OUR MISSION: “Enriching Lives through Exceptional Parks and Recreation Opportunities That Strengthen Our Community.”

Emergency Reporting Dial 911
For emergencies in your parks, dial 9-1-1.
For non-emergencies regarding park security, vandalism, suspicious persons, or suspicious activities in your parks, call the District office at 916-966-1036 Monday through Friday during business hours. After business hours or on weekends, call 916-240-3651. If you need immediate law enforcement assistance or to report illegal activity, please call the Sheriff’s Department at 916-874-5115.

District Board Meetings
The Fair Oaks Recreation & Park District Board of Directors meets on the third Wednesday of each month. Meetings are held at Village Hall, 7997 California Ave in Fair Oaks, CA 95628, beginning at 6:00pm. Please contact the District Office prior to attending to confirm, as Board meeting dates and times are subject to change.

Americans with Disabilities
In accordance with the Americans with Disabilities Act of 1990, the Fair Oaks Recreation & Park District will not discriminate against any qualified individual with a disability as far as employment with the District or the use of our services, programs, and activities. If you are interested in taking part in one of our programs and need special arrangements (i.e. vision, hearing), please telephone the District Office at 916-966-1036 one week prior to the start of the class.

Sacramento Public Library - Fair Oaks Branch
For upcoming events and programs visit us online at www.saclibrary.org/Locations/Fair-Oaks/ or give us a call 916-264-2920.

Photo & Video Disclaimer
The Fair Oaks Recreation & Park District (FORPD) reserves the right to photograph or video facilities, activities, events, and program participants for potential future use. All photos and videos remain the property of FORPD and may be used for publicity and promotional purposes. If you do not want your picture or video taken, please tell the photographer/videographer. If the picture/video has already been taken, please call 916-966-1036 and the photo/video will be removed from our files.

Holiday Closures
The Fair Oaks Recreation & Park District office, facilities, classes, and programs will be closed on the holidays listed below.
Labor Day, Sept. 2    Veteran's Day, Nov. 11
Thanksgiving, Nov. 28 & 29    Christmas, Dec. 24 & 25
New Years, Dec. 31 & Jan 1

Register Online
Register online 24 hours a day 7 days a week! For the most up-to-date information on classes, visit our online registration page. Click the red “Register Now” button on the top right of our homepage to sign up. All courses require a minimum number of registrations to run. Don’t wait until the last minute! Register early to avoid classes being canceled due to low enrollment.

Payments at class cannot be made in cash; you must register online or in the District Office.
District Spotlight

Fair Oaks Recreation & Park District Presents:

CHICKEN FESTIVAL

Sept. 21st • 10am-5pm • Fair Oaks Village

FREE General Admission & Parking

14th Annual

CHICKEN STOCK
(Live Entertainment)

10:00am-12:00pm
12:30pm-2:30pm
3:00pm-5:00pm

Jazz & Hammer

Pancake Breakfast
8am-10:30am
Presented by the Orangevale/Fair Oaks Grange #354.
Adults $6 & Children $3

Great Chicken Contest
Traditional or unique. Make your chicken the greatest in town for a chance to win prizes! $30 Per Entry

Pop-Up Paint
10am-11:30am & 12pm-1:30pm
Join the flock, grab a smock! Learn to paint a chicken at this pop up class!
Presented by The Art Box. Register early to reserve a spot! $30 Per Session

Commemorative T-shirts
Chicken Festival T-shirts available Sept. 2nd in the District office and at the event. $15 Each

Rocky’s Roost
(Kid’s Park)
Entertainment, booths, & kid’s carnival! Plus more!
Wristbands - Presale (available Sept 2nd): $5 each
Day of: $7 each, 2 or more $5 each

Craft Brew Tasting
11am - 4:30pm
Presented by the Fair Oaks Rotary Club Foundation.
In the HoneyMoon parking lot
$3 Per Taste Donation

Don’t Wait In Line!
Registration for most activities begins Sept. 2nd in the District Office
For more information: (916) 966-1036 | www.forpd.org

Questions? Call 916-966-1036
Special Events

Just Around The Corner

Concert in the Park  August 22   6:30pm-9:00pm

Senior Hikes

<table>
<thead>
<tr>
<th>Trail</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monroe Ridge Trail</td>
<td>Sat, September 28</td>
<td>9:00am</td>
</tr>
<tr>
<td>Acorn Creek Trail</td>
<td>Wed, October 30</td>
<td>9:00am</td>
</tr>
<tr>
<td>Middle Ridge Trail</td>
<td>Sat, November 30</td>
<td>9:00am</td>
</tr>
</tbody>
</table>

Meet at the Trailhead, contact iroberts@forpd.org for trail location.

W.O.W. Bus

The W.O.W. (Wonderful Outdoor World) Bus is getting kids back outdoors!

This FREE program brings children and families of the community together through a variety of activities. Group activities like parachute games and dodge ball are offered. Artistic skills are encouraged through activities such as drawing with sidewalk chalk, coloring, painting, and craft techniques such as making a beaded necklace.

The W.O.W. bus will not be held on days the temperature exceeds 100 degrees, rain days, or on Spare the Air days.

Location: Miller Park
Date: Sunday, September 8
Time: 10:00am-12:00pm

Comedy Under the Stars

Recommended for an adult audience, no children under the age of 18 years old will be permitted.

Join the Fair Oaks Recreation & Park District and Sacramento’s “Laughs Unlimited” for a night full of laughs! Food and spirits are available for purchase in the Theatre. Please, no outside food or beverage.

Comedy Under the Stars may contain explicit language and/or offensive materials and is intended for an adult audience. Views or opinions presented are solely those of the comedian and do not necessarily represent those of the Fair Oaks Recreation & Park District. No refunds, no exceptions.

Location: Veterans Memorial Amphitheatre
Date: Friday, October 4
Time: 8:00pm-10:00pm
Tickets: $15 per person presale
$20 per person (if tickets are available, cash only) at the door

At the door ticket sales from 7:00pm-8:00pm only. Online ticket sales end at 6:30pm.
Special Events/Volunteers

Christmas in the Village & Tree Lighting

Location: Plaza Park
Date: Saturday, December 7
Time: 2:00pm-7:00pm
Tree Lighting: At Sundown

Santa’s Workshop

Location: Community Clubhouse
Tickets: Table (seats 8) $60
Individual $10
Children 2 years and under do not need a ticket

<table>
<thead>
<tr>
<th>Seating 1: Cookies with Santa</th>
<th>6:00pm-7:30pm</th>
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<tbody>
<tr>
<td>Friday, December 13</td>
<td>(Hot Cocoa &amp; Dessert Bar)</td>
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<table>
<thead>
<tr>
<th>Seating 2: Breakfast with Santa</th>
<th>8:00am - 9:30am</th>
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</thead>
<tbody>
<tr>
<td>Saturday, December 14</td>
<td>(Continental Breakfast)</td>
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<table>
<thead>
<tr>
<th>Seating 3: Breakfast with Santa</th>
<th>10:00am-11:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, December 14</td>
<td>(Continental Breakfast)</td>
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</tbody>
</table>

Join us for some holiday cheer. Enjoy a hot cocoa & dessert bar or continental breakfast buffet, holiday crafts, letters to the North Pole, and pictures with Santa. Please, bring your own camera. Pajamas are encouraged.

