FALL 2023 (SEPTEMBER–DECEMBER)

SPECIAL EVENTS | 4
SCHOOL BREAK CAMPS | 17
FOLSOM CITY ZOO SANCTUARY | 43

ONLINE REGISTRATION ALWAYS OPEN | WEBTRAC.FOLSON.CA.US
Folsom Parks & Recreation

Community Partners

The organizations listed below are partners in our community event sponsorship package which helps support the Festival of Eggs, the Summer of Music concert series, Love My Mom 5K, Family Movie Night, Bark 'n' Splash, Halloween Spooktacular, Wild Howl-O-Ween, and the Folsom CAVE Teen Centers.

Join our Community Partner program!
A variety of partnership packages are available.
Contact Frankie Nelson at fnelson@folsom.ca.us for more details.
I joined the city’s leadership team as Director of Folsom Parks & Recreation in May. It has been an incredible journey getting to know the community and all the favorite Folsom traditions. I hope you had an opportunity this summer to swim at the aquatic center, join us for movie night, participate in a summer camp, ride a bike on your favorite trail, or enjoy a concert at City Lions Park.

Folsom is looking for volunteers to showcase their commitment to community; those who have a willingness to pitch in where needed and a desire to make a positive and lasting impact. Some of the volunteer opportunities this fall include supporting activities at Community Service Day, Wild Nights and Holiday Lights, or helping hands to participate in our Adopt-A-Trail program.

Please check out the many wonderful special events we offer for families this season. To highlight a few, the zoo sanctuary is celebrating their 60th anniversary throughout October. The 31st annual Renaissance Faire offers a journey back in time with thrilling entertainment provided by jousters, swordspersons, and musicians. The fun continues with the Bark ‘n’ Splash Bash, and Swim with the Pumpkins at the Steve Miklos Aquatic Center. We will close out the year with the popular Wild Nights and Holiday Lights. Find details about all of our special events starting on page 4.

Construction is in progress at Prospector Park, the city’s 49th park and first to be built in the Folsom Plan Area. Prospector Park is truly a community-driven project, and we look forward to the grand opening of the park in 2025.

Whether you and your family members are looking to be active, creative, get out in nature, or make new friends, we have programming for all ages. Take a look at all we have to offer in our new fall Rec Guide.

Hope to see you at a park, on the trails, at a program, or special event this fall!

—Kelly Gonzalez, Folsom Parks & Recreation Director
Volunteer! Saturday, September 16

Join us for the 10th annual Community Service Day, Folsom’s largest day of volunteerism. This major citywide event mobilizes thousands of volunteers of all ages to complete projects throughout Folsom that make a positive, lasting impact in the community. Community Service Day is organized by the City of Folsom, local businesses, and nonprofit organizations.

Learn how to get involved and register as a volunteer at folsomcommunityservice.org.

Sponsorship support for Community Service Day generously provided by:

- Intel
- Lakeside
- Folsom Times
- Dignity Health
- LENNAR
- Dokken Engineering
- Habitat for Humanity of Greater Sacramento
- Kaiser Permanente
- American Logowear
- Elliott Homes, Inc.
- Kikkoman
- WinCo
- Choose Folsom
- SAFE Credit Union
- Sierra Marlins
- CynSational Aesthetics
- American River Ace Hardware
- Big Wave Coffee House

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
THE 31ST ANNUAL FOLSOM RENAISSANCE FAIRE

September 23 & 24
Saturday 10 a.m. to 6 p.m.
Sunday 10 a.m. to 5 p.m.
Folsom City Lions Park

Admission: $20 adults ages 18+
$17 seniors age 62+ / military with I.D. / youth ages 11-17;
$14 children ages 6-12; ages under 6 years FREE

Parking: $5/vehicle (parking proceeds benefit Folsom Teen Council)

Journey back in time to a 16th century English village brought to life by hundreds of actors in period costume and character. Enjoy a variety of food and drink; shop for handmade crafts; and enjoy thrilling entertainment provided by jousters, swordsmen and musicians.

Tickets and info at FolsomFaire.com

Bring your canine companions for a day of fun at the 19th annual Bark ‘n’ Splash BASH

Saturday, October 7
1 to 4 p.m. at the Steve Miklos Aquatic Center

Admission: $10 per dog (human companions are free!)
NOTE: you must present written proof of current dog license; dogs must be on leash for entry.

Dogs will be allowed to swim and frolic in the Activity Pool. A variety of dog-related groups and vendors will be on hand to provide information and products.

Event information: 916-461-6640
Fall Senior Resource Fair

FRIDAY, OCTOBER 20 • 2-4 P.M. • FREE ADMISSION

Featuring a variety of businesses and organizations providing information about:
aging in place • durable medical equipment • downsizing • fall prevention • in-home care
selling your home and moving • transportation systems • placement services • senior living options

Call 916-461-6601 for more information | Sponsored by Prairie City Landing

We’re turning 60!
(That’s 180 in monkey years!)

The Folsom City Zoo Sanctuary is celebrating our 60th anniversary in October. You’re invited to join us on weekends throughout the month to enjoy informative docent presentations, biofact displays, keeper chats, watch the animals receive special birthday-themed enrichment, and other fun activities (all included with regular zoo admission fees).

Turn to page 43 for more information about our hours of operation and admission.
STEVE MIKLOS AQUATIC CENTER PRESENTS

Swim With The Pumpkins

A Family-Friendly Halloween Spooktacular Event

Saturday, October 21 • 5:30 to 8:30 p.m.

1200 Riley Street | Event Info: 916-461-6640

Wild Howl-O-Ween
at the Folsom City Zoo Sanctuary

Saturday, October 28 • 10 a.m. to 2 p.m.

Come and enjoy our family-friendly Halloween event with lots of fun goodies.
Costumes are encouraged!

Event Admission: $10/person; ages under 2 years free
Veterans Day Parade

NOVEMBER 11

Parade entry applications available starting September 1 and accepted through October 27.
Visit folsom.ca.us or call 916-461-6615 for entry guidelines and parade info.

Folsom City Zoo Sanctuary

Thanksgiving Feast for the Animals

Thursday, November 23
10 a.m. to 1 p.m.

Join us Thanksgiving morning for our annual tradition of a special holiday celebration for the zoo sanctuary animals!

Regular admission fees apply
Help create holiday magic for the community!

Volunteer decorators and carolers needed for the Zoo Sanctuary’s Wild Nights and Holiday Lights event.

**Decorate a section:**
We’ll supply the lights needed to decorate each section; we need you to provide the hanging power! Gather a group of 4 to 10 helpers (for safety reasons, no children under 8 years allowed), a few tools (we’ll send a list after you register), and some holiday spirit.

The section decorating date is **November 4**; the rain-out date is **November 18**. Decoration removal date is **January 6**.

**Bring your caroling group:**
Whether it’s your family or your organized singing group, delight the public with your favorite holiday songs! We’re seeking carolers for each evening of the event and we’ll select dates with you after receiving your registration.

**How to register to decorate or sing:**
Visit [https://folsomparksrec.wufoo.com/forms/wild-nights-2023/](https://folsomparksrec.wufoo.com/forms/wild-nights-2023/)

For more information about volunteering for the event, email strobee@folsom.ca.us.

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**FAMILY FUN NIGHT**

**FRIDAY, JANUARY 19**

5 to 9 p.m. at the Andy Morin Sports Complex

Moms and Dads – get those athletic shoes on and get ready to sweat as you play and play with your kiddos and other like-minded families. We will have loads of family picnic style games and some modern takes like cornhole, Soccer Shoot Out, Basketball Free Throw Competition, and more. All families are welcome, but please note that these activities have been especially planned for kids ages 5-12.
HOLIDAY LIGHTS
at the FOLSOM CITY ZOO SANCTUARY

December 1, 2, 8, 9 and 15-22
5 to 8:30 p.m.

Final admission at 8 p.m.; all visitors must exit event by 8:30 p.m.
Train operates 5-8:30 p.m.; final train departure at 8:20 p.m.

Tickets are available for purchase online only.
Admission is limited and event nights sell out.
Advance ticket purchase is encouraged! No onsite ticket sales.

Event Admission $10/person
Train Rides $5/person
Individual tickets required for ages 2+
Tickets are date-specific.
We encourage you to print your ticket(s) in advance.

Tickets available for purchase online only starting November 1 at https://webtrac.folsom.ca.us
Tickets will not be sold onsite.

Follow the event for the latest details:
@FolsomParksandRec
Enrollment for the 2023-24 school year:
Limited space may be available in some of the preschool classes. Visit www.folsom.ca.us/preschool for details about the online registration process. You may add your child’s name to the waitlist if your preferred class is currently full.

Fun Factory Preschool
This nine-month structured program offers recreational and educational activities in a positive, non-stressful environment. Our preschool program allows each child opportunities to play and explore independently, as well as involve them in group activities. The curriculum offers opportunities for social, emotional, cognitive, physical, and creative growth that will help better prepare children for kindergarten and a lifelong love of learning.

Call 916-461-6612 or email wkahn@folsom.ca.us for more information about Fun Factory or to register your child for the current school year.

3-Year-Old Fun Factory: your child must be age 3 by September 30, 2023. Class is held Tuesdays and Thursdays from 9 a.m. to 12 p.m. at the Andy Morin Sports Complex and the Folsom Community Center.
Fee per month (2 days/week): $235 / $225 resident discount

New this year: we now offer a 3 day/week program for 3-year-olds at the Andy Morin Sports Complex.
Fee per month (3 days/week): $309 / $299 resident discount

4-Year-Old Fun Factory: your child must be age 4 by Sept. 30, 2023. Class is held Mondays, Wednesdays, and Fridays from 9 a.m. to 12 p.m. at the Folsom Community Center.
Fee per month (3 days/week): $309 / $299 resident discount

Learn more about the preschool curriculum and find answers to frequently asked questions at folsom.ca.us/preschool.

 Meet the Fun Factory Instructors

Fun Factory at the Community Center
52 Natoma Street
with Ms. Michelle

4-year-olds: Mon./Wed./Fri., 9 a.m.-noon
3-year-olds: Tues./Thurs., 9 a.m.-noon

Fun Factory at the Andy Morin Sports Complex
66 Clarksville Road
with Ms. Prati

NEW! 3-year-olds: Mon./Wed./Fri., 9 a.m.-noon
3-year-olds: Tues./Thurs., 9 a.m.-noon

Monthly Storytimes
Presented by Folsom City Zoo Sanctuary Docents

Volunteer docents read stories featuring a variety of animals and engage young audience members with animal puppets. The books used for storytimes are appropriate for ages 4+, but all ages are welcome to attend. Call 916-461-6601 with questions.

Storytime at the Folsom Zoo Sanctuary
Held the fourth Thursday of the month at 10:30 a.m.
Held on the outdoor Canid Patio or in the Barnyard Experience (depending on weather conditions)
Regular zoo sanctuary admission fees apply; purchase tickets online at webtrac.folsom.ca.us or at the gate.
No additional fee required for storytime.

Storytime at the Folsom Historic District
Second Tuesday of the month at 9:30 a.m.
at Karen’s Bakery Cafe, 705 Gold Lake Drive #340
Free admission
Preschool/Youth

**Tot/Pre Soccer with Kidz Love Soccer**
Participants will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

**AGES 3.5–5**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>33009-01</td>
<td>Th</td>
<td>9/14-10/12</td>
<td>4:55P-5:30P</td>
<td>Kemp Park</td>
<td>$135 / $125 resident discount</td>
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<tr>
<td>33009-02</td>
<td>Th</td>
<td>10/26-11/16*</td>
<td>4:55P-5:30P</td>
<td>Andy Morin Sports Complex</td>
<td>$114 / $104 resident discount</td>
</tr>
</tbody>
</table>

*LEARN MORE AND REGISTER*

**Skyhawks Hoopster Tots with Skyhawks Instructors**
Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. Parent participation recommended for ages 2-3.5 years. This class will take place on outdoor basketball courts.

