creations made by other seniors in the community? Come showcase your hard work and talents. Refreshments will be served. Space is limited, call to hold your spot by March 1. **Note: This is not a craft fair. No sales allowed.**

DAY	DATE	TIME
F	3/10	1pm

SENIOR OUTINGS

All New Trips & Outings!

The CSD has added an 18 passenger wheelchair accessible mini-bus to its fleet. We are excited to offer trips and excursions. This greatly expands our programming opportunities for both youth and seniors. Special thanks to **Nancy Porter of Fork in the Road Travel**, who has worked hard to coordinate this round of trips and our recent survey. We hope you will join us on an adventure!

Program fees include bus transportation and entrance/ticket fees. **Most meals are no-host** (see program descriptions). Registration will be accepted after posted deadlines if room is still available. Trips happen rain or shine. These trips will fill quickly! Meet at the church parking lot across the street from the Gilmore Center. Go to www.edhcsd.org to sign up, or call the Registration Office at 916-933-6624. Sorry, no refunds on trips.

Step Back into History....

Explore El Dorado County history and many other fun facts as we take a trip back in time. We will be taking a tour of the El Dorado County Historical Museum located at the Placerville Fairgrounds. After the tour, we will enjoy a no-host lunch on Main Street. Registration deadline: 3/10. The fee includes transportation. We will depart from the church parking lot across from the Gilmore Center at 9:15am. Trip Coordinator: **Hannah Spaulding**, Recreation Coordinator

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
140718.01	F	9:15am-2pm	3/24	1	\$21

Exploration at the Crocker

Enjoy a one-hour docent-led tour of the Crocker Art Museum and its many exhibits. Then be treated to a delicious lunch from our special menu in the café. There will be time for exploration of the museum on your own. Lunch is INCLUDED in the trip price. Registration deadline is January 10.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
140718.02	W	9:15am-2:30pm	1/25	1	\$61

A Chocolate Affair

A chocolate, food and wine tasting event, hosted by local Soroptimist International, to benefit local women, children and families. Price includes appetizers, chocolate and wine tasting. Registration deadline is January 26.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
140718.03	Sa	5:30-9:30pm	2/11	1	\$67

Tuesday Trivia in Sutter Creek

Enjoy an afternoon visit in the historic town of Sutter Creek, exploring antique stores, boutiques and the old soda fountain with its player piano. Then gather in the historic Cellar Lounge that's over 100 years old for Trivia Tuesday. (You can choose to go elsewhere.) We'll also have trivia and other fun games on the bus. Dinner is no-host (\$2 tacos are on the menu!). Registration deadline is February 21.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
140718.04	Tu	2:30-8:30pm	3/7	1	\$35

Gardens Gone Native - Tour and Lunch

Tour at least four gardens in the Sacramento/Placer county area comprised of at least 50% California native plants. This tour features both professionally landscaped gardens and homeowner designs. Talk with garden hosts and docents about their designs and plants. Box lunch is included in the trip price. Registration deadline is March 24.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
140718.05	Sa	9am-3pm	4/8	1	\$48

San Joaquin Asparagus Festival

Have you tasted Asparagus Ice Cream? Deep Fried Asparagus? Asparagus Slaw or Lumpia? Come with us to the world famous Asparagus Festival at the San Joaquin County Fairgrounds in Stockton. Enjoy these delicacies, cooking demos, a Wild West gunfighter show, craft show, and much more. Registration deadline is April 6.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
140718.06	Sa	8:45am-4pm	4/22	1	\$39

Sacramento Underground Tour & Museum

Learn how Sacramento's streets were raised to avoid flooding in the 1860's & 70's. See hollow sidewalks, sloped alleyways and even enter the underground spaces as you walk about 1/2 mile through the old city. Also enjoy touring the Sacramento History Museum. Tour includes walking from the History Museum, through Old Sac, and back to the museum. There are uneven sidewalks and low ceilings. Lunch is on your own in Old Sacramento. Registration deadline is April 24.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
140718.07	W	9:15am-2pm	5/10	1	\$53

Call the Gilmore Center at 916-358-3575



HEALTH & FITNESS

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: Senior Center, 990 Lassen Lane, EDH

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

NEW! 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: Senior Center, 990 Lassen Lane, EDH

CODES	DAYs	TIMES	DATES	MTGS	Fee*
150246.01	Th	10-10:45am	1/19-2/23	6	\$30
150246.02	Th	10-10:45am	3/23-4/27	6	\$30

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. 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. All class levels 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 Spencer & Sue Reed

Fee: \$53, 10 class punch-card / \$85, 20 class punch card

Location: El Dorado Hills Senior Center

NEW! 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.