Seating is LIMITED and tickets must be purchased in advance. Children 2 years old and younger do not need a ticket.

SAVE THE DATE

Silent Movie Night January 24
Father Daughter Dances January 31 & Feb 1
Rachel Anne Gray Scholarship Dinner February 21
(tickets on sale Dec. 9, 2019)

Vendor

Interested in being a vendor at 2020 events? Apply online at forpd.org/vendorapp beginning February 1, 2020.

Event Sponsorship

Sponsoring events is a great way to advertise, an outstanding public image tool, and an interactive way to show support for the community. For more information please contact the Special Events Supervisor at events@forpd.org.

Community Volunteers

Fair Oaks Recreation & Park District has moved towards an online volunteer database. In order to volunteer you must complete an online volunteer application. Visit us at forpd.org/volunteers.

Upcoming Volunteer Opportunities

<table>
<thead>
<tr>
<th>9/21</th>
<th>10/4</th>
<th>12/13</th>
<th>12/14</th>
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</thead>
<tbody>
<tr>
<td>Fair Oaks Chicken Festival</td>
<td>Comedy Under the Stars</td>
<td>Santa's Workshop</td>
<td>Santa's Workshop</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Ongoing</td>
<td>Ongoing</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Work in the Parks</td>
<td>District Office</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Community Partnerships**

<table>
<thead>
<tr>
<th>Fair Oaks Community Partner Groups</th>
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<tbody>
<tr>
<td>American River Girls Softball</td>
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<tr>
<td>Fair Oaks /Orangevale Little League</td>
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<tr>
<td>Fair Oaks Chamber of Commerce</td>
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<tr>
<td>Fair Oaks Community Gardens</td>
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<tr>
<td>Fair Oaks Foundation for Leisure &amp; Arts</td>
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<tr>
<td>Fair Oaks Historical Society</td>
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<tr>
<td>Fair Oaks Host Lions Club</td>
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<tr>
<td>Fair Oaks Master Gardeners</td>
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<tr>
<td>Fair Oaks Moms Club</td>
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<tr>
<td>Fair Oaks Racquet Club</td>
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<tr>
<td>Fair Oaks Responsible Dog Owners</td>
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<tr>
<td>Fair Oaks Soccer Club</td>
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<tr>
<td>Fair Oaks Theatre Festival</td>
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<tr>
<td>Fair Oaks Village Enhancement Committee</td>
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<tr>
<td>Fair Oaks Youth Lacrosse</td>
</tr>
<tr>
<td>Phoenix Community Gardens</td>
</tr>
<tr>
<td>Rotary Club of Fair Oaks</td>
</tr>
<tr>
<td>Sierra Chapter American Theatre Organ Society</td>
</tr>
<tr>
<td>Weather for Dog Park - Twitter</td>
</tr>
</tbody>
</table>

**Be Safe, Be Prepared, Be Empowered to Make a Difference!**

facebook.com/sacmg

Metro Fire’s Community Emergency Response Team (CERT) program is an all-risk, all-hazard training. This training is free to citizens who work or live in Sacramento County. Training covers Disaster Awareness, Fire Safety Tech, Disaster Psychology, Terrorism and so much more. Teenagers (13-17) are welcome with an adult or guardian. For more information visit metrofire.ca.gov or email MFCBasic@gmail.com.

**Visit Phoenix Park Dog Park**

Just under 2 acres, with 3 separate areas, the Phoenix Park Dog Park is a great place to let your dog run off leash. For more information visit fordog.org. To receive unscheduled open and closure notifications follow @phoenixdogpark on Twitter. Dog Park has scheduled maintenance closures Thursdays until 5:00pm.

**Fair Oaks Horticulture Center in Fair Oaks Park**

Presented by the UC Cooperative Extension Master Gardeners and Fair Oaks Recreation & Park District.

**Open Garden Days**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>Sept. 14</td>
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<tr>
<td>Saturday</td>
<td>Oct. 9</td>
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</tbody>
</table>

Open gardens are informal events and are your opportunity to roam the gardens, watch what we’re doing, find out about what we’re growing, and ask questions about your garden and landscape. At 10:00am informal mini-demonstrations will take place.

**No reservations necessary. These are free events.**

All events are outside. Some shade, rain cover and chairs are provided.
Community Partnerships/Scholarships

Fair Oaks Theatre Festival Show Schedule

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Tickets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paperback Writer</td>
<td>Veterans Memorial Amphitheatre</td>
<td>Saturday, October 5</td>
<td>7:30pm</td>
<td>fairoakstheatrefestival.com</td>
</tr>
<tr>
<td>Winnie the Pooh</td>
<td>Community Clubhouse</td>
<td>Saturday, December 7</td>
<td>12:00pm &amp; 2:00pm</td>
<td>FREE with donation of canned food for the Fair Oaks Youth Advisory Boards “Share the Spirit” project.</td>
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Halloween Carnival

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Plaza Park</td>
<td>Thursday, October 31</td>
<td>11:00am-4:00pm</td>
</tr>
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</table>

Games, face painting and more! Sponsored by the Fair Oaks Rotary Club and Fair Oaks Theatre Festival.

Don Ralls Scholarship Program

The Fair Oaks Recreation & Park District makes the benefits of recreation programs available to children (18 & younger), seniors (62 & older) from low-income families. In order to qualify, you must show proof of residence in Fair Oaks (or attendance at a Fair Oaks School) and your household’s monthly gross income must fall within the income limits outlined in the scholarship application.

Scholarship assistance will be determined by Staff on a case-by-case basis. Scholarships are based on need with the ability to receive up to 80% off a class or program. If you are awarded the 80% off the total cost, you will be required to pay the 20% of the program/class prior to being issued the scholarship from the Fair Oaks Recreation & Park District. If there is a credit on your account, the credit will be applied first, then the scholarship amount. The benefit is limited to one scholarship per person/per registration period.

REGISTRATION PERIODS:

- January - April
- May - August
- September - December

For more information contact Recreation Superintendent, Katy Coss at kcoss@forpd.org.
**District Spotlight**

Fair Oaks Recreation & Park District has partnered with Meristem, an organization that works with young adults on the autism spectrum, to become the first organizations in California to initiate the TAP Program. The Tap program stands for “Transformational Advocacy Project,” and its goals are to research obstacles to employment for young adults with autism, evaluate research and propose best practices for employers to hire and retain such young adults, and to develop, implement and test an employer manual and training program.