**AGES 3–5**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>332210-01</td>
<td>W</td>
<td>9/27-10/25</td>
<td>3:45P-4:30P</td>
<td>Mangini Ranch Elementary School</td>
<td>$115 / $105 resident discount</td>
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<td>11/8-12/13*</td>
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</table>
| *NOTE*: no class 11/22

*LOCATION: Mangini Ranch Elementary School *

**Mommy/Daddy & Me with Kidz Love Soccer**
The fun happens on the field, so don’t just watch from the sidelines! Here’s 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. Adult participation is required. All participants receive a Kidz Love Soccer jersey!

**AGES 2–3.5**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>330008-01</td>
<td>Th</td>
<td>9/14-10/12</td>
<td>5:35P-6:05P</td>
<td>Kemp Park</td>
<td>$135 / $125 resident discount</td>
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<tr>
<td>330008-02</td>
<td>Th</td>
<td>10/26-11/16</td>
<td>5:35P-6:05P</td>
<td>Andy Morin Sports Complex</td>
<td>$114 / $104 resident discount</td>
</tr>
</tbody>
</table>

*LEARN MORE AND REGISTER*

**Soccer Tots with Skyhawks Instructors**
These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Parent participation recommended for ages 2-3.5 years.

**AGES 2–3**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
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<td>Kemp Park</td>
<td>$115 / $105 resident discount</td>
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<tr>
<td>332200-03</td>
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<th>Course Code</th>
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<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
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*NOTE*: no class 11/11 & 11/25

*LOCATION: Kemp Park *

| Fee: $115 / $105 resident discount

*LEARN MORE AND REGISTER*
Preschool/Youth

**Little Shots**
_with National Academy of Athletics_
Participants are guided through a series of rhythm, speed, balance, and coordination skills and drills. Work through obstacles learning to dribble, pass, and shoot. This program helps kids fall in love with playing basketball & moving their bodies. Parent participation is highly encouraged but not required.

**Teeball Club**
_with National Academy of Athletics_
The NAofA Teeball Club gives children a fun, active and educational experience tailored to the abilities of their age group. Our staff helps them learn how to catch without being scared of the ball, hit using our Flex Hit bat, run the bases, and field grounders. Featuring structured simple activities, individual and team-building challenges, along with small-sided competitions to develop and engage small athletes.

**Hot Shots**
_with National Academy of Athletics_
Staff will guide children through a series of rhythm, speed, balance, and coordination skills and drills. Kids have fun working through obstacles as they learn to dribble, pass & shooting the ball. This program focuses on the fundamentals of basketball with a creative twist to help participants to better understand the concepts of the game.

### Preschool Programs (AGES 3–4)

<table>
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<th>Course Code</th>
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*NOTE: no class 9/3

LOCATION: Andy Morin Sports Complex
FEE: $68 / $58 resident discount
LEARN MORE AND REGISTER

### Preschool Programs (AGES 5–6)

<table>
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<th>Course Code</th>
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<td>10/29-11/19</td>
<td>10:00-10:50A</td>
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</tbody>
</table>

*NOTE: no class 9/3

LOCATION: Andy Morin Sports Complex
FEE: $68 / $58 resident discount
LEARN MORE AND REGISTER

### Youth Programs (AGES 3–4)

<table>
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<th>Course Code</th>
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<td>330012-03</td>
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<td>9:00-9:50A</td>
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</table>

*NOTE: no class 9/3

LOCATION: Briggs Park
FEE: $68 / $58 resident discount
LEARN MORE AND REGISTER

### Youth Programs (AGES 5–6)

<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
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<td>330012-05</td>
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<td>330012-06</td>
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</table>

*NOTE: no class 9/3

LOCATION: Briggs Park
FEE: $68 / $58 resident discount
LEARN MORE AND REGISTER
Kids Cooking Classes with Chef Terry

Hands-on cooking classes expand food knowledge and build on a home chef’s repertoire in the kitchen! Professional tips, an emphasis on safety in the kitchen, easy recipes, and lots of fun are guaranteed. Chef Terry Masten has trained in the culinary meccas of America and brings a professional yet personal approach to teaching. No nuts are ever used in recipes. For kitchen safety: no open-toed shoes and hair needs to be tied up.

Wee Chefs • AGES 6–7

Fall Menu
A colorful Kaleidoscope Salad and Double Chocolate Brownies are perfect: both recipes are colorful, full of flavors, and have easy-to-learn techniques that will be useful in every chef’s experiences and menus. Bon appétit!

311460-01  Tu  9/19  4:00-6:00P

311460-02  Tu  10/24  4:00-6:00P

LOCATION: 48 Natoma, Multi-Purpose Room

Fusion Fun
Everyone will rave about this menu with Easy Chicken Nachos and Cinnamon Cheesecake Dip. Be ready for recipe requests and enjoy the compliments from everyone, at first bite!

311460-02  Tu  10/24  4:00-6:00P

LOCATION: 48 Natoma, Multi-Purpose Room

FEE: $45 / $35 resident discount

LEARN MORE AND REGISTER

Sunset Chefs • AGES 8+

Fall Menu
Kaleidoscope Salad + Double Chocolate Brownies are bursting with flavor that guests will rave about and want the recipes! Seasonal veggies and the best chocolate make this menu a must. Bon appétit!

311461-01  Tu  9/26  4:00-6:00P

311461-02  Tu  10/17  4:00-6:00P

LOCATION: 48 Natoma, Multi-Purpose Room

FEE: $45 / $35 resident discount

LEARN MORE AND REGISTER

Folsom Parks & Recreation

CANCELLATION POLICY AND REFUND INFORMATION

CANCELLATION POLICY: Folsom Parks & Recreation reserves the right to add, cancel, or make program changes. Participants cancelling more than 14 days before the class start date will be assessed a $10 administrative fee and refunded the balance; participants cancelling within 14 days of the class start date will be assessed a $10 administrative fee and the balance will be credited to their Parks & Recreation household account to be used for registration(s) at a later date.

Refunds will not be granted on or after the day an activity is scheduled to begin. Refunds will not be granted for any pre-paid excursions or activities that require pre-paid admission. Some programs require special refund requirements; if special refund requirements apply to this registration see Special Cancellation/Refund Policy on your receipt.

Fees charged for returned checks due to insufficient funds: $25 for the first occurrence and $35 for each additional occurrence.

REFUNDS: Full refunds will be given if the activity is cancelled by Folsom Parks & Recreation.

Transactions originally paid in cash or by check will be refunded by check and can take up to three weeks to process the refund; activities paid by credit card will be refunded back to the credit card.

NOTE: Some programs mandate special refund requirements. If special refund requirements apply to a program, it will be noted on your receipt under “Special Cancellation/Refund Policy.”

City of Folsom

INCLUSION SERVICES

The City of Folsom encourages and supports the participation of individuals of all abilities in meetings, facilities, activities, and programs. Please let us know if you or a family member needs additional support to participate by calling 916-461-6601. Requests will be determined on an individual basis and in accordance with the Americans with Disabilities Act (ADA). Please allow at least three weeks for processing.

Register online at webtrac.folsom.ca.us
Kid's Mindfulness and Yoga Workshop  
*with Tara Baird*
Young yogis will spend a fun and energetic month learning all things yoga. Participants will practice mindfulness techniques including breath work, guided meditation, creative journaling, crafting, as well as foundational yoga poses. The perfect opportunity for some afterschool Zen.

**AGES 7–12**  
340500-01 W 9/6-9/27 4:00-5:30P  
340500-02 W 10/4-10/25 4:00-5:30P  
340500-03 W 11/1-11/29* 4:00-5:30P

*NOTE: no class 11/22  
LOCATION: Folsom Art Center, 48 Natoma St.  
FEE: $99 / $89 resident discount; $30 materials fee due to instructor at first class

**LEARN MORE AND REGISTER**

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Kid's Night Out: Holiday Edition  
Tis' the season to get some shopping done! Or just have a night off from your kiddos – so leave them with us for a fun and interactive Kid's Night Out at the Andy Morin Sports Complex. Our awesome staff will keep your kids active and entertained for the night and we will even make some crafts they could give away as gifts! We start the night off with a pizza dinner, play games and the kids that want to craft can get to making, while there will be additional activities for the kids that are not so crafty. It’s sure to be a night that is full of festive fun for all! Be sure to register early to ensure we meet the minimum.

**AGES 6–12**  
340011-01 F 12/8 6:00-9:00P  
LOCATION: Folsom Community Center, RG Smith Room  
FEE: $49 / $39 resident discount; additional siblings save $5 on registration fees

**LEARN MORE AND REGISTER**

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Babysitting for Beginners  
*with Morgan Dziad*
Learn the skills needed to be a trusted and responsible babysitter. Learn all about childhood development, bedtime strategies, positive redirection, how to get a job, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency will also be covered. Students should bring a water bottle, lunch, and dress to play!

**AGES 10–16**  
344592-01 Tu 11/21 10:00A-2:00P

**LOCATION:** Folsom Community Center, RG Smith Room  
**FEE:** $99 / $89 resident discount

**LEARN MORE AND REGISTER**
Adventures in Art with Kaitlyn Berry
Each week, students will use simple drawing methods, collage work, and painting techniques to produce original works of art using a wide variety of artist-quality materials. Students will learn to think creatively, expand their technical skills, and become more confident in self-expression. Some projects will include still life painting, collage art, drawing animals, and more! New projects will be introduced each session. All art supplies are included.

AGES 6–10
341500-01 W 9/5-9/26 10:00A-12:00P
341500-02 W 10/4-10/25 3:30-5:00P
341500-03 W 11/1-11/29* 3:30-5:00P
*NOTE: no class 11/22
LOCATION: Folsom Art Center, 48 Natoma St.
FEE: $130 / $120 resident discount

LEARN MORE AND REGISTER

Watercolor with David Kalbach
This class is a challenging experience exploring the world of watercolor and its possibilities. Students will expand their knowledge of methodology, tools, and techniques in creating their own approach to achieving their desired composition. Students may register for continuing classes. A supply list is given at registration.

AGES 16+ • ALL LEVELS
311912-01 Th 9/7-9/28 6:30-9:00P
311912-02 Th 10/5-10/26 6:30-9:00P
311912-03 Th 11/2-11/30* 6:30-9:00P
*NOTE: no class 11/23
FEE: $85 / $75 resident discount
LOCATION: Folsom Art Center, 48 Natoma Street
LEARN MORE AND REGISTER

Fresh Flower Lei Making with Amy Veteto
Come and learn the craft of traditional lei making with the Folsom Lei Lady in this one evening workshop. Using needle and thread with fresh flowers, the instructor will guide you through the process so you may use this lifelong skill for many occasions! She will also teach you where to locally source the flowers and materials. You will take home your very own handmade lei made with Aloha! This is a great workshop for a parent and child to take together.

AGES 10—ADULT
310080-01 Th 10/19 6:00-7:30P
LOCATION: Folsom Art Center, 48 Natoma Street
FEE: $45 / $35 resident discount; $15 supply fee due to instructor at class
LEARN MORE AND REGISTER
**ACORN Camp: Nature Exploration**

Come explore the Hinkle Creek Nature area over a three-day period with hands on activities, games, and outdoor exploration. We will explore the local wildlife habitats, life cycles and dive into some owl pellets. Please note that this program will be held indoors and outdoors in all weather types. Have your child wear closed-toe shoes, pack a water bottle, and come explore with us.

**AGES 6–9**

311845-01  M-W  11/20-11/22  9:00-11:00A

**LOCATION:** Hinkle Creek Nature Center, 7000 Baldwin Dam Road

**FEE:** $85 / $75 resident discount

**LEARN MORE AND REGISTER**

**Junior Zookeeper Camp**

Caring for animals is a fun, rewarding, and sometimes messy job! Folsom City Zoo Sanctuary Junior Zookeeper Camp is a hands-on “what it’s like to care for animals” experience. Camp has a variety of activities related to animals, crafts, games and making enrichment. Visit with a variety of animals including mammals, reptiles, and invertebrates. Activities may vary based on weather.