NEW! Zumba Gold

Tu & Th | 7:45-8:30am

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.

NEW! HiLo

M & W | 7-7:40am

HiLo = High Intensity Low Impact. Build balance and flexibility that will charge your metabolism to hit music using modified movements to achieve a killer workout. You don't have to hop to burn hundreds of calories and have a blast!

Sit 'n Get Fit

M & W | 9:30-10:15am*

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.

* New class time

**Kayaking
for Boomers
See page 15**



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

NEW! Jazzercise Personal Touch

This is super-charged personal training for a small group of six or less. Class is structured to your specific personal fitness goals. Class focuses on abs, legs, arms and derriere. Students pay monthly for this specialty program. Please bring a mat. Direct specific questions to **Sue Reed** at 916-932-8009.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE*
150228.01	Tu/Th	7-7:40am	January	4/8	\$50/\$75
150228.02	Tu/Th	7-7:40am	February	4/8	\$50/\$75
150228.03	Tu/Th	7-7:40am	March	4/8	\$50/\$75
150228.04	Tu/Th	7-7:40am	April	4/8	\$50/\$75

*Fee based on number of classes you choose – 4 or 8.

NEW! Cardio Core Circuit

Circuit based bursts of cardio plus strength, a full body workout will chisel the core muscles and kick start the metabolism to keep burning calories hours after class if over. All registration is taken at the CSD Registration office, Senior Center or online at www.edhcsd.org. Payment not accepted at class. Preregistration necessary. *Please note offsite location in EDH Business Park.* **Instructor: Sue Reed**

Location: El Dorado Musical Theater, 4011 Golden Foothill Pkwy #4

CODES	DAYS	TIMES	DATES	FEE*
150249.01	Tu/Th/Sa	9-10am	January	\$55
150249.02	Tu/Th/Sa	9-10am	February	\$55
150249.03	Tu/Th/Sa	9-10am	March	\$55
150249.04	Tu/Th/Sa	9-10am	April	\$55



SENIOR ACTIVITIES

Getting to Know YOUR Digital Camera

Did Santa bring you a new 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: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150152.01	Sa	9am-12pm	1/28	1	\$34

You Have Photos? We Have Solutions!

Organize your Photos and Treasured Documents

Do you have boxes, bags, and albums full of family photos and memorabilia that need to be sorted, organized and scanned? Here's your opportunity to bring your biggest bag, boxes, albums or tote full of pictures and memories to class where you will learn the ABC's of organizing them. Each student will walk away with 75 scanned photos, and/or five album pages, to add to their digital collection. We recommend bringing a flash drive and/or external drive to class. Bring your laptop if you need to create folders for your scanned items or organize and delete pictures. A \$25 supply fee will hold your spot. **Facilitator: Judy Bujold**, Captured Moments

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	DATES	MTGS	SUPPLY FEE
F	9:30am-12pm	2/3	1	\$25
Sa	9:30am-12pm	4/8	1	\$25

NEW! Creating Photo Memory Books & Digital Scrapbooking

Have you ever wanted to create a memory book to share for remembering a wedding, vacation or other significant events? Learn how to make your own custom Photo Memory Book using mixbook.com, an Internet-based image publishing service. You can upload your favorite photos and then select a theme and a design that will make your memories pop! Bring your laptop that contains a folder/album loaded with up to 250 digital photos that you are considering for your Photo Memory Book. You can also scan up to 20 photos in class. At the end of the 2nd class, you will be ready to order your Custom Photo Memory Book preserving your most meaningful memories for you and your family to love for generations. Registration deadline: 2/24. **Instructor: Judy Bujold**, Captured Moments

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150120.01	F	9-11:30am	3/3 & 3/10	2	\$55

Call the Gilmore Center at 916-358-3575



SENIOR ACTIVITIES

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 instructors: **Wayne Shannon and Jenny Figueroa**. Sorry, due to schedule constraints only one three-week session per Senior is allowed. **For beginners only.**

Computer User Group

2nd & 4th 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 instructors **Jenny Figueroa, Wayne Shannon and Vic Varma**.