Fair Oaks Recreation & Park District is proud to be a part of a community that promotes advocacy and inclusion in everything we do. Through this program, our district employed a group of interns, paid for by the State through California State Assembly Bill 2840, to assist with district events and to promote the cause of the TAP program.

Our goals were to assist the TAP program in its infancy, help show the value of a program such as this in an ongoing, real-life setting, and to enable the young men and women participating in TAP to grow as individuals and find independence through valuable work skills.

Young adults from the TAP program worked alongside district staff in the shared goal of presenting the area’s best free concerts and aided staff in our senior programming. The interns learned valuable lessons in event preparation, increased their social skills, were enabled to effectively work independently, and were trained on managing projects under strict deadlines. Fair Oaks Recreation & Park District is proud to have been part of this project and hope for all the best for Meristem and the Transformational Advocacy Program!
FOYAB is looking for 25 qualified applicants to fill its board positions for the 19-20 term. FOYAB, organized and supported by the Fair Oaks Recreation & Park District, is a youth oriented program designed to foster leadership skills while providing programs & events that benefit Fair Oaks. FOYAB serves in an advisory capacity to the District Board of Directors to give youth a voice in Fair Oaks.

Deadline to Apply: August 22, 2019 by 5:00pm.

The Fair Oaks Youth Advisory Board (FOYAB) is a youth oriented program designed to foster leadership skills in High School students while providing programs and events that benefit the residents in the community.

Follow us on Instagram: @instafoyab

Jr. Fair Oaks Youth Advisory Board

JR. FOYAB is looking for 10 qualified applicants to fill positions as JR. Youth Commissioners for the 19-20 term. The purpose of JR. FOYAB is to allow middle school aged youth the opportunity to be mentored by high school aged youth while obtaining knowledge & experience on youth programming, outreach, and community involvement.

Deadline to Apply: August 22, 2019 by 5:00pm.

FOYAB Advisor
Chelsey Adams cadams@forpd.org

Rachel Anne Gray Memorial Scholarship

The Rachel Anne Gray Memorial Scholarship was established in honor of Rachel Anne Gray who passed away September 2nd, 2012 at the age of 21. Rachel was a resident of Fair Oaks and a member of the Fair Oaks Youth Advisory Board (FOYAB) from 2006 through 2008. Rachel graduated from Bella Vista High School in 2008 and received her degree in International Business from CSU, Sacramento. Rachel was a valued member of the Fair Oaks community, who made a huge impact on young leaders, the community and the Fair Oaks Recreation & Park District (FORPD) staff. Rachel enjoyed being outside, working with the community, and living life to its fullest each day.

Three scholarship awards, in the amounts of $1,500, $1,000, & $500 are awarded annually to deserving high school Juniors and Seniors. Deadline to apply: January 24, 2020.
Fair Oaks Preschool 2019-2020

Location: 8090 Grand Avenue, Fair Oaks

2019-2020 School Year: August 19 - June 5

*For children ages 3-5 years (Children must be potty-trained.)

Preschool

Fair Oaks Preschool's focus is on the social development of children ages three through five years old. Children will benefit by developing their social skills through art, projects, stories, songs, games, and outside play. Children will also have the opportunity to develop their independence, self-help and sharing skills and learn to follow directions. Our free-flow structure and developmentally-appropriate curriculum provide an environment where each unique child can learn and grow, and where parents can learn more about their children. Teachers are experienced instructors committed to offering your preschooler a positive experience and providing support for your child's first school years.

Recreation Based Parent Participation Preschool

M/W/F class Parent works in classroom 3 times per session.

Yearly non-refundable registration fee of $90 due at time of registration. Required paperwork will be completed via ePACT following registration. For more information please visit forpd.org.

Open Class

Days: Monday/Wednesday/Friday

Times: 12:45pm-3:30pm

Fee per 4 week session: $220 ($215 res)

The four and five year old classes are based upon a nine-month curriculum designed to prepare a child for elementary school. Cooperation and sharing are emphasized in games, music and movement, arts and crafts, academics and supervised free play throughout the year.

Additional classes are offered but are full at this time, to be placed on the waitlist for M/W/F AM class or T/R three and four year old class please contact the district office.
Santa Letters

Would your loved one like to receive a letter from Santa or Mrs. Claus? Let our Holiday Elves make their Christmas memories complete with a personalized letter. The fee for this service is $4.00 for each letter. Please call the Letter Hotline at (916) 966-1036 for more information. Mail a check or money order (along with order form) to: Fair Oaks Recreation & Park District, 4150 Temescal Street, Fair Oaks, Ca 95628.

Order Form: Send by December 7th to ensure delivery by Christmas.

If ordering more than one letter, please use a separate form. PLEASE PRINT.

Ordered by: ____________________________________________
Phone: ____________________________
Address: ________________________________________________
City: ___________________ State: _______ Zip: ________
Mail Santa Letter to:
Name: ________________________________________________
Phone: ____________________________
Address: ________________________________________________
City: ___________________ State: _______ Zip: ________
Age: ____________ Grade in School: ________
Something great child did: ____________________________________
Christmas present wished for: _____________________________
Halloween Costume: ______________________________________
Would you like the letter to be from: (circle one)
Mrs. Claus   Santa
Santa in response to a letter from a child:
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

Two Rivers Music Together

Instructor: Georgia Wade
Location: Village Hall
Ages: 0-4.5
Fee: $153 ($148 res)
Material Fee: $20 paid to instructor

Two Rivers Music Together is an award-winning, research-based early childhood music and movement program for children and their caregivers. Each class consists of 45 minutes of songs, chants, dances and instrument play-alongs. This program requires that adult model and participate in class. After our 10-week session children and their families will have learned a new collection of songs, gained further musical aptitude and appreciation, and will have created wonderful shared experiences that both child and caregiver will treasure. Children and Parents should wear comfortable clothes to move around in.

F 9/20-11/22 10:00am-10:45am

The Fair Oaks Youth Advisory Board is collecting NEW toys, clothing, toiletries, gift cards, and monetary donations for “Share the Spirit”. Share the Spirit provides families in the Fair Oaks Community a special holiday basket filled with gifts, household items, and non perishable food.

Interested in signing up for a basket? Families must meet the eligibility requirement as outlined in the Share the Spirit announcement and application. Contact Chelsey Adams at cadams@forpd.org for complete list of requirements, qualifications, and documentation needed.