**AGES 8–11**

391041-01  M-W  11/20-11/22  10:00A-3:00P

**LOCATION:** Folsom City Zoo Sanctuary

**FEE:** $235 / $210 resident discount

**LEARN MORE AND REGISTER**

**Skyhawks Basketball Camp with Skyhawks Instructors**

This fun, skill-intensive holiday program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player – teaching sportsmanship and teamwork. Participants will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

**AGES 6–12**

**Thanksgiving Break Camp**

331031-01  M-W  11/20-11/22  9:00A-12:00P

**LOCATION:** Andy Morin Sports Complex

**FEE:** $159 / $149 resident discount

**Holiday Break Camp**

331031-02  M-F  12/18-12/22  9:00A-12:00P

**LOCATION:** Andy Morin Sports Complex

**FEE:** $219 / $209 resident discount

**LEARN MORE AND REGISTER**

**MLK Basketball Game Day with National Academy of Athletics**

Basketball game day is a kid favorite. This one-day clinic is perfect for those who want to play all day long! Games include one-on-one, three-on-three, three-point contest, Around the World, Pepsi Hotspot, and more. Campers will enjoy a day filled with fun challenges, games, and competitions in a positive and energetic environment. Includes instruction, challenges, competitions, and prizes.

**AGES 7–13**

159100-01  M  1/15  9:00A-12:00P

**LOCATION:** Andy Morin Sports Complex

**FEE:** $62 / $52 resident discount

**LEARN MORE AND REGISTER**
## Youth/Teen Sports & Fitness

**Register online at webtrac.folsom.ca.us**

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### Soccer 2
**with Kidz Love Soccer**

Kidz Love Soccer teaches advanced skill building such as dribbling, passing, and shooting in a team format, as well as an introduction to goalkeeping. Kids will scrimmage and learn to play together as a team. Players will get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels. Best of all, each participant receives a Kidz Love Soccer jersey!

**AGES 7–10**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Resident Discount</th>
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<tr>
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<td>Th</td>
<td>9/14-10/12</td>
<td>3:15P-4:00P</td>
<td>Kemp Park</td>
<td>$135 / $125</td>
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<tr>
<td>330007-02</td>
<td>Th</td>
<td>10/26-11/16</td>
<td>3:15P-4:00P</td>
<td>Andy Morin Sports Complex</td>
<td>$114 / $104</td>
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</table>

**LEARN MORE AND REGISTER**

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### Skyhawks Basketball
**with Skyhawks Instructors**

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Players will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages. This class will take place on outdoor basketball courts.

**AGES 6–12**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<td>Mangini Ranch Elementary School</td>
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<td>331050-02</td>
<td>W</td>
<td>11/8-12/13*</td>
<td>4:20P-5:20P</td>
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</tbody>
</table>

*NOTE: no class 11/22

**LOCATION**: Mangini Ranch Elementary School

**FEE**: $115 / $105 resident discount

**LEARN MORE AND REGISTER**

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### Soccer 1
**with Kidz Love Soccer**

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

**AGES 5–6**

<table>
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<tr>
<th>Course Code</th>
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<th>Time</th>
<th>Location</th>
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<td>331006-01</td>
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<td>Andy Morin Sports Complex</td>
<td>$114 / $104</td>
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</table>

**LEARN MORE AND REGISTER**

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### Skyhawks Soccer
**with Skyhawks Instructors**

Skyhawks is the nation’s #1 camp for learning the fundamentals of soccer. Using our progressional curriculum, participants will gain the technical skills and sport knowledge required for the next step into soccer.

**AGES 6–12**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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</table>

*NOTE: no class 11/11 & 11/25

**LOCATION**: Kemp Park

**FEE**: $115 / $105 resident discount

**LEARN MORE AND REGISTER**

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### HOW TO REGISTER

**Online registration is open!**

WEBTRAC.FOLSOM.CA.US

**Accepted online payment methods:**

- VISA, MasterCard, Discover Card, and American Express.

You may also pay with a Folsom Parks & Recreation gift card.

**Walk-in registration:**

Register in-person at 48 Natoma, Andy Morin Sports Complex, or the Steve Miklos Aquatic Center.
Youth/Teen Sports & Fitness

White Belt Taekwondo with Bowman Martial Arts
Martial Arts is a great way to give your child strength, flexibility, confidence, and FUN! Karen Bowman brings over 20 years of teaching and training to her students. White Belts will learn taekwondo striking, blocking and kicking, as well as practical self-defense combinations that will help your child react if needed in real life. Come make friends and learn some perseverance, self-control and indomitable spirit. A uniform is included with class fee.

AGES 6–12 • BEGINNER
344631-01 Tu/Th 9/14-10/19 5:30P-6:10P
344631-02* Tu/Th 11/2-12/12 5:30P-6:10P
*NOTE: no class 11/23
LOCATION: Bowman Martial Arts, 626 E. Bidwell Street
FEE: $125 / $115 resident discount
LEARN MORE AND REGISTER

Jr. Tennis Lessons with Bryan Solem
Come take lessons with USPTA certified tennis coach Bryan Solem! He offers tennis lessons for all ages and skill levels. Whether you are a beginner, advanced level, or somewhere in between, we have classes for you!

AGES 6–9
330101-01 Tu 9/19-10/10 5:00-6:00P
330101-02 Tu 10/24-11/28* 5:00-6:00P
*NOTE: no class 10/31 & 11/21
LOCATION: Ed Mitchell Park Tennis Courts
FEE: $82 / $72 resident discount
LEARN MORE AND REGISTER

AGES 10–16
330102-01 Tu 9/19-10/10 6:00-7:00P
330102-02 Tu 10/24-11/28* 6:00-7:00P
*NOTE: no class 10/31 & 11/21
LOCATION: Ed Mitchell Park Tennis Courts
FEE: $82 / $72 resident discount
LEARN MORE AND REGISTER

Jr. Tennis Workout with Bryan Solem
Intermediate to advanced players only. Competitive tournament training, drills, conditioning, and match play.

AGES 10–17
Times for the Saturday portion will be 9-11 a.m. Please be aware these times are different than the weekday classes.
330362-01 W/F/Sa 9/20-10/14 4:00P-6:00P
330362-02 W/F/Sa 10/25-11/18 4:00P-6:00P
330362-03 W/F/Sa 11/29-12/16* 4:00P-6:00P
LOCATION: Ed Mitchell Park Tennis Courts
FEE: $210 / $200 resident discount
*FEE: $160 / $150 resident discount
LEARN MORE AND REGISTER

Skyhawks Pickleball with Skyhawks Instructors
Pickleball combines elements of tennis, badminton, and ping-pong into a fun new court game! Our curriculum is designed for first-time players, but also challenging enough for more competitive play. Participants will learn the rules of Pickleball, along with similar skills and games that they can use in multiple racquet sports.

AGES 6–9
332400-01 W 9/27-10/25 4:00P-5:00P
332400-03* W 11/8-12/13* 4:00P-5:00P
AGES 10–13
332400-02 W 9/27-10/25 5:15P-6:15P
332400-04 W 11/8-12/13* 5:15P-6:15P
*NOTE: no class 11/22
LOCATION: Lembi Park
FEE: $115 / $105 resident discount
LEARN MORE AND REGISTER
Basketball Club
with National Academy of Athletics
This program is perfect for players who are interested in developing individual and team concepts. The class is designed to make you more confident with basketball in your hands. Ball handling drills, shooting fundamentals, and many other skills-based instructional programs will be combined with games and other small competitions. Come join us and walk away a better player!

AGES 7–13

330512-01 Su 8/20-9/17* 11:00A-12:00P
330512-02 Su 9/24-10/15 11:00A-12:00P
330512-03 Su 10/29-11/19 11:00A-12:00P
*NOTE: no class 9/3

LOCATION: Andy Morin Sports Complex
FEE: $68 / $58 resident discount

LEARN MORE AND REGISTER

Lacrosse Club
with National Academy of Athletics
The NAofA Lacrosse Club is packed with fun! The drills taught at this camp will help players fall in love with the game of lacrosse. Each week, athletes practice and play a form of non-contact lacrosse. It is the perfect place to learn about the game, practice skills, and develop fitness levels while having a blast and making new friends.

AGES 7–13

330040-01 Tu 9/5-10/24 5:15-6:45P
330040-03 F 9/8-10/6 5:15-6:45P
330040-05 Tu 10/17-11/14* 5:15-6:45P
330040-07 F 10/20-11/17* 5:15-6:45P
*NOTE: class on 11/14 and 11/17 will be held at Folsom Middle School

LOCATION: Andy Morin Sports Complex
FEE: $166 / $156 resident discount

LEARN MORE AND REGISTER

Fall Coed Volleyball Skills Clinic
with Coach Cinnamon Smith and the Aspire Volleyball Club
Fall Ball Clinic for players to keep working on their skills. This is a 5-week, 1.5 hour, skills clinic for beginner-intermediate players. Perfect for middle school players who are looking for additional practice during the school season or kids who just want to get better!

AGES 9–12 • BEGINNER/INTERMEDIATE

350099-01 Tu 9/5-10/3 4:30-6:00P
350099-03 F 9/8-10/6 4:30-6:00P
350099-05 Tu 10/17-11/14* 4:30-6:00P
350099-07 F 10/20-11/17* 4:30-6:00P

LOCATION: Andy Morin Sports Complex
FEE: $110 / $100 resident discount

LEARN MORE AND REGISTER

VOUCHERS
Is your child home-schooled?
We accept school approved vouchers from Visions and Cottonwood charter schools. If you would like to have your charter school listed as a vendor, have your school send information to Derik Perez at dperez@folsom.ca.us.

Register online at webtrac.folsom.ca.us
Welcome to our NFL flag football program!

Register your child as an individual player by their grade level for the 2023-24 school year. Prior to our coaches’ meeting, our Parks & Recreation staff will host a very simple and informal yet mandatory player evaluation day to grade each player by relative ability.

Evaluation day will be held Saturday, January 6 at John Kemp Park turf field #2 (closest to the Andy Morin Sports Complex). Times for the evaluation will be emailed to all enrolled players by January 3. All practices and games are played Friday evenings at Kemp Park.

Call 916-461-6650 with questions.

- 10-week program begins with two weeks of practice followed by eight weeks of games
- Participants receive a reversible NFL jersey, a pair of shorts, and a set of NFL flags
- Mouthguards are required

**GRADES 2 & 3  JUNIOR NFL**
132501-01  F  1/26-4/5*  6:00-7:00P
LEARN MORE AND REGISTER

**GRADES 4 & 5  ELEMENTARY SCHOOL DIVISION**
130161-01  F  1/26-4/5*  7:00-8:00P
LEARN MORE AND REGISTER

**GRADES 6–8  MIDDLE SCHOOL DIVISION**
130261-01  F  1/26-4/5*  8:00-9:00P
LEARN MORE AND REGISTER

*NOTE: no games March 29

Enrollment is limited—early registration is encouraged! Priority registration is open only to Folsom residents from October 13 to December 15 at 5 p.m. Non-resident registration opens at 5:01 p.m. November 24 and closes at 5 p.m. December 15 or when full.

**LOCATION:** John Kemp Community Park

FEE prior to 5 p.m. December 15:
$205 / $195 resident discount

FEE after 5:01 p.m. December 15 (if space still available):
$221 / $211 resident discount

**NOTE:** We do not accept requests to be aligned with a specific coach or player unless the players are siblings in the same age category—please indicate this at time of registration.

Our program is entirely dependent on volunteer coaches!

If you are interested in being a head coach, please indicate at the time of enrollment and contact Penelope Crouse-Feehan at pcrouse-feehan@folsom.ca.us

We will provide background checks, certification, and training.
Youth/Teen Sports & Fitness

Winter Indoor Youth Soccer League

Form a team of your outdoor soccer teammates and friends and come play indoor soccer. We guarantee a minimum of six games of fast-paced action and fun; playoff games may be scheduled to determine division champions. All players, spectators, and those within the sports complex will be required to display sportsmanship behavior.