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 a must! We need to obtain important info from you. No drop-ins please. **Instructor: Tom Holt**

Location: Senior Center, 990 Lassen Lane, EDH

DAY	TIME	DATES
Tuesday	1pm	3/7

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 a must! No drop-ins please. **Instructor: Tom Holt**

Location: Senior Center, 990 Lassen Lane, EDH

DAY	TIMES	DATE
Tuesday	1pm	2/7 or 4/4

Smart Phone Camera and Texting Basics.....

...Snapping, Saving & Sharing

Having trouble taking and sharing pictures on your smartphone? Bring it, and we'll teach you the camera/texting basics that make smartphone photography so enjoyable. At our hands-on workshop, we'll show you the camera and texting shortcuts that will help you connect to family and friends with ease. By the end of our class, you'll be snapping, saving, and sharing photos like a smartphone pro! Call to hold a spot.

Instructor: Gail Lohmann, Visiting Angels

Location: Senior Center, 990 Lassen Lane, EDH

DAY	TIMES	DATE
Thursday	1pm	4/20



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

Paint and a Splash Too!

Yes you can complete a painting in a 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: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150115.01	Sa	10am-12pm	1/28	1	\$30
Painting: Hummingbird					
150115.02	Sa	10am-12pm	4/1	1	\$30
Painting: Full Bloom Beauty					

Oil Painting.....

Rembrandt, Da Vinci, Picasso and YOU!

Join us for the basics of oil painting in this fun and casual class. Learn how to stretch canvas, how to use gesso for basics, color mixing and more. Work at your own pace on portraits, landscapes or still life, all in the loose style of impressionism. Students receive individual attention in these small classes. A required supply list is available upon registration. (Only odorless/nontoxic mineral spirits please) **Instructor: Judy Fratus**

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150103.01	Tu	12:30-2:30pm	1/24-2/28	6	\$68
150103.02	Tu	12:30-2:30pm	3/14-4/18	6	\$68

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!

Create Your Own Stained Glass Mosaic

Learn a fun and easy technique for creating unique, colorful stained glass mosaics. Your instructor provides all the glass and materials needed to produce a delightful conversation piece. No prior art experience necessary! Call now to hold your spot. The \$30 supply fee is payable at the Gilmore Center to hold your spot. **Reg deadline: 2/23. Instructor: Trudy Franzen**

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	MTGS	DATES	SUPPLY FEE
Th	9:30-11:30am	3	3/2-3/16	\$30

El Dorado Hills Arts Association

2nd 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. Visitors welcome!

Call the Gilmore Center at 916-358-3575

American Sewing Guild

1st M | 6:30pm

& 2nd Tu | 7pm

The local American Sewing Guild group holds bi-monthly meetings at the Senior Center. Visitors are always welcome. Check out GoldCountryASG.org.

NEW! 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

El Dorado Hills 'Nite' Knitters

2nd M | 7-9pm

Join us and work on your favorite project, OR, beginners can learn to knit or crochet. Meet new people and have lots of FUN! No experience necessary. **Leader: Leah Thompson**

NEW! Colorful Creators Club

M | 2:30-4pm

Have you noticed coloring books for adults everywhere you turn? You may have thought its silly, but this nostalgic activity is soothing, quieting and calming for your brain. Join us and sit with friends, stimulate your imagination, and de-stress. We will provide the coloring books, pens and colored pencils. It's OK to join in anytime. **Program Leader: Joni Jones**

NEW! Clay Polymer Charms and Trinkets

Youth ages 11& up welcome – bring a friend!

You have got to see these to believe them! Join us to create cute, miniature polymer clay charms. A new design will be taught each week. These tiny creations would make great hand-made gifts (necklaces, key ring charms, or small trinkets). No art experience is required! All materials are included in class fee. **Registration deadline is one week prior to class.**

Program Leaders: Erica and Lisa Aguilar

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150118.01	F	2-4pm	1/27	1	\$20
150118.02	F	3-5pm	4/7	1	\$20





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

Canasta

Th | 5pm

Hand & Foot

Th & F | 12:30pm

Our game groups are growing! 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

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

4th F | 10am

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

3rd 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

French Social Club

1st F | 10am

Ooo-La-La!