Registration will begin Friday, Nov. 1 at 3:00pm and will close once the spaces are filled.
Youth Programs

New Star Children’s Theatre
Instructor: Dana Hendry
Location: Mondays: Arts & Crafts Building
          Tuesdays: Community Clubhouse Auditorium
Ages: 6-17
Fee: $303 ($298 res)
Materials Fee: $50 paid to instructor;
               $50 paid to costume coordinator

Fiddler on the Roof is the beloved story of the small, tradition-steeped town of Anatevka, Russia, where Jews and Russians live in delicate balance. During the course of the show, the time honored traditions of Anatevka are both embraced and challenged by Tevye and his colorful community, as they witness his daughters, Tzeitel, Hodel and Chava, grow up and fall in love in a time of extraordinary change. Fiddler on the Roof’s Broadway premier became the longest-running Broadway musical in history, a title it maintained for almost ten years. It is a story that captures the essential human longings for love, community, success, freedom, family, and meaning. Fiddler features such iconic songs as the beautiful “Sunrise, Sunset,” the boisterous “If I Were a Rich Man”, and the classic “Matchmaker, Matchmaker.” A wonderful musical for young and old alike!
Performances in January 2019! For more information visit newstarchildrenstheatre.com
Auditions will be held on September 10th from 5:30pm-8:30pm

New Star Junior Musical Theatre
Instructor: Dana Hendry
Location: Community Clubhouse Auditorium
Ages: 5-6
Fee: $223 ($218 res)
Materials Fee: $50 paid to instructor;
               $50 paid to costume coordinator

Junior Theatre cast members will be cast in Fiddler on the Roof with the older kids but be given small roles with some lines and take part in some musical numbers. Juniors are not required to audition. For more information visit newstarchildrenstheatre.com
Auditions will be held on September 10th from 5:30pm-8:30pm

M/Tu 9/10-1/19 5:30pm-8:30pm
No Class 9/17, 12/24, 12/31

Don’t risk a class or league getting canceled due to low enrollment. Register Today!
Budding Chefs

Instructor: Terry Masten
Location: McMillan Center
Ages: 8+
Fee: $28 ($23 res)

The fall season is a wonderful time to bake, decorate, wrap and give. Skill levels are not a concern, so come learn from a professional chef while putting together pies, cookies, breads, cakes and herb mixes to serve or possibly give as gifts. All classes are hands-on and emphasize safety and techniques that result in baked goods you can boast about for a long time. Bon Appétit!

Chocolate Fun: Elegant Truffles and Bark are easier than you would think and impress guests every time they are served. Get ready for recipe requests!

Session 1 Sa 10/5 11:00am - 1:00pm
Cookie Workshop: Easy Chocolate Shortbread and Cut-Out Sugar Cookies are easy, fun and are spectacular on a tray as well as impressive.

Session 2 Sa 10/26 11:00am-1:00pm
Cake Workshop: Chocolate Chocolate Cake and Chocolate Loaf Cake make spectacular impressions when served to guests who know their chocolate. Remember, presentation is everything!

Session 3 Sa 11/16 11:00am-1:00pm
Pie Workshop: Personal Pies and Peach Slab Pie will mean that you have mastered putting together crusts, pie filling, egg wash and recipes that will be made many times. Guests are guaranteed to rave!

Session 4 Sa 11/30 11:00am-1:00pm
Give It Away: Chocolate Cookies On A Stick and Holiday Seasoning Mixes make absolutely impressive gifts and go together quickly. Be sure to have stunning gift containers on hand!

Session 5 Sa 12/21 11:00am-1:00pm

Fair Oaks Recreation & Park District is proud to announce our launch of ePACT – an online system to collect and manage our participants’ emergency information and waiver releases.

$5 per year will be added to certain programs.

Visit our website for more information.

forpd.org
Youth Sports

Mommy/Daddy & Me Soccer
Instructor: Kidz Love Soccer Coach
Location: Fair Oaks Park Open Space
Ages: 2-3.5
The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All kids receive a soccer jersey!

<table>
<thead>
<tr>
<th>Session 1</th>
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<tbody>
<tr>
<td>F 9/13-11/1</td>
</tr>
<tr>
<td>9:30-10:00am</td>
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<tr>
<td>$109 ($104 res)</td>
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</tbody>
</table>

Kidz Love Soccer (KLS)
Instructor: Kidz Love Soccer Coach
Location: Fair Oaks Park Open Space
Ages: 3.5-10
Fee: $109 ($104 res)
Kids learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. A session experience includes age appropriate activities, skill demonstrations, fun games and instructional scrimmages. Each participant will receive a KLS jersey. Kidz Love Soccer: “Where the score is always fun to fun.”™ Shin guards are required after the first meeting. In case of rain-outs, please call the KLS field hotline at 1-888-372-5803.

Preschool Karate
Instructor: Sensei Mami
Location: Village Hall / Old Library
Ages: 4-6
Fees: Per Month - $80 ($75 res) per month
Per 3 Months: $185 ($180 res)
New Student Special: $65 ($60 res) per 2 months
This SA Shotokan Karate class allows young students to gain ability, learn how to listen, follow instructions and focus. Children will develop their motor skills and learn fundamental karate movements in a fun, yet disciplined way. AAU sanctioned. Each new student is supplied a Gi to wear in class.

<table>
<thead>
<tr>
<th>Session 1</th>
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<tbody>
<tr>
<td>M/W 9/9-9/30</td>
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<tr>
<td>5:15pm-5:45pm*</td>
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<td>Session 2</td>
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<tr>
<td>M/W 10/7-10/28</td>
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<tr>
<td>5:15pm-5:45pm</td>
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<td>Session 3</td>
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<tr>
<td>M/W 11/4-11/27</td>
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<td>5:15pm-5:45pm *</td>
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<tr>
<td>Session 4</td>
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<tr>
<td>M/W 12/2-12/30</td>
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<tr>
<td>5:15pm-5:45pm *</td>
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SA Shotokan Karate
Instructor: Sensei Mami
Location: Village Hall / Old Library
Ages: 6+
Fees: Per Month - $90 ($85 res) per month
Per 3 Months: $209 ($204 res)
New Student Special: $75 ($65 res) per 2 months
This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. The results are 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.

<table>
<thead>
<tr>
<th>Session 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W 9/9-9/30</td>
</tr>
<tr>
<td>5:45pm-6:30pm*</td>
</tr>
<tr>
<td>Session 2</td>
</tr>
<tr>
<td>M/W 10/7-10/28</td>
</tr>
<tr>
<td>5:45pm-6:30pm</td>
</tr>
<tr>
<td>Session 3</td>
</tr>
<tr>
<td>M/W 11/4-11/27</td>
</tr>
<tr>
<td>5:45pm-6:30pm*</td>
</tr>
<tr>
<td>Session 4</td>
</tr>
<tr>
<td>M/W 12/2-12/30</td>
</tr>
<tr>
<td>5:45pm-6:30pm*</td>
</tr>
</tbody>
</table>

*No Class 9/23, 11/11, 12/25

Ready to register? Go to www.forpd.org or call 916-966-1036
# Youth Tennis - H.I.T.S. Program

**Instructor:** District Staff  
**Location:** Miller Park  
**Ages:** 4-6 & 7-10  
**Fee:** $55 ($50 res)

## Level One

H.I.T.S. (Honesty, Inspiration, Teamwork, Sportsmanship) is USTA's premier beginners tennis youth program that incorporates the fundamentals of a team sport while placing an emphasis on life skill enrichment. With this program, the use of modified equipment allows young players to learn and play more effectively. Kids will participate in fun activities while learning the fundamentals of tennis in a safe and supportive environment. *All participants receive a H.I.T.S. t-shirt, wristband, ball, players manual and more!*