Priority for accepting Session 1 applications:

1st Priority: Resident Teams (minimum 60% live in Folsom)
2nd Priority: Non-Resident Teams

Note: Resident teams that do not submit by 5 p.m. October 27 will lose their priority, but can submit until final deadline of 5 p.m. November 10. Non-resident teams can submit applications starting October 27 after 5 p.m. until the final deadline of 5 p.m. November 10, or until full.

Session 1 begins play December 3 at the Andy Morin Sports Complex, 66 Clarksville Road.

INDOOR YOUTH SOCCER DIVISIONS

<table>
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<tr>
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<th>Division</th>
<th>Age Group</th>
<th>Gender</th>
<th>Duration</th>
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A/C is academy/comp. A/C players are not allowed on rec teams. NOTE: days subject to change

APPLICATION DEADLINE BY 5 P.M.

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<th>Session</th>
<th>1</th>
<th>2</th>
<th>3</th>
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<td>Oct 27</td>
<td>Jan 5</td>
<td>Feb 23</td>
<td>$750</td>
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<tr>
<td>NON. RES.</td>
<td>Nov 10</td>
<td>Jan 19</td>
<td>Mar 8</td>
<td>$800</td>
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Session 1 Fee before 11/10: $800 / $750 resident discount
Fee after 11/10: $850 / $800 resident discount

NOTE: In-person registration only at the Andy Morin Sports Complex, 66 Clarksville Road.

Team registration only. Individuals may add contact information to free agent list by calling staff at 916-461-6650.
CAVE Teen Centers for Middle School Students
The CAVE program is operated by Folsom Parks & Recreation and provides a safe, structured, and positive environment for middle school students in 6th through 8th grades who need supervised after-school care. Recreation Leaders engage the teens in activities including pool, ping-pong, video games, organized group games and contests, STEM projects, arts and crafts, movies, and outdoor sports and games. Quiet space is also available for students who want to work on their homework.

Registration Information:
- Registration for the 2023-24 school year is available now.
- Registration fee is $100/month from August through May. (Fee is averaged as some months are longer.)
- Scholarship opportunities are available through the PLAYRS program.
- Spaces are limited and waitlists will be taken on a first-come, first-served basis.

New ePACT paperless registration system:
- The CAVE program does not allow drop-in attendance; pre-registration is required.
- After you register, you will receive an email from ePACT, a secure, HIPAA compliant, cloud-based health and emergency platform that will house the necessary forms to complete your child’s registration.
- All of the required registration information you need to complete will be contained in ePACT.
- Once you are enrolled, auto-billing will occur on the 25th of every month through April.
- Register for Folsom Middle School CAVE with activity code 310545-01.
- Register for Sutter Middle School CAVE with activity code 310546-01.

Locations and Hours:
- The CAVE at Folsom Middle School (Blue Ravine Campus) is located in Room 122, a triple-wide portable behind the two-story building.
- The CAVE at Sutter Middle School (Riley Street Campus), Room S-3 on the Persifer Street side of campus.
- Both CAVE sites are open Monday through Thursday from class dismissal until 6 p.m., and Friday from class dismissal until 5:30 p.m. The schedule includes all early dismissal days.

For additional information about the CAVE Teen Centers contact Nadia Khoakhhar Roberts, Teen Program Coordinator, at 916-461-6685 or email nroberts@folsom.ca.us.

Folsom Teen Council
Join us! The Folsom Teen Council is a dedicated group of Folsom high school students who want to make the world a better place. The students provide volunteer assistance for a variety of community projects and special events throughout the school year. Desirable candidates must be willing to attend monthly meetings and be willing to participate in Teen Council activities on a regular basis. Membership is valid for one year— all members need to complete a new application and emergency waiver each year (available at www.folsom.ca.us).

Interested teens can contact Frankie Nelson at fnelson@folsom.ca.us or call 916-461-6614 for more information.
Folsom Skate and Bicycle Park
at Cummings Family Park, 1775 Creekside Drive
Daily operating conditions: 916-817-2767 • General info: 916-461-6601

HOURS OF OPERATION

Fall/Winter Hours
August 8–September 30
Monday–Friday 3:30–8 p.m.
Saturday 1–8 p.m.
Sunday 1–6 p.m.

October 1–March 22
Monday–Friday 3:30–7:30 p.m.
Saturday 1–8 p.m.
Sunday 1–5 p.m.

Holiday Hours
September 4 1–5 p.m.
November 10 3:30–7:30 p.m.
November 11 1–8 p.m.
November 20-22 1–5 p.m.
November 23 CLOSED
November 24 1–5 p.m.
December 18–23 1–5 p.m.
December 24 & 25 CLOSED
December 26–January 1 1–5 p.m.

Hours are subject to change dependent upon weather conditions. Elbow pads, knee pads, and helmet are required at all times to utilize skate park. BMX park requires helmet, pads are strongly recommended.

Cummings Family Bike Park Update
The bike park is currently closed for renovation. For more information, contact Recreation Supervisor Chad Gunter at 916-461-6645 or cgunter@folsom.ca.us.

Youth Assistance Scholarship Fund
The Folsom Athletic Association (FAA), in cooperation with their youth sports group members, has developed an assistance program to provide scholarships for Folsom youth to participate in sports programs.

Scholarship forms should be submitted directly to the youth sports organization in which there is interest. More details and links to these organizations can be found at folsomathleticassociation.org.

The FAA is a local non-profit organization chartered to promote the improvement of quality youth sports and athletic facilities in Folsom. Tax-deductible donations, earmarked for the Youth Assistance Fund may be sent to:
Folsom Athletic Association
P.O. Box 835, Folsom 95763

Skate and Bike Party

Party fee is $99 and includes:
• Private use of either the bike park or skate park from noon–1 p.m.
• Picnic area reserved for your group from noon–2 p.m.
• Facility monitor to ensure the safety and privacy of your party

NOTE: The availability of party dates may vary depending on weather, facility conditions, and other scheduled activities. The park opens at 1 p.m. for public use.

All facility rules apply during your party. Agreement must be signed adhering to all normal bike and skate park operation rules and guidelines. Parties are available year-round!

RESERVATIONS: call 916-461-6640 to book your party.
The Andy Morin Sports Complex provides a fun, safe facility for all ages and abilities to play and develop sports skills. We offer a full schedule of leagues, camps, clinics, tournaments, and opportunities for drop-in play. There is no membership fee. Fee required for drop-in play, batting cages, and field or court rentals.

Registration for leagues and clinics is ongoing; visit webtrac.folsom.ca.us for details.

Our amenities include:

- Two soccer fields
  (*indoor and outdoor mini turf*)
- Two indoor basketball courts and outdoor courts
- Three indoor regulation volleyball courts (*rental only*)
- Four indoor batting cages for softball or baseball
- One pitching/batting cage (*rental only*)
- Four table tennis tables
- Seven pickleball courts
- Two futsal courts
- Meeting room for trainings, team building, or workshops

**Join Our Team!** The Andy Morin Sports Complex has job opportunities for recreation specialists, scorekeepers, site monitors, shift supervisors, front desk attendants, field maintenance, and more. All positions are part-time/seasonal. Visit folsom.ca.us/HR to learn more about the open positions.
Steve Miklos Aquatic Center

Lap Swimming Program
We offer our lap swim fitness exercise program year-round. Participants use the full length of the lane to complete down-and-back laps. Our lap swim program is for ages 16+; admission is by drop-in daily rate or with one of our convenient pass options. The water is heated year-round. Lap swim is available on a first-come, first-served basis.

We invite young swimmers to join our Sea Squad swim lesson program starting August 21. Our experienced instructors help children develop water confidence and skills in a fun and supportive environment. The Steve Miklos Aquatic Center is also the practice location for the Sierra Marlins year-round swim team and the Folsom Sea Otters seasonal swim team—learn more at folsom.ca.us/aquaticcenter.

Fall Lap Swim Hours (September 5-December 23):
Morning Lap Swim • Monday through Friday, 11:30 a.m.-1:30 p.m.
Evening Lap Swim • Tuesday and Thursday, 6-7:30 p.m.
Weekend Lap Swim • Saturday, 10:30 a.m.-noon

Lap Swim Admission
Drop-in Rate Ages 4–54 ...............$7 Drop-in Rate Ages 55+.............$5
Passes
Individual Fall/Winter Season Lap Swim Pass (valid 9/5-12/23) ............. $179
Individual Monthly Lap Swim Pass (valid 30 days from purchase date) … $69
10-Visit Pass (10 sessions, valid 90 days from purchase date) ................. $50

Aquacise
This fun program for adults offers a low-impact workout for all fitness levels. Find more details on page 36.

Purchase passes online at webtrac.folsom.ca.us or call 916-461-6640 for more information.

Register online at webtrac.folsom.ca.us
Welcome to the Sea Squad. Many years ago a group of powerful sea animals were discovered and they want to share their time-tested swimming techniques with you! Participants will learn everything from basic water safety skills to competitive swimming techniques. From Starfish to Shark, we have just the right class for you. On the first day of each class we will assess all new students to get them into their appropriate level. Lessons are taught in our heated instructional pool and 50-meter lap pool. Join the Squad today! Space is limited: register online at https://webtrac.folsom.ca.us or call 916-461-6640 for lesson information.

PLEASE NOTE: not all levels are offered during all time slots. Class ratios of instructors to participants are between 1:3 & 1:6; advanced classes may have more students.

Swim Level Passing Requirements:

**Parent/Tot:** Children from ages 6 months up to 3 years, accompanied by a parent. Parents will get in the water to help their child learn water adjustments, support float, kicks, and assisted entries through instruction and games.

**Starfish:** Ages 3+. Enter and exit the water safely, demonstrate proper back float position, fully submerge unassisted.

**Seahorse:** Exit pool using bobs, front & back float for 5 seconds, 10 seconds of breath holding.

**Guppy:** Front and back float for 10 seconds, back float then turn to swim back to stairs or wall, swim 5 yards unassisted using a kickboard.

**Goldfish:** Streamline push-off wall and hold for 10 seconds, back float 15 seconds, kickboard assisted front and back kick 15 yards, 10 yards unassisted freestyle.

**Seal:** Back float 20 seconds, 25 yards assisted free style with side breathing, 25 yards assisted back stroke, tread water for 15 seconds.

**Stingray:** 25 yards free style with side breathing, 15 yards back stroke, 25 yards assisted breast stroke kick.

**Dolphin:** 50 yards free style, 25 yards back stroke, 15 yards breast stroke, dive, flip turn.

**Shark:** 100 yard free style, 50 yard back stroke, 25 yard breast stroke, butterfly, starts and turns.
The Gallery at 48 Natoma

About the Gallery
The Gallery at 48 Natoma offers high quality, original art exhibits to our community that we otherwise might not have an opportunity to experience. Find more information about the gallery’s current and past exhibits at www.folsom.ca.us/galleryat48natoma.

Gallery Tours
The Gallery at 48 Natoma is open to the public for free, self-guided tours for individuals or groups from 9 a.m. to 4:30 p.m. Monday through Friday, and from 6 to 8 p.m. Tuesday and Thursday evenings.

No appointment is required to visit during regular hours.

Additional guided tour hours are available with an advance reservation; call 916-461-6601 or email cabraham@folsom.ca.us.

Gallery Sponsors
• The Dyer Family Foundation
• Take pART in the ARTs (utility bill donation program)
• Folsom Arts Association

Gallery sponsors receive many recognition benefits. If you are interested in supporting this worthwhile community asset, please call 916-461-6611.

Like us: @galleryat48natoma

MAIN GALLERY

Featured Exhibit: "Glass, Paper, Scissors"
On exhibit September 8 through November 8
Opening reception Friday, September 8 from 6 to 8 p.m.
The reception is free and open to the public.
Three artists convey landscapes, florals, and glass in this beautiful display. Featuring watercolors by Nataly Tikhomirov, glass works by Katie Shulte Joung, and photo-based textiles by Sandra Mollon.

