

**Clubs and Organizations**

American River Parkway Foundation .....	486-2773
Ancil Hoffman Golf Course .....	482-3813
Assistance League of Sacramento .....	488-0828
Bike Hikers.....	www.bikehikers.com
Carmichael Cactus Society .....	483-4496
Carmichael Chamber of Commerce .....	481-1002
Carmichael Dog Park Society .....	873-2326
Carmichael Elks Lodge .....	489-2103
Carmichael Geranium Society .....	971-3575
Carmichael Library.....	264-2920
Carmichael Senior's Club .....	487-5525
Carmichael Water District .....	483-2452
Chatauqua Playhouse.....	489-7529
Effie Yeaw Nature Center .....	489-4918
Italian Cultural Society .....	482-5900
Kiwanis Club of Carmichael .....	481-8904
Mission Oaks Community Center .....	972-0336
Nor Cal Center on Deafness.....	349-7500
Organic Gardening Club.....	974-1435
Sacramento Fine Arts Center.....	971-3713
Sacramento Tree Foundation .....	924-8733
Senior Gleaners, Inc.....	925-3240
Senior Connection.....	334-1072
Therapeutic Recreation, County of Sacramento .....	381-0255
Urban Creeks Council .....	454-4544
VFW Post #2324 .....	925-3578

**Youth Organizations, Leagues and Sports**

Big Brothers Big Sisters .....	646-9300
Boy Scouts of America .....	929-1417
Boy Scouts Troop 55.....	944-7103
Carmichael Beavers Swim Team .....	944-0549
Carmichael Girl's Softball.....	gssofastpitch.com
Carmichael Little League (sign-ups in January).....	971-3714
Carmichael Soccer Club.....	486-4641
Child Action.....	369-0191
Deterding Soccer Club .....	486-4610 ext 751
Girls Scouts Heart of Central California .....	638-4475
La Sierra Sports Office .....	483-7826
La Sierra Soccer Club .....	863-9713
La Sierra Skate Park .....	480-0700
San Juan Unified School District.....	971-7700
The Wall Teen Center .....	482-2088
YMCA East .....	483-6426

**Local Park Agencies**

Arcade Creek Recreation and Park District .....	482-8377
Arden Manor Recreation and Park District.....	487-7851
Arden Park Recreation and Park District .....	483-6069
Carmichael Recreation and Park District.....	485-5322
Fair Oaks Recreation and Park District.....	966-1036
Fulton El Camino Recreation and Park District .....	927-3802
Mission Oaks Recreation and Park District .....	488-2810
Sunrise Recreation and Park District .....	725-1585

**Carmichael Recreation and Park District**

**TELEPHONE NUMBERS TO REMEMBER**

**District Office (916) 485-5322**

**La Sierra Recreation**

**Office ..... (916) 483-7826**

**Skate Park..... (916) 480-0700**

**Chatauqua**

**Playhouse ... (916) 489-7529**

**Sac Fine Arts . (916) 971-3713**

Or visit us at  
www.carmichaelpark.com

**THERAPEUTIC RECREATION SERVICES...**

*A Physical and Developmental Program*

Therapeutic Recreation Services (TRS) provides year-round therapeutic recreation programs serving children, teens & adults with mental, physical and developmental disabilities throughout the Greater Sacramento area. Programs are provided at community centers, schools, parks and various sites throughout the community.

Programs & Services offered include: Social Clubs, Classes, Travel, Special Events, Sports & Fitness, Outdoor Adventures, Cultural/Community, Community Outreach, Vocational Training, Volunteer Opportunities

For more information please call (916) 381-0255;

email TRS@saccounty.net

or

website www.sacparks.net