<table>
<thead>
<tr>
<th>Session</th>
<th>Ages</th>
<th>Days</th>
<th>Time</th>
<th>Fee (res)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1</strong></td>
<td>4-6</td>
<td>M</td>
<td>5:30pm-6:15pm</td>
<td>$55 ($50 res)</td>
</tr>
<tr>
<td><strong>Session 2</strong></td>
<td>7-9</td>
<td>M</td>
<td>6:30pm-7:20pm</td>
<td>$55 ($50 res)</td>
</tr>
</tbody>
</table>

## Level Two

A follow-up program to H.I.T.S., H.I.T.S. 2 is a program that will not only have a continued focus on life lessons and actual tennis play, but also an emphasis on exhibiting great teamwork on and off the court. Kids will be put on teams within the program so they can experience the team tennis experience at a level they are comfortable playing as they continue to grow their skills.

<table>
<thead>
<tr>
<th>Session</th>
<th>Ages</th>
<th>Days</th>
<th>Time</th>
<th>Fee (res)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1</strong></td>
<td>7-10</td>
<td>M</td>
<td>5:30pm-6:30pm</td>
<td>$55 ($50 res)</td>
</tr>
</tbody>
</table>

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# Bella Vista Basketball Camp

**Location:** Bella Vista High School Basketball Gym  
**Ages:** 3rd - 8th Grade  
Camp will focus on Team Concepts including defense and offense, zone vs. man on man, and individual skills like warm up/stretching, free throws, rebounding/box out, pick and roll, dribbling and passing. Each player must bring: court/gym shoes, gym clothes, water bottle and a lunch.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee (res)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1</strong></td>
<td>11/25-11/27</td>
<td>M,T,W</td>
<td>9:00am-12:00pm</td>
<td>$90 ($85 res)</td>
</tr>
<tr>
<td><strong>Session 2</strong></td>
<td>1/2-1/3</td>
<td>TH,F</td>
<td>9:00am-12:00pm</td>
<td>$65 ($60 res)</td>
</tr>
</tbody>
</table>
CPR/AED/FIRST AID Training for Infant, Child, and Adult

Instructor: Breath of Life
Location: Old Fair Oaks Library
Ages: 12 & up
Fee: $75 ($70 res)
Material Fee: $20 (paid to instructor)

This Medic First Aid Course covers infant, child and adult CPR and First Aid and AED certification. Save time and money by receiving this two-year, EMSA approved, certification. This course is required for licensed preschool teachers, daycare workers, educators and coaches. However, anyone can benefit from these life-saving skills. Come join us for coffee, cookies and life-saving education!

| Session 1 | S 9/28 | 8:30am-4:30pm |
| Session 2 | S 11/9  | 8:30am-4:30pm |

Child & Babysitting Safety

Instructor: Rescue Training Institute, Inc.
Location: 13405 Folsom Blvd. #150, Folsom
Ages: 11-15
Fee: $68 ($63 res)
Material Fee: $10 (paid to instructor)

A course for building a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety, and prevention, playtime, and first aid tips. No CPR training in this class, see Babysitting CPR. Participation card received. No certification card for this class.

| Session 1 | T/W 9/3 & 9/4 | 5:30pm-8:30pm |
| Session 2 | T/W 10/8 & 10/9 | 5:30pm-8:30pm |
| Session 3 | T/W 11/5 & 11/6 | 5:30pm-8:30pm |
| Session 4 | T/W 12/10 & 12/11 | 5:30pm-8:30pm |

Babysitting CPR

Instructor: Rescue Training Institute, Inc.
Location: 13405 Folsom Blvd. #150, Folsom
Ages: 11-15
Fee: $43 ($38 res)
Material Fee: $5 (paid to instructor)

Teaches Child and infant CPR. Participation card received. No certification card for this class.

| Session 1 | F 9/6 | 5:00pm-7:00pm |
| Session 2 | F 10/11 | 5:00pm-7:00pm |
| Session 3 | F 11/8 | 5:00pm-7:00pm |
| Session 4 | F 12/13 | 5:00pm-7:00pm |

Adult Sports Leagues

Fair Oaks Recreation & Park District offers year-round Adult Sports Leagues. Sports offered by the District include Softball and Basketball. Schedules and league information can be found online at teamsideline.com/fairoaks. All Team Managers are required to obtain a Team Managers Guide Book and the District Waiver/Roster form from the District office or online prior to participating in any Adult Sports League.

For further league information, please contact Nick Davison at 966-1036, or visit www.forpd.org.

Softball

There are four (4) leagues offered during the year, which are the Spring, Early Summer, Late Summer, and Fall Double Header leagues. Divisions offered are Men’s C & D and Co-ed C & D. Games are held Sunday through Friday, from 6:20-9:20pm.

Flag Football

Location: Fair Oaks Park
Ages: 18+
7 on 7 passing league. Three (3) leagues are offered during the year in Spring, Summer and Fall. Games are held Friday evenings at Fair Oaks Park from 6:20pm-9:20pm.

To be added to the Free Agent list visit teamsideline.com/fairoaks.
Adult Dance

**Round Dance**

Instructor: Marie Hathaway  
Location: Community Clubhouse  
Ages: 18+  
Fee: $38 ($33 res)  
Punch Card: $30 ($25 res) good for 4 classes  
Drop in Fee/Review Classes: $8 per class

Smile at your partner, listen to the music, move your feet as directed - You’re dancing! Round dancing (cued ballroom dancing) brings the sport/art of ballroom dance to a level all can enjoy. All steps are choreographed in advance. Both partners know what’s coming, making it easier to lead and follow. You’ll learn to two step, waltz, rumba, cha, swing and a lot more when you discover round dancing.

**Beginners** — By the end of the 6 week session, you should be able to identify the beat/rhythm, and lead or follow a partner thru some simple Two Step dances. At least 3 dances and a dozen steps will be covered in the session.

Beginning class is a requirement for all intermediate classes. Casual attire, comfortable shoes. Visitors welcome to observe.