Upcoming Exhibit: "Season's Greetings"
On exhibit November 17 through January 18
Opening reception Friday, November 17 from 6 to 8 p.m.
The reception is free and open to the public.
This traveling exhibit from the Monroe Wheeler Archive features holiday cards by celebrated artists. The exhibit includes cards by such luminaries as Jean Cocteau, Ben Shahn, Miguel Covarrubias, Rufino Tamayo, Robert Andrew Parker, Roberto Montenegro, Herbert Bayer, and Max Weber.

COMMUNITY EXHIBITION GALLERY
Local emerging artists, adult art students, and community art organizations have opportunities to exhibit their work in the Community Exhibition Gallery at the art center.

Featured Exhibit: Annual Juried Membership Show
On exhibit September 1 through November 8
Works by members of the Folsom Arts Association.

Upcoming Exhibit: FolPho Photography Club
On exhibit November 9 through January 9
Featuring work by members of Folsom's premier photography group.
Folsom Art Center  AT 48 NATOMA

We provide opportunities for all ages to create and appreciate the arts.

- Art classes for adults and seniors
- Art, music, and theatre classes for youth and teens
- Gallery exhibits featuring professional local, regional, and world-class artists

Chinese Brush Painting

with Cathy Chiao

New students will be introduced to the four fundamental skills, Bamboo, Plum Blossom, Orchid, and Chrysanthemum. These skills will lead to further advanced studies that can include birds, fish, animals, landscapes and more. Come Join us and discover the magic of this ancient art style! Ongoing students may register for continuing classes. Materials list at registration.

AGES 18+ • ALL LEVELS

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days/Hours</th>
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<tbody>
<tr>
<td>311531-01</td>
<td>W 9/6-9/27 9:00-11:30A</td>
</tr>
<tr>
<td>311531-02</td>
<td>W 10/4-10/25 9:00-11:30A</td>
</tr>
<tr>
<td>311531-03</td>
<td>W 11/1-11/29* 9:00-11:30A</td>
</tr>
</tbody>
</table>

*NOTE: no class 11/22

LOCATION: Folsom Art Center, 48 Natoma Street
FEE: $70 / $60 resident discount

LEARN MORE AND REGISTER

Painting with Oils

with David Kalbach

Expand your oil painting experience and techniques from the initial idea through concept and finish, as you develop your own style. Painting will cover abstract, landscape, still life and varied subjects via plein air and/or, alla prima approaches allowing the artist the ability to complete several paintings. Basic materials list provided at registration.

AGES 18+ • BEGINNING/INTERMEDIATE

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days/Hours</th>
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<tbody>
<tr>
<td>314582-01</td>
<td>Tu 9/05-9/26 1:00-4:00P</td>
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<tr>
<td>314582-02</td>
<td>Tu 10/3-10/24 1:00-4:00P</td>
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<td>314582-03</td>
<td>Tu 11/7-11/28 1:00-4:00P</td>
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<tr>
<td>314582-04</td>
<td>Tu 12/5-12/19* 1:00-4:00P</td>
</tr>
</tbody>
</table>

LOCATION: Folsom Art Center, 48 Natoma Street
FEE: $85 / $75 resident discount

LEARN MORE AND REGISTER

Painting

with Cleide Sander

This class offers students a challenging and exciting experience exploring the world of visual arts with the help of personalized instruction. Students will develop the ability to create unique compositions using oil or acrylic paint. Descriptions and analyses of paintings will be part of the class curriculum. Students may register for continuing classes. Materials list provided on receipt.

AGES 18+ • BEGINNING/INTERMEDIATE

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days/Hours</th>
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<td>Th 9/7-9/28 9:00A-12:00P</td>
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<tr>
<td>311591-02</td>
<td>Th 10/5-10/26 9:00A-12:00P</td>
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<tr>
<td>311591-03</td>
<td>Th 11/2-11/30* 9:00A-12:00P</td>
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<tr>
<td>311591-04</td>
<td>Th 12/7-12/21** 9:00A-12:00P</td>
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</tbody>
</table>

*NOTE: no class 11/22

LOCATION: Folsom Art Center, 48 Natoma Street
FEE: $60 / $50 resident discount
**FEE: $48 / $38 resident discount

LEARN MORE AND REGISTER
### Watercolor with David Kalbach

This class is a challenging experience exploring the world of watercolor and its possibilities. Students will expand their knowledge of methodology, tools, and techniques in creating their own approach to achieving their desired composition. *Students may register for continuing classes.* A supply list is given at registration.

<table>
<thead>
<tr>
<th>AGES 16+ • ALL LEVELS</th>
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<tbody>
<tr>
<td>311912-01 Th 9/7-9/28 6:30-9:00P</td>
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<tr>
<td>311912-02 Th 10/5-10/26 6:30-9:00P</td>
</tr>
<tr>
<td>311912-03 Th 11/2-11/30* 6:30-9:00P</td>
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</tbody>
</table>

*NOTE: no class 11/23

**FEE:** $85 / $75 resident discount

### Creative Painting with Acrylics with Vicki Foote

Students will complete a painting each week following step-by-step demonstrations. Create still life, landscapes, and animals with vivid color and values. Discussions include painting theory, framing techniques, and making note cards from your paintings. *Students may register for continuing classes.* Materials list provided on receipt.

<table>
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<tr>
<th>AGES 18+ • BEGINNING/INTERMEDIATE</th>
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<tbody>
<tr>
<td>341121-01 Tu 9/5-9/26 10:00A-12:00P</td>
</tr>
<tr>
<td>341121-02 Tu 10/31-12/19 10:00A-12:00P</td>
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</table>

**FEE:** $67 / $57 resident discount

### Painting Open Studio

Why paint alone? Join us for a non-instructional open studio.

<table>
<thead>
<tr>
<th>AGES 18+ • ALL LEVELS WELCOME</th>
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</thead>
<tbody>
<tr>
<td>313991-01 4-class session 12:00-3:00P</td>
</tr>
<tr>
<td>313991-02 8-class session 12:00-3:00P</td>
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</tbody>
</table>

**FEE:** $40 / $20 Folsom Arts Association member discount

### Online Registration

- **Register online at** [webtrac.folsom.ca.us](http://webtrac.folsom.ca.us)
- Online registration is open 24/7
**Drawing: Intro to Techniques and Tools with David Kalbach**

Let's draw! Learn fundamentals, tools, implements and skills you can incorporate into drawing. Drawing is a means of expanding communication skills of planning and creating. Methodology will cover different types of drawing including thumbnails, contour, basic perspective and doodles as well as how to plan for painting. Materials list given at registration.

**AGES 18+**

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
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<td>10:00A-12:00P</td>
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<td>311833-02</td>
<td>F 10/6-10/27</td>
<td>10:00A-12:00P</td>
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<tr>
<td>311833-03</td>
<td>F 11/3-12/8*</td>
<td>10:00A-12:00P</td>
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</table>

*NOTE: no class 11/10 & 11/24

**LOCATION:** Folsom Art Center, 48 Natoma Street

**FEE:** $80 / $70 resident discount

LEARN MORE AND REGISTER

---

**Drawing From Observation with David Kalbach**

Develop awareness of space in constructing a drawing including still life subjects, landscapes, portraits, (eyes, hands, feet heads, skeleton) and life drawing. Deal with thumbnails, and compositional approaches, basics of 2 point and 3-point perspective, as well as atmosphere. Learn different tools available to aid in the development of composition and transition to painting. Students may register for continuing classes. *(Not required to have taken Drawing Techs and Tools.)*

**AGES 18+**

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<th>Code</th>
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<td>311834-01</td>
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<td>1:00-3:00P</td>
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<tr>
<td>311834-02</td>
<td>F 10/6-10/27</td>
<td>1:00-3:00P</td>
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<tr>
<td>311834-03</td>
<td>F 11/3-12/8*</td>
<td>1:00-3:00P</td>
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</tbody>
</table>

*NOTE: no class 11/10 & 11/24

**LOCATION:** Folsom Art Center, 48 Natoma Street

**FEE:** $80 / $70 resident discount

LEARN MORE AND REGISTER

---

**Gel Plate Printmaking Passion with Jeanine Robb**

Monotype printmaking with the gel plate is fun, easy and addictive. Join in the fun of exploring the possibilities of this versatile printmaking tool. Each night we will explore a variety of techniques that will lend to the creation of beautiful prints suitable for framing, and painted papers that can be used for making cards, wrapping paper, in collage work, or any project that incorporates painted papers. Materials list given at registration.

**AGES 18+**

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<th>Code</th>
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<tbody>
<tr>
<td>344664-01</td>
<td>W 11/1-11/15</td>
<td>6:00-8:30P</td>
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</table>

**LOCATION:** Folsom Art Center, 48 Natoma Street

**FEE:** $75 / $65 resident discount; $15 supply fee due to instructor at class

LEARN MORE AND REGISTER

---

**Printmaking Exploration with Jeanine Robb**

Partake in five nights of dedicated fun, play and experimenting with printmaking techniques that will result in colorful, unique art books of your own. We will explore gel printmaking, stamp carving and stencil making, as well as color theory and collage while cultivating our creativity.

**AGES 18+**

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<th>Code</th>
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<tr>
<td>344663-01</td>
<td>W 9/13-10/11</td>
<td>6:00-8:30P</td>
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</table>

**LOCATION:** Folsom Art Center, 48 Natoma Street

**FEE:** $100 / $90 resident discount; $20 supply fee due to instructor at class

LEARN MORE AND REGISTER

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**Fresh Flower Lei Making with Amy Veteto**

Come and learn the craft of traditional lei making with the Folsom Lei Lady in this one evening workshop. Using needle and thread with fresh flowers, the instructor will guide you through the process so you may use this lifelong skill for many occasions! She will also teach you where to locally source the flowers and materials. You will take home your very own handmade lei made with Aloha! This is a great workshop for a parent and child to take together.

**AGES 10—ADULT**

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<thead>
<tr>
<th>Code</th>
<th>Date</th>
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<tbody>
<tr>
<td>310080-01</td>
<td>Th 10/19</td>
<td>6:00-7:30P</td>
</tr>
</tbody>
</table>

**LOCATION:** Folsom Art Center, 48 Natoma Street

**FEE:** $45 / $35 resident discount; $15 supply fee due to instructor at class

LEARN MORE AND REGISTER
Special Note About Ceramics Classes

These are the most popular classes at the Folsom Art Center. They fill quickly and are often at full capacity. These classes are offered on a first-come, first-served basis when registration opens. The fastest way to register is online (see below).

If the class you want is full, please sign up online to be placed on a waiting list. The waiting list is specific to each class and does not roll over. Students must be able to demonstrate the described skills required for each class.

For those new to ceramics, please note the process involves many weeks to complete a piece including drying, trimming, bisque fire, glazing, and glaze fire. Pieces must be started and finished during each class session. (We do not have room to fire work created outside the class.) Typically, you will finish each class session with 2 to 3 pieces. Clay may be purchased in class from the instructor. See the materials list at registration for other required supplies.

What can you do to help ensure your registration process goes smoothly?

- Visit https://webtrac.folsom.ca.us and click on sign in/register to confirm your existing WebTrac account status or set up a new household/account. Call 916-461-6601 for assistance.
- Select your class and add it to your cart.
- Plan to register as soon as online registration opens.

Pottery Wheel

with Lisa McCord

Enjoy creating as you obtain hand building and wheel throwing skills in clay. Techniques include pinch, coil, and slab to create vessels, sculptures, and functional objects. Glazes, stains, or alternative finishes may complete your projects. Tool list provided at first class. Class fee includes glazes and firing.

**AGES 50+**

341123-01 Tu 9/5-10/31* 1:00-4:00P
341123-02 Tu 11/7-12/19* 1:00-4:00P

*NOTE: no class 9/19, 9/26 & 11/21

341123-03 Tu 11/7-12/19*§ 1:00-4:00P

*NOTE: no class 9/13, 9/20, and 11/22

LOCATION: Folsom Art Center, 48 Natoma Street

FEE: $110 / $100 resident discount; clay may be purchased from instructor for approx. $20

**FEE: $95 / $85 resident discount; clay may be purchased from instructor for approx. $20

LEARN MORE AND REGISTER

Let’s Play in Clay

with Sandy Hilton

This class is for intermediate to advanced students who want to work independently on projects with some guidance from the instructor. Hone your skills on the pottery wheel and learn more advanced techniques of throwing, surface decoration and combining hand building techniques with thrown pottery. To enroll in this class, students MUST be proficient at centering and raising a cylinder. Firing and stock glazes are included.