The French Club meets to practice the language, share heritage, sing songs, enjoy French cuisine, and discuss French history. **Group Leader: Terry Provenza**

Movie of the Month

1st & 3rd 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.**

"Let's Talk..." A Topical Discussion Group

Led By Terry Provenza

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.

Call the Gilmore Center at 916-358-3575

SENIOR 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. **No class 4/10.**

Instructor: Lew Johnson.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150802.01	M	1:45-2:30pm	1/23-2/13	4	\$42
150802.02	M	1:45-2:30pm	2/27-3/20	4	\$42
150802.03	M	1:45-2:30pm	3/27-4/24	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 4/10.** **Instructor: Lew Johnson**

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150801.01	M	1-1:45pm	1/23-2/13	4	\$42
150801.02	M	1-1:45pm	2/27-3/20	4	\$42
150801.03	M	1-1:45pm	3/27-4/24	4	\$42

Theater Group

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

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: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	DATES	MTGS
Th	1-2pm	3/2-3/30	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: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	DATES	MTGS
Th	1-3pm	4/6	1



Hand or Neck/Shoulder Massage

Yuko specializes in holistic and relaxation massage as well as deep tissue massage and cranio-sacral therapy. Choose either a hand massage or a neck & shoulder massage. Call the Gilmore Center to schedule an appt. Info: www.NaturalHealing-Hands.com. **Craniosacral Therapist: Yuko Nagahashi-Lee.**

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	DONATION
2 nd Monday	9-11am by appt.	\$10 suggested

Brain Connections

3rd 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.**

NEW! Compassionate Communication Between Adult Children and Aging Parents

Some of the hardest and most vital conversations we will ever have are with our aging parents when we discuss their wishes regarding their hopes and desires for the future. Do they want to remain at home or live in a retirement or senior care facility? Is a family member in a position to provide in-home care, and to what extent? Are the family's financial resources sufficient to cover the costs of in-home care or assisted living? Have the parents created advanced directives? These conversations can be emotionally charged for both the parents and their children, but involve topics that should be addressed to smooth decision-making about the future. Clarifying decisions together also helps all family members understand the basis for aging parents' choices and can reduce conflict when a crisis arises. This presentation will help guide you through these very difficult conversations. Please call to hold a spot.

Presenter: Ginger McMurchie, Elder Care Management of Northern California

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	DATES	MTGS
Tu	1pm	4/11	1



SENIOR ACTIVITIES

NEW! Safe and Healthy Homes... a Panel Discussion

Much of the baby boomer population seems determined to stay in their own homes as they age. But if they really want to stay put, they'll need to make sure their houses are fit to meet their changing needs. Learn more about improvements and preparations to get your house ready for the next age. There are lots of simple solutions that can help you "age in place". Call to hold a spot. Panel Speakers include: **Kathy Hatten**, Visiting Angels; and **David Grantham**, Safe at Home Director

Location: Senior Center, 990 Lassen Lane, EDH

DAYs	TIMEs	MTGS	DATEs
Tu	1-3pm	1	2/28

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. Preregistration with payment is required.

Instructor: Ralph Hern, AARP Volunteer

Location: Senior Center, 990 Lassen Lane, EDH

DATEs	DAYs	TIMEs	Fee
1/3 & 1/10	Tu	1:30-5:30pm	\$15 AARP Members
3/11	Sa	8:30am-5:30pm	\$15 AARP Members

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

NEW! Mind Fit Series

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative three session, six-part series, led by brain fitness expert **Glenn Krakow** from Home Care Assistance. In this Mind Fit 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: 1/26.**

Location: Senior Center, 990 Lassen Lane, EDH

DAYs	TIMEs	MTGS	DATEs	Fee
Th	2-4pm	3	2/2-2/16	\$20

Wills and Trusts

The Senior Citizen's Attorney from El Dorado County will present an overview of wills, trusts, and probate for those of us with less than a fortune. Call to hold a spot. **Presenter: Diana Steele**, El Dorado County Senior Citizen's Attorney

Location: Senior Center, 990 Lassen Lane, EDH

DAYs	TIMEs	MTGS	DATEs
Tu	1pm	1	4/25

NEW! Improve Your Posture

When you look at yourself standing in front of the mirror, have you noticed one of your shoulders is lower than the other? Or perhaps your right hip is higher than the left? Because of an old injury, surgery or car accident, your body learned to walk and move differently. Join us to learn how we can work on our structural issues. **Speaker: Yuko Nagahashi-Lee**, Craniosacral Therapist, www.NaturalHealingHands.com

Location: Senior Center, 990 Lassen Lane, EDH

DAYs	TIMEs	MTGS	DATEs
Th	1pm	1	2/23

NEW! California Telephone Access Program.....

