

ADULT ENRICHMENT PROGRAMS

Writing Your Life Story

NEW!!

Taught by Autumn DeCosta,
Certified Empowerment
Life Coach

We are all amazing people with valuable stories to tell. Celebrate the life you have lived by recapturing those forgotten memories. Creatively capture your strengths, struggles, joys and pains. Remember them, honor them and share them with your family and friends.

Location: La Sierra Community Center, Room 800
Day/Time: Saturday, 9am-Noon
Dates: 2/20, 3/20, 4/24 or 5/22
Fee: \$20, \$10 each additional family member. \$10 materials fee due to the instructor.

Estate Planning 101: Wills, Trusts and Probate

FREE!!

Presented by Mike Bennett with
Generations Law

Mike Bennett is an estate planning attorney at Generations, a firm specializing in estate planning and trust and probate administration. Not only does he help clients carry out their wishes with a very caring approach, he also works with surviving family members through the probate process efficiently.

Mike Bennett will discuss the documents that everyone should have for transferring wealth to the next generation. Even if you already have a will or trust, you can find out if it is up to date.

Location: La Sierra Community Center, Room 800
Day/Time: Thursday, 10-11am
Dates: 2/11
Fee: FREE but you must pre-register by calling 483-7826

Become a Notary Public

Taught by Deidra Williams



This course is approved by the Secretary of State. It provides instruction, review, and testing to become a California Notary Public. You'll learn everything you need to know to pass the State Exam and easily turn being a Notary into a part-time or full-time career.

Information to register for the State exam will be provided. Please bring to class a government issued photo ID, \$15.00 for your materials, and two #2 pencils. If you have questions for the instructor specifically, please call 916-534-6559 or email at info@onthedotnotarytraining.com.

Location: Carmichael Park Veterans Building
Day/Time: Saturday, 8am-4:30pm
Dates: 1/30
Fee: \$90 (and \$40 for exam, no cash and a \$15 materials fee due to instructor)

Beginning German

NEW!!

Taught by Stella Salakova,
Certified Instructor

Are you thinking of traveling, working or studying in Germany? Do you have German relatives you want to connect with or just learn a new skill in the 2010? This is the course for you! The class is designed for students with little to now knowledge of the German language. It is an engaging and comprehensive introduction to both the language and the culture and focuses on the development of speaking, listening, reading and writing. Students should purchase Berliner Platz 1 as the material for the class. It includes a textbook, workbook and audio-CD.

Location: La Sierra Community Center, Sierra Rms 1-2
Day/Time: Monday, 6-8pm
Dates: 2/1-3/15 (No class 2/15)
Fee: \$60/6 weeks

Japanese Flower Arranging

Taught by Molly Kimura

Back by popular demand! Learn the history, philosophy and basic skills of Japanese Floral Art through the very old and traditional Ikenobo School of Ikebana. As the origin of all the Ikebana schools of Japan, it has a history of over 500 years and teaches classical, semi-classical and free style.

Location: Carmichael Park Clubhouse
Day/Time: Tuesday, 3-5pm
Dates: 4/6-6/15
Fee: \$75 and a \$10 materials fee due to instructor at first class.

Get Your Reality Check: Estimating Your In-Retirement Finances

NEW!!

Taught by Bob Schallig

Nearly one in two people underestimate the amount of retirement income that would be needed after ending their working careers. This class is designed for people who expect to retire within the next five years and review post-retirement risks, how they are perceived, and ways to protect against them. It is also for spouses, partners and anyone assisting a friend or relative who is preparing to retire. In this class you will start the process of tracking your cash flow and "practicing" retirement.

Location: Carmichael Park Clubhouse
Day/Time: Tuesday and Thursday, 6:30-8pm
Dates: Call after 2/1 for dates
Fee: \$25/3 weeks

Carmichael Recreation and Park District

Telephone Numbers to Remember

District Office(916) 485-5322
La Sierra Office.....(916) 483-7826
Skate Park(916) 480-0700
Chautauqua Playhouse ..(916) 489-7529
Sac Fine Arts.....(916) 971-3713

Or visit us at
www.carmichaelpark.com

ADULT ENRICHMENT PROGRAMS

All Classes for Ages 18+

Boating Skills & Seamanship

Taught by Certified U.S. Coast Guard Instructors

This course teaches the basic skills needed to operate a boat safely. The course includes an introduction to navigation, trailering your boat, rules, weather and more. For registration call (916) 539-8199 or email tommyholtzman@hotmail.com.

Location: Carmichael Park Vets Bldg.
Day/Time: Wednesday, 7:30-9:30pm
Dates: 2/17-5/12
Fee: \$60 (includes training manual) due to instructor at first class



First Aid and Adult, Child & Infant CPR

(Pediatric First Aid)

This 8-hour class is a basic training course in emergency care for infants and children. There are also adult essential skills included which differ from the skills for infant and child care. Emphasis is on the development of Primary and Secondary Essential Skills. This class meets the Pediatric CPR and First Aid and Child Care Provider requirements. Certifications are good for 2 years.

Location: Carmichael Park Clubhouse
Day/Time: Saturday, 8:30am-5:30pm
Dates: 1/16, 1/30, 2/20, 3/6, 3/20, 4/17, 5/15 or 6/5
Fee: \$50/8 hours (a \$15 lab fee paid to the instructor for licensing only)

AARP Mature Driving Course

Taught by Wayne Edwards, Certified Instructor

The course concentrates on driving concerns for people age 50+. Participants will learn about driving situations requiring quick response, full vision and interaction with other drivers. It is suggested that you check with your insurance company to see if they offer a discount for taking the class.

Location: Carmichael Park Clubhouse
Day/Time: Monday, 9am-1pm
Dates: 2/22 and 2/24 or 3/22 and 3/24
Fee: \$12 AARP member/\$14 non-member

AARP Mature Driving Refresher Course

Taught by Wayne Edwards

This is a one day refresher course for those people who have taken the 8-hour class in the last four years. The certificate is still good for 3 years.

Location: Carmichael Park Clubhouse
Day/Time: 9am-1pm
Dates: 4/19
Fee: \$12 AARP member/\$14 non-member



Community Workshops Scheduled...Recreation Master Plan

The Carmichael Recreation and Park District is developing a Recreation Master Plan to guide our programs. We would like the community's input to determine the types of activities and programs that are needed to meet the recreation interests of our district. There are two community workshops scheduled for your convenience.



Recreation Master Plan Community Workshop

Thursday, February 11 at 6pm

La Sierra Community Center
5325 Engle Rd, Carmichael, CA 95608

Saturday, March 6 at 10am

Carmichael Park Clubhouse
5750 Grant Avenue
Carmichael, CA 95608

RSVP – Tracy Kerth (916) 485-5322x23 tracy@carmichaelpark.com

balance
your **LIFE** with
RECREATION