**AGES 18+ • INTERMEDIATE/ADVANCED**

311821-01 Tu 9/5-12/12* 6:00-9:00P
311821-02 W 9/6-12/13* 9:00A-12:00P

*NOTE: no class 9/24, 9/30, 10/11, 11/1, 11/28 & 11/29

LOCATION: Folsom Art Center, 48 Natoma Street

FEE: $250 / $240 resident discount; clay may be purchased from instructor for $16-$30

LEARN MORE AND REGISTER

Pottery Wheel

with Marianne Dana

Learn beginning techniques on the potter’s wheel of centering, throwing small bowls and cylinders, trimming, and surface decoration. Firing and stock glazes are included. Students will need to purchase a basic tool kit for throwing pottery. Because of a limited number of wheels and beginning curriculum, students cannot make up classes if absent. Lessons are taught in consecutive order and cannot be repeated if a student misses class.

**AGES 18+ • BEGINNING**

311820-01 W 9/6-10/25* 6:00-9:00P
311820-03 W 11/1-12/20* 6:00-9:00P

*NOTE: no class 10/24, 10/25, 10/31, 11/1, 11/28 & 11/29

311820-02 Th 9/7-10/26* 1:00-4:00P
311820-04 Th 11/2-12/21* 1:00-4:00P

*NOTE: no class 10/24, 10/25, 11/1, 11/28 & 11/29

LOCATION: Folsom Art Center, 48 Natoma Street

FEE: $150 / $140 resident discount; clay may be purchased as needed from instructor for approx. $16-$30

LEARN MORE AND REGISTER
Golden State Snakes: Why They’re Worth Protecting
with Michael G. Starkey of Save The Snakes
Join conservation biologist Michael G. Starkey for an evening learning why snakes are critically important animals for our world despite their unwarranted reputation. Conflict between snakes and humans is increasing each year with over 2.7 people around the world suffering serious snakebites. Sacramento-based Save The Snakes was founded in 2017 to bridge the gap between successful snake conservation efforts and human-snake conflict resolutions. Michael uses his knowledge of snake ecology, positive attitude to inspire, and enthusiasm for snake conservation to engage the public with protecting these beautiful animals.

AGES 10+
311866-01 W 9/13 6:30-8:00P
LOCATION: Robert H. Miller III Rotary Clubhouse
FEE: $5
LEARN MORE AND REGISTER

Oaks in Our Landscapes: Appreciating and Caring for the Native Trees of Folsom
with Pamela Sanchez of the Sacramento Tree Foundation
Pamela enjoys the opportunity to talk trees with everyone. She will be discussing her appreciation and tips on how to care for the beautiful oaks and native trees of Folsom. As the Education Programs Manager, she teaches all ages about how to care for trees, the importance of trees, and native oaks. She has been an ISA Certified Arborist for 16 years and has a degree in urban forestry from UC Davis.

AGES 10+
311868-01 W 10/25 6:30-8:00P
LOCATION: Robert H. Miller III Rotary Clubhouse
FEE: $5
LEARN MORE AND REGISTER

From the Mountain Lion’s Eye
with Lynn Cullens
Through photographs and stories, take first cautious steps alongside a mountain lion kitten and discover how her senses differ from your own. Understand the challenges that face young lions, and the social cues that guide this majestic cat into adulthood and old age. Lynn will bring her 30 years of experience immersed in mountain lion science and conservation to the question of how best people can live near mountain lions without endangering themselves, their pets, and their livestock. With California mountain lions facing increasing threats and scientific studies showing dwindling populations, it’s up to us to decide and act—to determine how truly wild we want our wildlands to be.

AGES 10+
311865-01 W 11/29 6:30-8:00P
LOCATION: Robert H. Miller III Rotary Clubhouse
FEE: $5
LEARN MORE AND REGISTER

Celebrating 50 Years of the Endangered Species Act
with Michael Fris, Field Supervisor for the U.S. Fish and Wildlife Service
Come learn how this incredibly effective law has protected 99% of the listed plant and animal species from extinction. Michael oversees wildlife, plant and fish conservation matters in 38 counties across the state of California and works with staff to monitor the status of more than 100 species listed under the Endangered Species Act.

AGES 10+
311867-01 W 11/8 6:30-8:00P
LOCATION: Robert H. Miller III Rotary Clubhouse
FEE: $5
LEARN MORE AND REGISTER
Adult Sports Leagues

Soccer • Volleyball • Softball • Flag Football • Basketball

Adult sports leagues are offered for a variety of divisions and skill levels, including men’s, women’s, and coed.

**League schedules:**
- Outdoor soccer, volleyball, and flag football: year-round
- Softball: spring, summer, fall
- Outdoor volleyball: spring, summer, fall
- Indoor soccer, volleyball, and basketball: year-round

**League fees are structured as follows:**
Folsom resident teams, which must have 60% of the roster comprised of people who live or own property within Folsom city limits. Non-resident teams are those that do not meet the Folsom resident criteria.

**Questions About Adult Sports Leagues:**
Call the Andy Morin Sports Complex at 916-461-6650 or visit [webtrac.folsom.ca.us](http://webtrac.folsom.ca.us) for details about registration deadlines, manager’s meetings, league start dates, and more.

**Free Agent List:**
We maintain a free agent list for individuals who would like to play in a sports league but are not yet part of a team. Call 916-461-6650 or visit [teamsideline.com/folsom](http://teamsideline.com/folsom) to register as a free agent. Placing your name on the free agent list is not a guarantee of being placed on a team.

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**Round Robin Table Tennis**
Weekly tournament for all ages/skills. Visit [www.folsomtt.com](http://www.folsomtt.com) for details.
Sundays 2–7 p.m.
**LOCATION:** Andy Morin Sports Complex
**FEE:** $5/person, per visit

**Open Gym Volleyball**
Sundays 2:30–5:30 p.m.
(ages 18+ only)
**LOCATION:** Folsom Middle School Gym
**FEE:** $5/person, per visit

**Open Gym Badminton**
Sundays 5:30–8:30 p.m.
(ages 18+ only)
**LOCATION:** Folsom Middle School Gym
**FEE:** $5/person, per visit
Adult Sports & Fitness

Smart Cycling with Gina Silvernale
Gina is an instructor with The League of American Bicyclists. The two-part class includes 3 hours of classroom learning, educating cyclists how to coexist with traffic, and 6 hours of on-bike skills and a road ride practicing the rules of the road. Bring your own bike, helmet, water, snacks and know how to ride a bike. This is not “How to Ride a Bike Class.” Class is designed for those currently riding on a regular basis (i.e., a few times/month). Not for E-bikes.

AGES 18+   Classroom Session (held at the Andy Morin Sports Complex) 343000-01 Th 10/5 6:00-9:00P
AGES 18+   On-Bike In-Person Session (meet at Andy Morin Sports Complex) Sa 10/7 9:00A-3:00P
FEE: $85 / $75 resident discount
LEARN MORE AND REGISTER

Belly Dance/Middle Eastern Dance with Marzieh Gachipour
Are you ready to have fun and challenge yourself with beautiful and fascinating Middle Eastern Dance and music? In this class you will learn the basic movements of Egyptian, Persian, Afghani, Iraqi, Turkish, and Indian dance. Just bring your bare feet and wear comfortable clothes.

AGES 18+   BEGINNER
344329-01 W 9/6-10/25 6:15-7:30P
LOCATION: 48 Natoma
FEE: $138 / $128 resident discount

AGES 18+   CLASSROOM SESSION
344329-02 W 11/1-12/13 6:00-7:15P
LOCATION: 48 Natoma
FEE: $122 / $112 resident discount
LEARN MORE AND REGISTER

Adult Tennis Lessons with Bryan Solem
This class is intended for the player that already has the basic strokes down and is looking to improve their game.

AGES 18+
335102-01 Tu 9/19-10/10 7:00P-8:00P
335102-02 Tu 10/24-11/28* 7:00P-8:00P
*NOTE: no class 10/31 & 11/21
LOCATION: Ed Mitchell Park Tennis Courts
FEE: $88 / $78 resident discount
LEARN MORE AND REGISTER

Advanced Adult Tennis with Bryan Solem
Intermediate to advanced players only. Competitive tournament training, drills, conditioning, and match play.

AGES 18+
335011-01 W 9/20-10/11 6:30P-7:30P
335011-02 W 10/25-11/15 6:30P-7:30P
LOCATION: Ed Mitchell Park Tennis Courts
FEE: $88 / $78 resident discount
LEARN MORE AND REGISTER
Adult Sports & Fitness

Regular and Deep Water Aquacise
Aquacise is the perfect combination of low-impact conditioning and cardio exercise for all levels of fitness.

AGES 18+

Through September 1:
Midday Sessions
Monday through Thursday: 11:15 a.m.-12:15 p.m.

Evening Sessions
Tuesday and Thursday: 6-7 p.m.

Deep-Water Sessions
Friday: 11:30 a.m.-12:30 p.m.

September 5 through December 23:
Midday Sessions
Monday through Thursday: 11:45 a.m.-12:45 p.m.

Evening Sessions
Tuesday and Thursday: 6-7 p.m.

Deep-Water Sessions
Friday: 11:45 a.m.-12:45 p.m.

LOCATION: Steve Miklos Aquatic Center

FEE: $7/drop-in or purchase a 10-Visit Pass for $60; passes are valid for 90 days from date of purchase.
Purchase at https://webtrac.folsom.ca.us or call 916-461-6640.

Yoga for Healthy Living with Donna Rixmann
Enjoy yoga in this supportive environment with an experienced teacher (20 years!) This flow-style class (Viniyoga) incorporates movement with breath. All levels are welcome. There is always an alternative pose if one is not accessible to you. Contact Donna with questions at donna@yogapeace.net. First class is FREE!

AGES 21+

MEETS: 9:15-10:15 a.m. Tues/Thurs September 5-December 21 (no class 11/23)
CLASS CODE: 343030
LOCATION: 48 Natoma

FEE: $54 / $44 resident discount 4-class pass; $82 / $72 resident discount 8-class pass

Passes expire 60 days from date of purchase. Passes available online at webtrac.folsom.ca.us or in-person at 48 Natoma.

Folsom's Adopt-A-Trail Program
Help Maintain Our Beautiful Trail System!

The Adopt-A-Trail program was developed by Folsom Parks & Recreation to provide the opportunity for community members and organizations to beautify, restore, and help maintain the city’s treasured trail system. Through the dedication of our volunteers, the trail system receives the extra attention needed to help keep the trails maintained.

Trail sections are adopted in one-mile segments. Adopters are required to make a one-year commitment with regular trail checks and workdays. Participants are not required to be Folsom residents.

Learn More About the Adopt-A-Trail Program at folsom.ca.us/trails.
Folsom Senior Center

Offering a variety of programs, services, and classes for ages 55+

Drop in for a visit!

Seniors ages 55+ are invited to join us for a variety of social activities from 9 a.m. to 4:30 p.m. Monday through Friday. Drop in and enjoy books, puzzles, games, organized activities, and make new friends. No membership is required and the coffee is always hot!

Social Bridge

This bridge group is designed for people who have played before and are familiar with the basics of the game. We meet from noon to 3 p.m. on the 1st and 3rd Monday of each month. We also meet the 5th Monday on months that have them.

Sign-up is required prior to each game:
Call Janet Larsen at 916-293-8820 or Ann Schindler at 916-933-4089 to reserve your seat.

Activities at the Folsom Senior Center
Call 916-461-6601 for more details.

Drop-in Daily Activities
- Card games
- Wii bowling
- Board games
- Crafting
- Music/Karaoke
- Puzzles

Weekly Activities
- Off-Key Singers • Monday, 9:30 to 11 a.m.
- Mah Jongg (American) • Tuesday, 11 a.m. to 2 p.m.
- Bingo • Wednesday, 1 to 2 p.m.
- Pinochle • Thursday, noon to 4 p.m.