FREE Phones for Seniors!

The California Telephone Access Program (CTAP) offers a wide variety of FREE communication devices, such as specialized phones and accessories that make it easier to hear, dial and call. There are no age or income requirements. You just must live in California and have a medical doctor or other authorized professional complete a certification form. Join the more than 550,000 Californians using these specialized phones. Call to hold a spot. **Speaker: Victoria Harling**, CTAP

Location: Senior Center, 990 Lassen Lane, EDH

DAYs	TIMEs	MTGS	DATEs
Tu	1pm	1	3/21

NEW! Border Law Enforcement

Hear retired Special Agent in Charge for the US Treasury Department, US Customs Service, **Rollin Klink** share the intricacies and problems of law enforcement at the border and the role of the various agencies involved. Hear how border law enforcement has changed over the years. Learn fascinating facts about smuggling techniques, money laundering, and other border crimes. Call to hold a spot.

Location: Senior Center, 990 Lassen Lane, EDH

DAYs	TIMEs	MTGS	DATEs
Tu	1pm	1	3/14

NEW! You Are Never Too Old to Follow Your Dreams....

Local author, **Cindy Sample**, will share humorous insights into what goes on behind the scenes of her award-winning and national bestselling Laurel McKay cozy mystery series, set in El Dorado County. Her six-book series has been described as packed with murder, danger, intrigue, romance and laugh-out-loud humor. Please call to hold a spot.

Location: Senior Center, 990 Lassen Lane, EDH

DAYs	TIMEs	MTGS	DATEs
Tu	1pm	1	2/21

NEW! Meditation Series.....

Be the best at what you do

Each of us aspires to be more joyful, more productive and have a good life balance. But, do we have tools that support us to accomplish that effectively and easily? Join us for a series of wellness workshops focused on Meditation and using it as a tool for managing our mind and negative emotions in our daily lives. Course contents include powerful breathing techniques, guided meditation and gentle chair yoga postures. Sign up for the 4-week series, or pay a \$15 drop-in fee at class. **Registration deadline: 3/8. Instructor: Deepak Gilra**

Week 1: PanchaKosha Meditation – This guided meditation relaxes and quiets the mind by taking the awareness through different layers of our existence. Breathwork: Alternate nostril breathing.

Week 2: Transforming Emotions – This meditation helps transform negative emotions and stress in our system to peace and relaxation. Breathwork: Energizing Breathing technique

Week 3: Om Meditation – Om means peace, Om means love. Meditate with the premonitory sound. Breathwork: Harmonizing breathing technique.

Week 4: Aura Meditation - Cleanses the subtle body (aura) to calm the mind leading to both relaxation and rejuvenation. Breathwork: Review of all the breathing techniques.

Location: Senior Center, 990 Lassen Lane, EDH

CODES	DAYS	TIMES	DATES	MTGS	FEE
150243.01	Sa	2-3pm	3/18-4/8	4	\$55

Know the 10 Signs: Early Detection Matters

The workshop addresses the ten warning signs of Alzheimer's disease. Learn what is involved in getting a diagnosis, risks associated with Alzheimer's, and the benefits of early detection. Call to hold a spot. **Speaker: Alexandra Weisgerber, Alzheimer's Association**

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	MTGS	DATES
Tu	1pm	1	3/28

NEW! Insights into Dementia: News You Can Use

Want to learn more about dementia? Join El Dorado County Adult Day Services and the Family Caregiver Support Program, along with the Alzheimer's Association and Marshall Community Foundation, for an informative morning reviewing current research and helpful approaches in caring for someone with dementia. This dynamic event will equip you to understand the processes affecting the brain and dementia. You will learn practical solutions to assist the person with these aspects of brain failure. You will also increase your understanding of the latest research, as well as therapeutic approaches with music, improved communication approaches, and health and nutrition, to enrich your efforts at providing care. Coffee and refreshments will be served. Seating is limited, so please register for this free event by calling 916-358-3560 (Registration is not taken at the Senior Center or CSD.)