**Beginning Two Step**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>9/24-10/29</td>
<td>11:15am-12:45pm</td>
</tr>
<tr>
<td>W</td>
<td>9/25-10/30</td>
<td>6:00pm-7:30pm</td>
</tr>
</tbody>
</table>

**Intermediate Two Step**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>11/5-12/10</td>
<td>11:15am-12:45pm</td>
</tr>
<tr>
<td>W</td>
<td>11/6-12/11</td>
<td>6:00pm-7:30pm</td>
</tr>
</tbody>
</table>

**Intermediate Multiple Rhythms**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tu</td>
<td>9/24-10/29</td>
<td>12:45pm-3:00pm</td>
</tr>
<tr>
<td>W</td>
<td>9/25-10/30</td>
<td>7:30pm-9:45pm</td>
</tr>
<tr>
<td>Tu</td>
<td>11/5-12/10</td>
<td>12:45pm-3:00pm</td>
</tr>
<tr>
<td>W</td>
<td>11/6-12/11</td>
<td>7:30pm-9:45pm</td>
</tr>
</tbody>
</table>

**Line Dancing**

Instructors: Norm & Phyllis Gifford  
Location: Community Clubhouse  
Ages: 18+  
Punch Card: $45 ($40 res) good for 5 classes  
Line dancing is a great way to exercise the mind and body, as well as to meet new friends! This class is graduated into 5 levels starting at “Absolute Beginner” (level 1) and graduating to the highest and most difficult level “Experienced Improver” (level 5). Students may choose two adjacent levels (1 hour of instruction) per class. Please wear appropriate shoes, no flip flops, heels, or backless shoes. On-going class, join any time.

**Afternoon Classes**

<table>
<thead>
<tr>
<th>Level</th>
<th>Class</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Advanced Beginners</td>
<td>Th</td>
<td>3:00pm-3:30pm</td>
</tr>
<tr>
<td>4</td>
<td>Improver</td>
<td>Th</td>
<td>3:30pm-4:00pm</td>
</tr>
<tr>
<td>5</td>
<td>Experienced Improver</td>
<td>Th</td>
<td>4:00pm-4:30pm</td>
</tr>
</tbody>
</table>

**Evening Classes**

<table>
<thead>
<tr>
<th>Level</th>
<th>Class</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Absolute Beginners</td>
<td>Th</td>
<td>5:15pm-5:45pm</td>
</tr>
<tr>
<td>2</td>
<td>Beginners</td>
<td>Th</td>
<td>5:50pm-6:20pm</td>
</tr>
<tr>
<td>3</td>
<td>Advanced Beginners</td>
<td>Th</td>
<td>6:25pm-6:55pm</td>
</tr>
<tr>
<td>4</td>
<td>Improver</td>
<td>Th</td>
<td>7:00pm-7:30pm</td>
</tr>
<tr>
<td>5</td>
<td>Experienced Improver</td>
<td>Th</td>
<td>7:35pm-8:05pm</td>
</tr>
</tbody>
</table>

No class 11/28, 12/12, 12/19, 12/26, 1/2

**“Wild Horses”- Line Dances**

Location: Community Clubhouse  
Ages: 14+  
Fee: $8  
Join old and new friends in some good ol’ line dancing! One new line dance will be taught each day.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Su</td>
<td>9/8, 10/6, 11/3, 12/1</td>
<td>2:00pm-4:30pm</td>
</tr>
<tr>
<td>Su</td>
<td>9/8, 10/6, 11/3, 12/1</td>
<td>2:00pm-4:30pm</td>
</tr>
</tbody>
</table>
### Adult Programs

#### Tai Chi/ Qi Gong
- **Instructor:** John & Jan Szostek
- **Location:** Community Clubhouse
- **Fee:** $128 ($123 res)
- **Materials Fee:** $15 for Tai Chi Shoes (Optional)

Qigong and Tai Chi are ancient Chinese healing and martial arts. The movements, massages, and postures improve the circulation and balance of the body’s “chi,” our vitality or “life force energy.” Studies have shown improved balance, coordination and the reduction of pain. This class is intended for continuing and experienced practitioners. Soft, flat soled shoes recommended. Tai Chi shoes can be purchased through the teachers.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>W</th>
<th>9/4-11/13</th>
<th>1:00pm-2:15pm</th>
</tr>
</thead>
</table>

No Class 9/18

#### Hatha Yoga
- **Instructor:** Judith Aubin
- **Location:** Community Clubhouse
- **Ages:** 18+
- **Punch Card:** $68 ($63 res) good for 6 classes

In addition to relaxing and stretching, Yoga postures release tension, gently but firmly strengthen and tone the deeper supportive muscle structure and improve organ and glandular function. You can expect to experience greater ease of movement, an increased sense of well-being and deeper more restful sleep. Each student is encourage to work at his or her own ability. **Students may choose to use punch card for both “Stretching, Relaxing and Stress Relieving Yoga” and/or “Strengthening Yoga.”** Please bring a mat, blanket and pillow to class.

<table>
<thead>
<tr>
<th>Stretching, Relaxing and Stress Relieving Yoga</th>
<th>Tu</th>
<th>8:00am-9:15am</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>No class 9/16, 9/20, 11/29, 12/31</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strengthening Yoga</th>
<th>F</th>
<th>8:30am-10:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>No class 9/16, 9/20, 11/29, 12/31</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Tai Chi/ Qi Gong Principles
- **Instructor:** John & Jan Szostek
- **Location:** Community Clubhouse
- **Fee:** $128 ($123 res)
- **Materials Fee:** $15 for Tai Chi Shoes (Optional)

This course is a new approach to learning the principles of Tai Chi by combing two programs developed by the Tai Chi Foundation. Roots & Branches Five Element Qi Gong and the Eight ways teach/offer students simple routines that can enhance health through improving balance and increasing vitality.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>W</th>
<th>9/4-11/13</th>
<th>2:30pm-3:45pm</th>
</tr>
</thead>
</table>

No Class 9/18

#### Pop Up Paint Class
- **Instructor:** The Art Box
- **Location:** Chicken Festival (Plaza Park)
- **Fee:** $30

Join the flock, grab a smock. Join us at this pop up paint class at the Fair Oaks Chicken Festival.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>9/21</th>
<th>10:00am-11:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2</td>
<td>9/21</td>
<td>12:00pm-1:30pm</td>
</tr>
</tbody>
</table>
Adult Programs

Strum, Hum, and Sit In
Instructor: Mike Jackson
Location: Old Library
Fee: $114 ($109 res)
Come play guitar with an instructor who has been playing for years. This class you will learn to play a new song in every class. Get comfortable playing with new people, and ready for different scenarios such as different keys. This class is designed for intermediate and above. Emphasis on playing and having fun rather than a “class”. The playing portion will last about an hour, then, if you have any questions or need some help, the instructor will be available to help you.

Session 1 W 9/4-10/2 7:00pm-9:00pm
No Class 9/18

Smart Phone Basics
Instructor: Tre Ewell
Location: Village Hall
Fee: $48 ($43 res)
Beginner workshop for those who struggle, or are new to smart phones and similar technologies. This entry level hands on event will teach the basics on Android & iPhone devices.

Session 1 T 10/22 10:00am-12:30pm
Session 2 T 12/3 10:00am-12:30pm

smartphone
photography basics
Instructor: Cynthia Sheffer, Thumb Print Images
Location: Arts and Crafts Room
Fee: $83 ($78 res)
Learn to make better photos with your smartphone. You will learn to “capture the moment” and make better photos through greater understanding of composition, light source, and editing. Create photos great enough for the holiday card and to make other artistic products.