Monthly Activities
- Book Club • Third Thursday, 10 a.m.
Educational Workshops

**Technology Workshop**
*with SeniorTechPal (Ashu Singla, retired Sr. Director from Intel)*

Learn how to use your phone to Face Time, Zoom or even schedule an Uber or Lyft. Everyday convenient features are available for your smartphone, laptop, tablet, and other common devices if you know how to use them. There will be time at the end of the session for help with any issues/questions regarding your devices. Topics are selected prior to the session; call 916-461-6601 for more information.

**How to Keep Uncle Sam From Taxing Your Retirement**
*with Bill Corley, CFP, RICP*

Learn why you need to defeat Uncle Sam BEFORE you retire and escape the tax mistakes most people make. Retirement is full of surprises that we can’t control, like inflation and health care costs, but you can bypass the IRS assault on your sizeable nest egg with careful planning. In this workshop you will learn how to avoid taxes on your withdrawals, mandatory distributions, and Social Security. Question/answer period is included.

**About the instructor:**
Bill is a Certified Financial Planner™ and Retirement Income Certified Professional.® He has taught retirement classes at the Folsom Senior Center for 7+ years and in the Sacramento region for 30+ years. Bill’s personal mission is to help people increase their retirement income while paying less in taxes. He has lived in Folsom for 30 years.

**Technology 1:1**
*with SeniorTechPal (Ashu Singla, retired Sr. Director from Intel)*

Is your phone camera suddenly taking pictures only in black & white mode? Has the microphone stopped working? These annoying little issues can often be solved with some simple changes to the settings on your devices. We’ll help you get your smartphone, laptop, E-reader, and other devices working better for you.

Reserve your time in advance; there are only 8 spots available per date. Each 1:1 session is 30 minutes; bring your devices that need troubleshooting with you.

Register online at webtrac.folsom.ca.us
Changes to Veterans Benefits: What Does That Mean For You?
with Helen Justice of GCM
Did you know there is a VA Pension Fund to help you defray the cost of assisted living or in-home care? There is also new in home care, paid for by VA. If you are an elder, widow, or wartime veteran, please join us to learn when and how this “tax free” benefit may apply to you or your loved one.
This seminar is educational only; no sales.

AGES 50+
349008-01  Tu 9/26  12:30-1:30P
LOCATION: 48 Natoma
FEE: FREE, but must pre-register
LEARN MORE AND REGISTER

Be Money Smart: Protect Yourself from Becoming a Scam Victim
with Luz Johnson, Financial Advisor of LPL Financial
This workshop is to help you stay safe from potential scams. Older adults are the most vulnerable and those who care for the elderly can also learn to keep them safe. This workshop will discuss the various scams that exist, and give you tools on how to protect yourself or those you love.

AGES 55+
349031-01  F 9/29  1:00-2:30P
349031-02  F 11/17  1:00-2:30P
LOCATION: 48 Natoma
FEE: FREE, but must pre-register
LEARN MORE AND REGISTER

Understanding Alzheimer’s and Dementia and the VA Caregiver Support Programs
How to Access Support When Caring for a Veteran
with Denise Davis, of the Alzheimer’s Association; and Tricia Heinrich, LCSW, of the VA Caregiver Support Program
Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments. In addition, we will learn about the VA Northern California Healthcare System’s Caregiver Support Program’s services, eligibility, and enrollment process for caregivers of Veterans. This portion of the presentation will include the benefits offered by both VA Caregiver Support Programs and how to become connected to one of the programs.

AGES 50+
349037-01  Th 10/5  3:30-5:00P
LOCATION: 48 Natoma
FEE: FREE, but must pre-register
LEARN MORE AND REGISTER

Recycling 101
with the City of Folsom Recycling Team
Ever wondered what can and can’t be recycled? Join us to learn about the city’s recycling collection services and the new Green Bin Program.

AGES 50+
349039-01  Th 9/28  3:00-4:00P
LOCATION: 48 Natoma
FEE: FREE, but must pre-register
LEARN MORE AND REGISTER
Educational Workshops

**Sac RT Public Transit Presentation**  
*with Kate Wiseman & Jose Alcantara, of SacRT*

Join SacRT staff for a special presentation on how public transit serves our community. Learn about SacRT services including light rail, bus, SmaRT Ride and SacRT GO paratransit services. This presentation will cover how to plan a trip, how to ride, paying fares, and more!

**AGES 50+**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Registration</th>
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<tbody>
<tr>
<td>349038-01</td>
<td>Tu 10/24 1:30-2:30P</td>
<td>48 Natoma</td>
<td>FREE, but must pre-register</td>
<td>LEARN MORE AND REGISTER</td>
</tr>
</tbody>
</table>

**Putting Your Financial House in Order**  
*With Luz Johnson, Financial Advisor of LPL Financial*

Would your loved ones know what to do when you pass away? Will you have all your financial and legal documents in order so they are not overwhelmed with the process? If not, this workshop can help you not only organize your estate documents, but also will give you tools to consider so your next of kin is able to fulfill your wishes. In this workshop we will go over:

- Your personal checklist of financial and legal documents
- Beneficiary worksheet and emergency contacts
- Roles and responsibilities of those you choose to fulfill your estate wishes

**AGES 55+**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Registration</th>
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</thead>
<tbody>
<tr>
<td>349032-01</td>
<td>F 10/27 1:00-2:30P</td>
<td>48 Natoma</td>
<td>FREE, but must pre-register</td>
<td>LEARN MORE AND REGISTER</td>
</tr>
</tbody>
</table>

**CalFresh Eat Smart, Live Strong**  
*with Christina Mason, Agency on Aging Area 4*

A four-session series that highlights increasing fruit and vegetable intake and increasing daily physical activity. Includes cooking demo and simple exercises.

**AGES 60+**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>348829-01</td>
<td>Tu 11/7-11/28 1:00-2:00P</td>
<td>48 Natoma</td>
<td>FREE, but must pre-register</td>
<td>LEARN MORE AND REGISTER</td>
</tr>
</tbody>
</table>

**Final Chapter: A Discussion On Death and Dying**  
*with Felicia Juntunen, of Elder Care Management*

Talking about death is difficult. Whether it is our own end of life or that of someone we care about, bringing up the topic of death can be uncomfortable. In our role as care managers, we recognize the benefit of increased communication around this topic which will eventually affect everyone. Join us for a discussion about what influences our beliefs and feelings about death and learn about resources to engage in the conversation and assist in end-of-life planning. The presentation includes a pre-recorded interview with an end-of-life guide who shares her insight on embracing death as part of life.

**AGES 55+**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date/Time</th>
<th>Location</th>
<th>Fee</th>
<th>Registration</th>
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</thead>
<tbody>
<tr>
<td>349033-01</td>
<td>Th 11/7 2:30-3:30P</td>
<td>48 Natoma</td>
<td>FREE, but must pre-register</td>
<td>LEARN MORE AND REGISTER</td>
</tr>
</tbody>
</table>
COMMUNITY SUPPORT SERVICES
For Seniors and Caregivers

Parkinson’s Support Group
This support group is for people with Parkinson’s, their families, caregivers and friends.
For more information call Donna Rixmann at 916-712-9642 or email donna@yogapeace.net.
Visit the Parkinson’s Foundation website for more information: parkinson.org or call 1-800-473-4636.
This group meets the 4th Monday of each month from 10:30 a.m. to noon at the Folsom Senior Center, 48 Natoma Street.

Alzheimer’s Association
Dementia Caregiver Support Group
For family and friends with loved ones struggling with forms of dementia including Alzheimer’s Disease, this group provides caregiving strategies, education, resource information and a shoulder to lean on.
The support group meets the 2nd Friday of each month from 10 to 11:30 a.m. at the Folsom Senior Center, 48 Natoma Street. No fee is required. Call 1-800-272-3900 for more information. **Note:** November meeting will be held 11/17 due to holiday.

Grief Support Group
For family and friends suffering the loss of a loved one to meet in a comforting and compassionate environment.
The support group meets the 1st and 3rd Friday of each month from 10:30 to 11:30 a.m. at the Folsom Senior Center, 48 Natoma Street. No fee is required. Call Cynthia Bazin at 916-458-0303 for more information.

Blood Pressure Screenings
This free service is provided by Mercy Hospital Auxiliary and is held the 4th Monday of each month from 11 a.m. to noon. No appointment needed.

HICAP
HICAP is a non-profit agency dedicated to assisting current and soon-to-be Medicare beneficiaries. HICAP’s highly-trained volunteer counselors are registered with the State of CA Dept. of Aging and can help you with questions or problems relating to Medicare (Parts A, B, C & D), Medicare billing and claims, supplemental insurance, and Long Term Care insurance. This program is for those 65+ (or soon to be eligible for Medicare) or disabled adults who receive Medicare benefits.
Appointments available on select Tuesdays in person. Call 916-376-8915 to schedule an in-person or phone appointment. No fee for this service.

Nutrition Assistance Programs
Twin Lakes Food Bank
916-985-6232
www.twinlakesfoodbank.org
Park in the Mt. Olive Lutheran Church parking lot (320 Montrose Dr.); the food bank is located at 327 Montrose Dr.
Food distribution is from 9 a.m. to 12:30 p.m. Tuesday, Wednesday, and Thursday–bring your reusable grocery bags to each visit.

CalFresh
The program issues monthly electronic benefits that can be used to buy most foods at many markets, food stores, and some farmers’ markets.
The food bank offers grocery delivery to seniors age 60+ who are housebound and do not have the support to pick up their food.
Email info@twinlakesfoodbank.org to schedule a delivery or call 916-874-3100.

Additional Senior Resources and Assistance
Call the County of Sacramento at 2-1-1 or 916-498-1000, email info@211sacramento.org, or visit 211sacramento.org.

Memoir Writing
with Linda Holderness
Preserve your memories for your descendants. Let grandchildren and generations of greats know who you were and how you lived your life. Class will support and encourage one another to write and polish memoirs with the goal of publishing them for personal keeping. Sharing encouraged.
**NOTE:** This class is year-round; new participants may enroll at any time!

**AGES 55+**
242870-01 W 9/6-12/27 9:30-11:30A
**LOCATION:** 48 Natoma
**FEE:** $39 / $29 resident discount
**LEARN MORE AND REGISTER**

Our Folsom Art Center offers a wide range of fine art classes for adults. See pages 29-32 for details.

**SAVE THE DATE!**
Join us for the Fall Senior Resource Fair sponsored by Prairie City Landing at the Folsom Senior Center Friday, October 20 2 to 4 p.m.
See ad on page 6 for more details.
Yoga for Healthy Living
with Donna Rixmann

Enjoy yoga in this supportive environment with an experienced teacher (20 years)! This flow-style class (Viniyoga) incorporates movement with breath. All levels are welcome. There is always an alternative pose if one is not accessible to you. Contact Donna with questions at donna@yogapeace.net. First class is FREE!

AGES 21+

MEETS: 9:15-10:15 a.m. Tues/Thurs Sept. 5-Dec. 21 (no class 11/23)
CLASS CODE: 343030
LOCATION: 48 Natoma
FEE: $54 / $44 resident discount 4-class pass
$82 / $72 resident discount 8-class pass

Walk and Talk
Join our staff as we walk on some of Folsom's beautiful trails. Enjoy the safety and companionship of walking in a group while improving your health! Average walk distance is 2 to 3 miles.

NOTE: This program is designed for independent and active seniors; must be able to walk unassisted.

AGES 50+

MEETS: 8:30-9:30 a.m. Tues/Thurs in September; 9-10 a.m. Tues/Thurs October through December (no walk 11/23 & 12/26)
CLASS CODE: 348801
LOCATION: pick up location schedule when you register or see attachment online with your receipt
FEE: $16 for an 8-walk punch card (bring your receipt with you to exchange for a punch card). Punch cards expire 2 months from first walk.