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	MTGS	DATES
Sa	8:30am-1pm	1	2/11

NEW! The Golden Years Wellness Workshop

A fun and creative approach to your golden years that focuses on planning for the everyday life aspects of it. This interactive session focuses on a time of life that is truly meaningful. We will talk about reinventing yourself, preparing for important conversations to strengthen your relationships, and developing wellness habits for your body, mind and spirit. Call to hold a spot. **Speaker: Scott Feher, Scott Feher & Assoc.**

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	MTGS	DATES
Tu	1pm	1	1/31

NEW! Sweet Dreams..... Really!

Are you in pain, restless or sleepless, night after night? Have low energy, chronic fatigue, emotional anxiety, or depression? Learn about the newest in science and technology, the latest therapies and techniques to feel great again. Hear about some of the world's oldest known healing arts, that are applied in a new and modern way for successful changes in your health, happiness and wellness. Please call to hold a spot. **Presenter: Dr. John Bertsch, Sweet Dreams Wellness Center**

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	MTGS	DATES
Th	1pm	1	1/26

NEW! Feeling Stretched as a Caregiver?

"Powerful Tools for Caregivers" is an educational series designed to provide you with the tools you need to take care of yourself. This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful local resources. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life. You will receive a book, The Caregiver Helpbook, developed specifically for the class. Classes will be FREE, thanks to support from the El Dorado County Senior Health Education Program.

For more information or to register, contact Instructors **Tiffany Whitmore** at (530) 621-6151 or **Laurie Carter** at (530) 621-6192 by February 10. Class size is limited and pre-registration is required. **Registration is not accepted at the Gilmore Center or the CSD.**

Location: Senior Center, 990 Lassen Lane, EDH

DAYS	TIMES	MTGS	DATES
F	2-3:30	6	2/24-3/31

Call the Gilmore Center at 916-358-3575

Winter/Spring 2017 | January – April



SENIOR COOKING

NEW! Managing Diabetes with Diet

Led by a clinical expert, the class will provide an overview on the disease, how diet affects symptoms, and practical advice on meal planning. The class is also appropriate for anyone trying to modify their diet to include less sugar, and for caregivers of people living with Diabetes. Come ready with questions. Please call to hold a spot. **Facilitators: Snowline Hospice Staff**

Location: Senior Center, 990 Lassen Lane, EDH

DATE	DAYS	MTGS	DATES
Tu	1pm	1	4/18

Pot Stickers Are Us!

Learn step-by-step preparation of mouth-watering pot stickers using natural and healthy ingredients including chicken and vegetables. In this hands-on class you will make a dozen pot stickers to take home. Your \$10 supply fee (cash only) will hold your spot. **Instructor: Judy Chu Barnes**

Location: Senior Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES	SUPPLY FEE
2/2	Th	4:45-6pm	\$10



The Gilmore Center has its own **Facebook** page! Check us out and be sure to LIKE us at “El Dorado Hills Gilmore Senior Center”

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 \$20 will hold your spot in the class. **Reg. deadline is one week prior.** **Instructor: Pauline Rivera**

Location: Senior Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES	SUPPLY FEE
1/28	Sa	10am-11:30am	\$20
3/25	Sa	10am-11:30am	\$20

NEW! A Cuban Cooking Experience

Our gourmet cook will share both her talents and great recipes. Foods from the western areas of Cuba are NOT spicy hot, but are muy sabroso (flavor-filled, savory and delicious!). Each class offers different recipes. A \$25 cash supply fee is required to hold your spot. **Registration deadline: one week prior.**

Instructor: Nora Kolthoff

Location: Senior Center, 990 Lassen Lane, EDH

DATE	DAYS	TIMES	SUPPLY FEE
2/4	Sa	10am-12:30pm	\$25
4/1	Sa	10am-12:30pm	\$25

Ultimate Chocolate Truffles

Just in time for Valentine's Day!