Come to class with the FREE Snapseed App already downloaded and make sure your phone is fully charged.

Session 1 T 9/24 9:00am-11:30am
Session 2 T 10/1 9:00am-11:30am
Session 3 T 10/8 9:00am-11:30am

Smartphone Editing & Image Management
Instructor: Cynthia Sheffer, Thumb Print Images
Location: Arts and Crafts Room
Fee: $83 ($78 res)
Put your “thumbprint” on your photos. You will learn more advanced editing skills to create unique and artistic products; how to organize your smartphone photo files to easily locate and manage their use; and address the dreaded “storage issue”.
This class is intended for those who have taken the Smartphone Photography Basics class or who already have a good understanding of smartphone photography.

Come to class with the FREE Snapseed App already downloaded and make sure your phone is fully charged.

Session 1 Th 9/26 9:00am-11:30am
Session 2 Th 10/3 9:00am-11:30am
Session 3 Th 10/10 9:00am-11:30am

Vernal Pools photo taken with cell phone camera by Cynthia Sheffer.
**How Will You Spend Your Retirement Savings?**

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>Bill Corley, CFP, RICP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Village Hall</td>
</tr>
<tr>
<td>Fee:</td>
<td>$10</td>
</tr>
</tbody>
</table>

Creating a monthly income that lasts throughout retirement can be tricky. A wrong decision (or lack of planning) could subject you to unnecessary taxes, penalties and inflation. Having a plan for spending your savings is crucial, so that you have sufficient income for 20 or more years. If you are still working and saving, or are planning to retire in the near future, this workshop is for you and your spouse! Question/answer period is included.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Th</th>
<th>9/26</th>
<th>6:30pm–8:00pm</th>
</tr>
</thead>
</table>

**Wine Enthusiast Adventure-Everyday Guide**

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>David and Monica Kirk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Village Hall</td>
</tr>
<tr>
<td>Ages:</td>
<td>21 &amp; up</td>
</tr>
<tr>
<td>Fee:</td>
<td>$58 ($53 res)</td>
</tr>
</tbody>
</table>

Material Fee: $12 (paid to instructor)

This Everyday Guide to Wine will give you the tools to gain a greater appreciation and enjoyment of fine wines. In our four classes we will guide you through how to taste wine like a pro, and how to identify why you love the wines you love. We may find you new wines to love. Each class member is asked to bring two wine glasses each week to taste wines.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Th</th>
<th>10/3-10/24</th>
<th>7:00pm-8:30pm</th>
</tr>
</thead>
</table>

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**Extended Trips and Tours**

Want to travel to far away destinations and visit historical landmarks but don’t want the hassle of planning? We are excited to partner with Premier World Discovery to now offer extended tours to a variety of wonderful international and domestic destinations. For more information visit the FORPD District office to pick up a brochure on current trip offerings. Other destinations and departure dates available upon request.

**Informational Presentation**

<table>
<thead>
<tr>
<th>Village Hall</th>
<th>W</th>
<th>10/9</th>
<th>10:00am</th>
</tr>
</thead>
</table>

RSVP to informational presentation by calling 916-966-1036

**Upcoming Trips:**

- **Australia & New Zealand**
  - Departs Feb. 21, 2020

- **Great Canadian Cities**
  - Departs June 17, 2020

- **New York City & Hudson River Valley**
  - Departs Sept. 25, 2020

- **Highlights of Italy’s Amalfi Coast**
  - Departs Oct. 20, 2020

- **Sedona Holiday**
  - Departs Dec. 2, 2020

**Senior Stretch**

<table>
<thead>
<tr>
<th>Instructor:</th>
<th>Sharon Shute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Community Clubhouse</td>
</tr>
<tr>
<td>Punch Card:</td>
<td>$9 for 4 classes</td>
</tr>
</tbody>
</table>

As an exercise instructor for 39 years, I realized there was a need for a low impact class for seniors. We begin with simple stretches from head to toe that includes balance work to prevent falls. After stretching we use free weights for bone strengthening and the prevention of muscle mass loss. I supply the weights, but you may bring your own. We then move to non-partner dances that I have choreographed that keeps your brain constantly working. The class ends with five minutes of floor work to strengthen your core and abs.

<table>
<thead>
<tr>
<th>M/Tu/W/Th</th>
<th>9:35am–10:35am</th>
</tr>
</thead>
</table>

No class 9/2, 9/17-19, 11/11, 11/28, 12/24-25, 12/31
**Zumba Gold**
Instructor: Laura Gamez  
Location: Community Clubhouse  
Punch Card: $25 ($20 res) for 8 Classes  
Material Fee (Optional): $20 for 1 lb. weights

Zumba Gold is 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. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

**M/W/F  11:00am-12:00pm**  
No Class 9/2, 9/18, 9/20, 11/11, 11/29, 12/25

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**Medicare 101**
Instructor: Stacy Iseminger  
Location: Village Hall  
Fee: $10

Are you overwhelmed by all the choices for Medicare plans? Learn what is and is not covered by Medicare part A, B, and D and about the role of supplemental insurance plans A-N, also known as “Medi-Gap”, and proposed changes for 2020 and beyond. Class is for educational purposes only and is not a sales seminar.

**Session 1**  
Th 9/26  10:00am-11:30am

**Session 2***  
Th 10/17  10:00am-11:30am

**Session 3**  
Th 11/21  10:00am-11:30am

*Class to be held in the Old Library

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**Brain Gain**
Instructor: Dr. Alice Jacobs  
Location: Arts & Crafts Room  
Fee: $38 ($33 res)

Come experience “Neurobic” fun interactive brain exercises that give your brain a creative workout beyond crossword puzzles and Sudoku. Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body - all in a nonthreatening, engaging, and fun environment that has you working in small groups as you complete and discuss the brain exercises. You’ll be surprised by what a good brain workout.

**W 11/6  10:00am-12:30pm**

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**Static in the Attic: Understanding About Memory and How to Preserve It!**
Instructor: Dr. Alice Jacobs  
Location: Arts & Crafts Room  
Fee: $38 ($33 res)

Are you noticing word grope syndrome and “senior moments?” Are you frustrated because you can’t remember names of people, but recognize faces? Come find out why these occur and what you can do about it. This single session workshop covers the current scientific information about memory, the components of memory, changes with age, and tips and tips and techniques for improving memory and leading a brain wellness lifestyle. Facilitated by educational physiologist, Dr. Alice Jacobs, founder and principal of Brain Gain braingain.info, a leader in brain wellness lifestyle promotion.

**This workshop provides extensive materials and handouts included in the fee.**

**W 10/23  10:00am-12:30pm**
Hiking Group

Sat Sept 28 - Monroe Ridge Trail - Easy/Moderate 3 miles
Wed Oct 30 - Acorn Creek Trail - Moderate 4 Miles
Sat Nov 30 - Middle Ridge Trail - Moderate 3 Miles

Group meets at the trailhead at 9AM.
Please call Ian Roberts to RSVP and trail information

Call (916) 966-1036 for more information.