Class Code: 348702
LOCATION: 48 Natoma
FEE: Passes expire 60 days from date of purchase.

Cardio Sculpt: A Functional Approach to Exercising for Active Living
with Linda Faircloth

At the core, the purpose of this class is to provide a social environment for active agers to connect with others and become a part of an exercising community. We welcome you and want you to feel part of the group. And no need to be shy or afraid of not being able to keep up. Can you walk, squat, and get on the floor, even though it may not be pretty? No worries! You’re encouraged to work at your own pace, and you’ll also be instructed on how to properly perform the various cardio drills, strength training exercises, and stretching. After these exercise classes, you can expect to feel better and have more energy; and you’ll become stronger as you progress. Participants are encouraged to attend 2 to 3 classes per week for maximum results.

Enjoy one complimentary trial class.

AGES 50+

MEETS: 8:45-9:35 a.m. Mon/Wed/Fri Sept. 1-Dec. 22
NOTE: no class 9/4, 9/8, 10/9, 11/10 & 11/24
CLASS CODE: 342614
LOCATION: 48 Natoma
FEE: $82 / $72 resident discount for an 8-class pass. Passes expire 5 weeks from date of purchase.
$102 / $92 resident discount for a 12-class pass. Passes expire 5 weeks from date of purchase.

Zumba Gold
with Rhea Molina

This class is for those who are looking for a modified, low impact and easy to follow dance fitness program that focuses on balance, range of motion and coordination. Have fun enjoying different genres like the cha cha, mambo, swing. Perfect for active seniors and beginners. It’s for everyone!

AGES 55+

MEETS: 9:15-10:15 a.m. Tues/Thurs Sept. 5-Dec. 21 (no class 11/23)
CLASS CODE: 348815
LOCATION: 48 Natoma
FEE: $40 / $30 resident discount
*FEE: $25 / $15 resident discount

LEARN MORE AND REGISTER
About the Folsom City Zoo Sanctuary

Since 1963, the Folsom Zoo Sanctuary has been dedicated to enriching the lives of the animals living at the sanctuary facility. This is not your typical zoo! Our rescued domestic and wild animals come to live here for a variety of reasons: they’re orphaned, have sustained life-threatening injuries, were illegal or discarded pets, or were victims of abuse or neglect. Our animal residents include black bears, cougars, and other native species, as well as exotic species like kinkajous. The zoo sanctuary provides a caring, forever home for these amazing creatures.

Our educational focus is to promote responsible and appropriate behavior toward all animals. Learn more about us at folsom.ca.us/zoo.

Admission:

Admission tickets are $7/person for ages 2 years and older; ages under 2 years are free (no ticket required). Purchase tickets at webtrac.folsom.ca.us or in person at the gate.

Friends members do not need tickets – simply show your membership card and I.D., or your pass on your phone at the ticket booth for admission.

Learn more about becoming a Friends member at FolsomZooFriends.org.

Join Us for Holiday Zookeeper Camps!

Learn what's involved in the daily care of the zoo sanctuary animals and take part in age-appropriate hands-on activities.

Early registration is encouraged as these camps fill quickly! Learn more and register at webtrac.folsom.ca.us.

All aboard! The Folsom Valley Railway miniature steam train operates in Folsom City Lions Park near the zoo sanctuary entrance. The train typically operates on days the zoo sanctuary is open (weather permitting).

Tickets are $3/person and available for purchase onsite directly from the train operator. Find train schedules and more details at folsomvalleyrailway.com.
Register online at webtrac.folsom.ca.us

Folsom Zoo Sanctuary Friends

Free admission for a year! That’s just one of the great benefits of becoming a member of the nonprofit Folsom Zoo Sanctuary Friends. Our mission is to preserve and enhance a city treasure by assisting in the enrichment of the lives of the animals living at the zoo sanctuary. Various membership and donation programs are available. Double your impact by applying for a matching gift through your employer’s program.

The Board of Directors volunteer their time and are active in sponsoring Friends core programs and committees to support the needs of the zoo sanctuary. We are always on the lookout for passionate individuals with skills to assist us with accounting, communications, event planning, and more. Learn more about the Friends and join us at FolsomZooFriends.org or call 916-226-5445.

Birthday Parties

Create lasting memories for your child with a party held on the Canid Patio or barn picnic tables. Our animals are only inches away on the other side of the fence. Parties include: admission for up to 30 guests, patio rental for two hours, tables and chairs, 15-minute animal presentation, and a coloring activity. Available weekends by advance reservation.

FEE: $349; additional guests: $7/each
RESERVATIONS: jdonahoo@folsom.ca.us

Breakfast with the Bears

Enjoy a private rental on the bear deck before we open to the public. Sit with your guests just inches away from our black bears and watch them forage for their own breakfast on the other side of our glass viewing wall.

Available 8-9:30 a.m. May through September and 9-10:30 a.m. October through April. Rental includes a bear biofact table. Available weekends by advance reservation.

FEE: $349 includes tables and chairs for up to 20 people (you supply your own food)
RESERVATIONS: jdonahoo@folsom.ca.us

Zoo to You

From classrooms to senior centers, libraries to churches, let us bring the Folsom Zoo Sanctuary to you! The 30-45 minute program includes a PowerPoint presentation and a discussion focusing on animal biofacts.

There is no charge for this program. Reservations are required a minimum of 30 days in advance. For more information or to schedule a presentation, call 916-496-2030 or e-mail ZooToYou@folsom.ca.us.

Tour the Zoo (please make reservations at least 30 days in advance of your desired tour date)

<table>
<thead>
<tr>
<th>Docent guided tours</th>
<th>Pre-paid price: $9/person (3/15-6/15); $8/person (other dates) • One free chaperone per 10 paid students</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRADE</td>
<td>GROUP SIZE</td>
</tr>
<tr>
<td>Kindergarten and up</td>
<td>10-60</td>
</tr>
<tr>
<td>Pre-K, ages 4 &amp; up</td>
<td>10-40</td>
</tr>
</tbody>
</table>

NOTE: Special weekend and other tour times available – email zoodocs@folsom.ca.us or call 916-461-6626 for details.
Rent the Zoo Sanctuary
Treat your employees and their family members to a fun evening at the zoo, create a memorable exchange of vows, or host a community fundraiser!

Depending on group size, we can create activities to make your visit even more special. Include a private tour, provide enrichment to the animals, and meet some of our animal residents up close!

MORE INFORMATION:
jdonahoo@folsom.ca.us

Wish List
Help support the zoo sanctuary animals with your donation—find our complete list at folsom.ca.us/zoo.

Volunteer Opportunities
Volunteer opportunities are now available at the Folsom City Zoo Sanctuary. Give back to your community and support the zoo sanctuary animals by joining us in a variety of positions in animal care, horticulture, maintenance, and the gift shop. All volunteers must be at least 18 years old and committed to six months of service. For more information, email zoovolunteer@folsom.ca.us.

Adopt An Animal!
When you sponsor a Folsom Zoo Sanctuary animal for one year, you can help provide the special care that our animals require.

Learn more about the benefits and complete your animal adoption online at webtrac.folsom.ca.us.

Email jdonahoo@folsom.ca.us with questions.

Join Us for Monthly Storytimes
Presented by Folsom City Zoo Sanctuary Docents
Volunteer docents read stories featuring a variety of animals and engage young audience members with animal puppets. The books used for storytimes are appropriate for ages 4+, but all ages are welcome to attend.

Call 916-461-6601 with questions.

Storytime at the Folsom Zoo Sanctuary
Held the fourth Thursday of the month at 10:30 a.m.
Held on the outdoor Canid Patio or in the Barnyard Experience (depending on weather conditions)
Regular zoo sanctuary admission fees apply; purchase tickets online at webtrac.folsom.ca.us or at the gate.

Storytime at the Folsom Historic District
Second Tuesday of the month at 9:30 a.m.
at Karen’s Bakery Cafe, 705 Gold Lake Drive #340; free admission
Free Language Learning App: Mango

Language learning is free and easy on the go with the Mango Languages app; free through the library website. Mango has over 70 languages including ESL for English learners. Get ready for your trip or keep your language skills fresh with easy, self-paced lessons.

Mango is particularly good for students taking language classes as it helps them cement classroom learning through repetition of vocabulary and grammatical concepts.

Modules focus on a key settings like school, restaurants, workplace, and travel that are important for adults and kids to learn.

For those looking enhance their knowledge of the classics there is classical Greek, Latin, Hebrew, and Shakespearian English.

NEW! Baby Storytime

Babies and their caregivers will enjoy this lap-sit program with rhymes and songs that help build an early literacy foundation. Ages birth to 18 months. Wednesdays 10 a.m. starting Sept. 6

Storytime

Enjoy stories, music, and movement! Ages birth through 6 years. Tuesdays 10 & 11 a.m. Wednesdays 11 a.m. Thursdays - Saturdays 10:30 a.m.

NEW! Make It!

Join us at the Library for S.T.E.M. oriented activities. Each week features a creative project for kids ages 7-12 years. Thursdays 3:30-4:30 p.m. Oct. 5-Nov. 16

LEGO at the Library

Use our bricks to build and put your creations on display at the library. Ages 5-12 years. Saturdays 2-4 p.m.

The Friends of the Folsom Library is a 501(c)3 nonprofit corporation whose sole purpose is to support and advocate for the Folsom Library.
Host your next birthday party, reunion, fund-raiser, corporate gathering, team party, wedding, or other special event at one of our unique locations.

**Folsom Community Center**
52 Natoma Street

The Folsom Community Center is the perfect place to host your wedding, meeting, or other special event. Our venue includes a wide variety of amenities that provide the ideal setting for an intimate gathering or a large reception.

**RESERVATIONS AND APPOINTMENTS:**
call 916-461-6620 Monday-Friday, 9 a.m.–2 p.m. for information or to make an appointment for a facility tour

**ENTIRE BALLROOM:** Capacity: 500-1085

**HALF BALLROOM:** Capacity: 230-586

**EVENT TYPES:** weddings, receptions, meetings, parties, fund-raisers

**AMENITIES:** full commercial kitchen and bar, elevated stage, attached courtyard, optional A/V system and stage lighting

**R.G. SMITH ROOM:** Capacity: 50

**EVENT TYPES:** meetings

**AMENITIES:** optional A/V

**RENTAL FEES:**
- Entire Ballroom: $180/hr resident, $260/hr non-resident
- East Room: $95/hr resident, $130/hr non-resident
- West Room: $95/hr resident, $130/hr non-resident
- R.G. Smith Room: $45/hr resident, $55/hr non-resident

- 8-hour minimum, Fri & Sat;
- 4-hour minimum, Sun-Thurs

**Picnic Pavilion Rentals**
Rentals are available for the picnic pavilion and gazebo at Folsom City Lions Park, and picnic pavilions at John Kemp Park, Lew Howard Park, and Livermore Park. For information and reservations, visit http://webtrac.folsom.ca.us (search keywords: “facility rentals.”)

**Robert H. Miller III Rotary Clubhouse**
7150 Baldwin Dam Road

**RESERVATIONS AND INFORMATION:**
916-461-6620

**CAPACITY:** 128-170

**EVENT TYPES:** weddings, receptions, meetings, parties, fund-raisers

**AMENITIES:** full kitchen, optional A/V system

**RENTAL FEES:**
- $80/hour resident;
- $100/hour non-resident
- 8-hour minimum, Fri & Sat;
- 4-hour minimum, Sun-Thurs

**Outdoor Field Rentals**
A variety of sports fields are available for rent at some of Folsom’s parks; call 916-461-6661 for more information.

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Rent the Zittel Family Amphitheater in the Folsom Historic District • Call 916-461-6620 for details
LIVE Glassblowing Demonstrations

PUMPKINS WILL BE AVAILABLE IN A RANGE OF SIZES, PRICES AND COLORS, PROVIDING A RARE OPPORTUNITY TO PURCHASE A ONE-OF-A-KIND GLASS ART PIECE.

A portion of the proceeds from the event will benefit Folsom Parks & Recreation Community Arts Education Programs.

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