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. **Note: location at CSD, not Gilmore Center.**

Instructor: Karen Moore, Karen@GreaterThanChocolate.com

Location: CSD Gym Kitchen

CODE	DAY	TIME	DATE	MTGS	FEES
161991.01	Sa	10am-12:15pm	2/4	1	\$39

Call the Gilmore Center at 916-358-3575

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. 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 EDHCSD, 1021 Harvard Way, El Dorado Hills, CA 95762. No cash please.

Fax-in Registration

Fax your completed, signed registration form (available at 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 EDHCSD.
- Refund requests need to be made in writing, by phone, or in person at the EDHCSD 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:

- December 23/26 – Christmas
- January 16 – Martin Luther King Jr. Day
- January 2 – New Year's Day
- February 20 – President's Day

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

Interim General Manager

Kevin Loewen – kloewen@edhcsd.org

Recreation Director

Jill Ritzman - jritzman@edhcsd.org

Recreation Supervisors

Whitney Kahn – Youth & Teen Development

wkahn@edhcsd.org

Michael Cottrell – Leisure Classes & Special Events

mcottrell@edhcsd.org

Frank Sianez – Youth & Adult Sports

fsianez@edhcsd.org

Teri Gotro – Aquatics

tgotro@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 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

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. #: _____

Rent the Pavilion for Your Next Event

The EDHCSD Pavilion is our newest remodeled facility. It's the perfect space for hosting different business and/or social events. For more information, call (916) 933-6624.



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



PARK NAME		AMENITIES																			
		Soccer	Tables	BBQ	Restrooms	Playground	Spray Ground	Volleyball	Tennis Courts	Bocce Ball	Horse Shoe Pit	Excercise Course	Basketball Ct	Trails/Trail Access	Parking Lot	Street	Structure	Trees	Baseball	Birthdays & Special Events	Picnic Rental Area
Parks Make Life Better!																					
Allan Lindsey		x	x	x		x										x		x	x	x	
Art Weisberg										x			x		x	x			x		
Creekside Greens			x		x	x										x				x	
El Dorado Hills Community		x	x	x	x	x									x		x	x	x	x	
Fairchild		x				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	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	x		
Promontory Community		x	x	x	x	x	x	x	x	x	x			x	x	x	x	x	x		
Ridgeview		x													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		x		
Village Green					x																
Waterford		x	x		x																
Wild Oaks											x										
Windsor Point		x	x								x			x							