Castello di Amorosa Bus Tour

Tour the beautiful castle and taste amazing Napa wine. We will stop at the famous OxBow Market for a chance to buy some early holiday gifts!

November 7
8 am - 7 pm
$150 per person

Price includes: transportation, tour, tasting and food pairing.
Life-Long Recreation (50+)

COME JOIN US

Coffee, Tea, and Light Snacks Provided
Our program provides active adults 55+ an avenue to recreational, educational, and wellness opportunities.

Tuesday-Thursday
10AM-2PM
Village Hall
7997 California Ave.
Fair Oaks, CA 95628

Create friendships, meet new people, get active, play games, & more!

Enjoy amazing company, treats, and personable people

CONTACT US!
Ian Roberts Recreation Supervisor
iroberts@forpd.org | (916) 966-1036

Fair Oaks Active Adults
RENTAL OPPORTUNITIES

COMMUNITY CLUBHOUSE
2.898 sq.ft. of Dining Space
25 - 5' Round Tables
6 - Rectangle Tables
Stage, Chairs, Kitchen, Bar, Sound System & More!

VILLAGE HALL
1,118 sq.ft. of Meeting Space
10 - 5' Round Tables
12 - Rectangle Tables
Chairs, Kitchen, TV, Sound System & More!

OUTDOOR EVENTS
Fair Oaks Park BBQ Area
Miller Park BBQ Area
Village Park Bandshell
Softball Field Rentals (2)
Multipurpose Field Rentals
Tennis Court Rentals

MCMILLAN CENTER
773 sq.ft. of Dining Space
13 - Rectangle Tables
Chairs, Kitchen, Patio, BBQ Grills & More!

CELEBRATE WITH US TODAY!
Ian Roberts
Facilities Supervisor
(916) 966-1036
www.forpd.org
iroberts@forpd.org

Fall 2019
Ready to register? Go to www.forpd.org or call 916-966-1036
Five Ways To Register

Online Registration:
Visit forpd.org to register online with Visa, MC or American Express.

Walk-In Registration:
Fill out registration form at the District Office, 4150 Temescal St, Fair Oaks.
Monday-Friday 8:00am-5:00pm. Cash, Check or Credit cards (listed above) accepted.
Checks should be made out to: FORPD

Mail-In Registration:
Accepted with a complete registration form and correct fees.
Please do not mail cash. Mail registration to FORPD District Office, 4150 Temescal St., Fair Oaks, CA 95628.

Drop-Box Registration:
Accepted with a complete registration form and correct fees.
Please do not mail cash. Drop-Box is located at District office to left of front door for after hours drop-off.

Fax-In Registration:
Fax your completed form with credit card # to 916-966-9863.

Phone-In Registration:
Register over the phone for select events/programs/class.
Must be in our system as a previous customer. Call today for more information.

General Information
1. The District reserves the right to cancel or modify any class and/or program. Classes may be canceled three (3) days prior to the start date if minimum enrollment is not met.
2. Resident/Non Resident: Residents are those who live within the Fair Oaks area. All others pay the non-resident fee (indicated by non res).
3. If paying at class, you may only pay with check made out to FORPD or with credit card.

Refund Policy
1. Full refund will be given if the Fair Oaks Recreation & Park District cancels the program or for medical reasons.
2. Online convenience fee is non-refundable.
3. No refund will be issued after the class or program has had its second meeting.
4. All refund requests will be approved or denied by the Fair Oaks Recreation & Park District. All refund checks will be processed through the County of Sacramento and mailed to you within 4-6 weeks.
5. The Fair Oaks Recreation & Park District reserves the right to adjust the refund policy, depending upon the circumstances and the severity of the situation. All refunds are required to submit a refund/transfer request form to be approved by District Staff.
6. Policy does not apply to events and vendors. Email events@forpd.org for clarification.

Don’t risk a class or league getting canceled due to low enrollment. Register Today!
Agreement, Waiver & Release Fair Oaks Recreation & Park District 2019

In consideration for being permitted by the above District to participate in the above activity(ies), I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity(ies). This release is intended to discharge in advance the above District (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity(ies), even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that these activities involve an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding by my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in the said activity(ies).

Parental Consent: (To be completed and signed by parent/guardian if applicant is under 18 years of age)

I hereby consent that my son/daughter, _________________________ participate in the above activity(ies), and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense, which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity(ies).

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY OWN FREE WILL.

Signature of Participant (if under 18, Parent or Guardian): __________________________ Date: ______________

I understand that photographs taken of recreational programs may be used by the District for promoting programs, classes or events. __________ initial
Map Legend

1. Plaza Park ........................................ 7997 California Ave.
2. Multiple Facilities................................. 7997 California Ave.
3. Village Park ........................................ 4238 Main St.
4. Administration Office ......................... 4150 Temescal St.
5. Old Fair Oaks Library Building ............. 4200 Temescal St.
7. Miller Park .......................................... 8480 Sunset Ave.
8. Phoenix Park ...................................... 9050 Sunset Ave.
9. Little Phoenix Park ............................... 9041 Phoenix Ave.
11. Fair Oaks Park ................................. 11549 Fair Oaks Blvd.
12. Montview Park ................................. 4401 Minnesota Ave.
14. Madison Place Park ......................... 5524 Cannes Way

Map Details:
- Community Clubs: Rental facility and home to multiple District classes and events.
- Veterans Memorial Amphitheatre: Outdoor Amphitheatre operated by the Fair Oaks Theatre Festival Group and the location of the District’s Comedy Under the Stars events.
- Arts & Crafts Building: Classroom setting.
### Fall Recreation Activities

<table>
<thead>
<tr>
<th>Month</th>
<th>Activity</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>W.O.W. Bus</td>
<td>9/8</td>
</tr>
<tr>
<td></td>
<td>Fair Oaks Chicken Festival</td>
<td>9/21</td>
</tr>
<tr>
<td></td>
<td>Senior Hike</td>
<td>9/28</td>
</tr>
<tr>
<td>October</td>
<td>Comedy Under the Stars</td>
<td>10/4</td>
</tr>
<tr>
<td></td>
<td>Senior Hike</td>
<td>10/30</td>
</tr>
<tr>
<td>November</td>
<td>Senior Hike</td>
<td>11/30</td>
</tr>
<tr>
<td>December</td>
<td>Tree Lighting &amp; Christmas in the Village</td>
<td>12/7</td>
</tr>
<tr>
<td></td>
<td>Cookies with Santa</td>
<td>12/13</td>
</tr>
<tr>
<td></td>
<td>Breakfast with Santa</td>
<td>12/14</td>
</tr>
</tbody>
</table>

### Fair Oaks Bike Park