PARKS, SCHOOLS & FACILITIES

PARKS

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

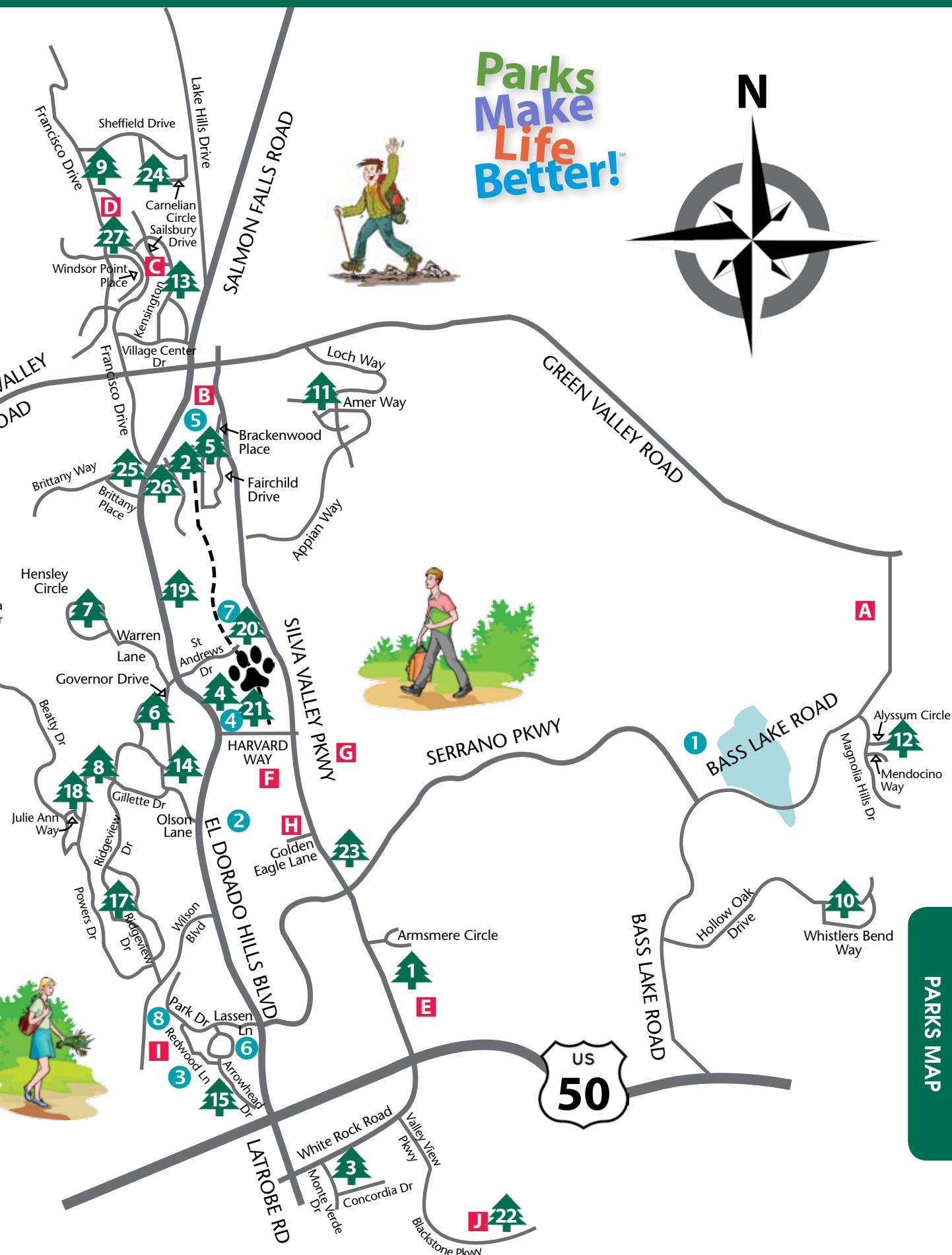
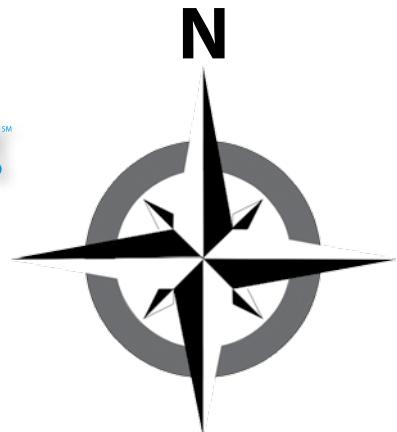
FACILITIES

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

SCHOOLS

-  **A Green Valley School**
2380 Bass Lake Road
-  **B Jackson Elementary School**
2561 Francisco Drive
-  **C Lake Forest Elementary School**
2240 Salsbury Drive
-  **D Marina Village Middle School**
1901 Francisco Drive
-  **E Oak Meadow School**
7701 Silva Valley Parkway
-  **F Oak Ridge High School**
1120 Harvard Way
-  **G Rolling Hills Middle School**
7141 Silva Valley Parkway
-  **H Silva Valley School**
3001 Golden Eagle Lane
-  **I William Brooks Elementary School**
3610 Park Drive
-  **J Valley View Elementary School**
1665 Blackstone Parkway

PARKS, SCHOOLS & FACILITIES



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

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

It's All Happening this Spring...

NEIGHBORHOOD Park Parties

THURSDAYS

5-6:30pm

FUN DAYS

That's right
we're bringing
the party to a
neighborhood
park near you.

April 6

Laurel Oaks Park
5034 Whistlers Bend Way

April 20

Waterford Park
2617 Carnelian Circle

May 4

Valley View Sports Park
1661 Blackstone Parkway

May 18

Ridgeview Park
3449 Ridgeview Drive

**FREE FOOD, ACTIVITIES & LOTS
OF FUN FOR THE WHOLE FAMILY!**



FREE April "Pools" Day
Saturday, April 22 • 2-4pm
EDH Community Pool

This is a **FREE** swim day for
the entire family. The pool
mascots will give tips on
how to prevent drowning.
See page 13 for more info.

Easter Egg Hunt
Saturday
April 15th, 9-10:30am

EDH Community Park
1021 Harvard Way
See page 1 for details



Recycle your Christmas Tree
See page 3 for details

