

# ADULT ENRICHMENT PROGRAMS

**Presented by Mike Bennett with Generations Law**

Mike Bennett is an estate planning attorney at Generations Law, a firm specializing in estate planning and trust and probate administration. He assists clients in a variety of ways including developing wills and trusts, gifting strategies to transfer wealth and minimizing the headaches of the probate process.

**Estate Planning 101: Wills, Trusts and Probate – 6/17**

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

**Estate Planning, Taxes & You – 8/26**



Mike will discuss the benefits of estate planning and what role Congress plays in establishing the estate and gift tax. He will discuss a number of estate planning options for people from all walks of life – giving them the control they desire while also minimizing taxes for themselves and succeeding generations. He will also debunk many myths about estate planning, probate and taxes.

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

**Carmichael Recreation and Park District**

*Telephone Numbers to Remember*

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

Or visit us at [www.carmichaelpark.com](http://www.carmichaelpark.com)



**Boating Skills & Seamanship**

*Taught by Certified U.S. Coast Guard Instructors*

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

Location: Carmichael Park Vets Bldg.  
 Day/Time: Wednesday, 7:30-9:30pm  
 Dates: 8/25 – 11/17  
 Fee: \$60 (includes training manual) due to instructor at first class

**Beginning German**

*Taught by Stella Salakova, Certified Instructor*



Are you thinking of traveling, working or studying in Germany? Do you have relatives you want to connect with or just learn a new skill? This is the course for you! The class is designed for students with little to no knowledge of the German language. It is an engaging and comprehensive introduction to both the language and the culture and focuses on the development of speaking, listening, reading and writing. Students should purchase Berliner Platz 1 as the material for the class. It includes a textbook, workbook and audio-CD.

Location: La Sierra Community Center, Room 300  
 Day/Time: Monday, 6-8pm  
 Dates: 7/12-8/16  
 Fee: \$60/6 weeks

**Energy Leadership Development**

*Taught by Autumn DeCosta, Certified Empowerment Life Coach*

Energy Leadership™ refers to both a particular and unique form of leadership as well as literally, to the process of leading energy so that it works for you instead of against you. As life moves at a fast pace we all become leaders, either by choice or default. Just when we get used to something it changes and the struggle to balance work, life, family and friends is no small feat. Learn how to connect with the leader in yourself and then utilize that skill and energy to maximize your potential, experience personal growth and inspire others.

9am-Noon	1-4pm
6/26 .....	Seven Levels of Leadership
7/24 .....	High Energy Relationships ..... Dynamic Communication
8/21 .....	Removing Barriers to Success
9/25 .....	Health and Wellness..... Problem Solving

Location: La Sierra Community Center, Room 800  
 Fee: \$25/\$20 workbook fee due to instructor at class  
 \*\$10 discount if signed up for both classes on same day

**Writing & Scrapbooking Your Life Story**

*Taught by Autumn DeCosta, Certified Empowerment Life Coach*

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

Location: La Sierra Community Center, Room 800  
 Day/Time: Saturday, 9am-Noon  
 Dates: 6/26-8/21  
 Fee: \$20, \$10 each additional family member.  
 \$15 Materials fee paid to instructor at first class.

# ADULT ENRICHMENT PROGRAMS

All Classes for Ages 18+



In conjunction with the Earl J. Koobs Nature Area located off the east driveway of La Sierra Community Center, CRPD is proud to be offering outdoor classes on nature, science and much more. Genelle Treastor is a plant proprietor and has a diverse background working with plants, animals and landscaping and is excited to share her knowledge.

Location: La Sierra Community Center, Room 800

## Waterwise Landscaping – 6/19 Saturday, 2 - 4:30 pm

\$10

Consider replacing your conventional, thirsty landscape with low maintenance, drought-tolerant plants. Become a green thumb without even trying – while conserving water and nature! Participants will make a thumbnail design. Children ages 8+ are welcome to attend.

## California Native Plant Propagation – 7/17 Saturday, 2 - 4 pm

\$15, \$10 materials fee paid to instructor at class

Study some of the more common flora and fauna that are native to California and even growing here in the Central Valley. Take a trip to the nature area and practice seed cutting and collection. Children ages 8+ are welcome to attend.

## Natural Wonders of the Great Central Valley – 9/18 Saturday, 2 - 5 pm

\$10, \$10 materials fee paid to instructor at class

Beyond its vast size, there are numerous reasons for the ‘great’ in ‘Great Central Valley’. We will explore the ecology which includes an overview of native habitats, natural history, natural processes and seasonal patterns. Take a field trip to the nature area and see what it has to offer. Children ages 8+ are welcome to attend.

## Self Defense Awareness for Women

**NEW!!**

Taught by Corey Boren, 7<sup>th</sup> Degree Black Belt  
Ages 13+

Get empowered to fight back against crime while getting fit at the same time! Participants will receive training and education in awareness, prevention, risk reduction, risk avoidance and self-realization of physical power.

Location: La Sierra Community Center,  
Room 510

Day/Time: Monday and Thursday,  
6-8pm

Dates: 6/14-7/22 and 8/2-9/13\*  
(\*No class 7/5 or 9/6)

Fee: \$65



## First Aid & Adult, Child & Infant CPR

(Pediatric First Aid)

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

Location: Carmichael Park Clubhouse

Day/Time: Saturday, 8:30am-5:30pm

Dates: 6/5, 6/26, 7/17, 8/7,  
8/21 or 9/18

Seeking nominations for

## PATRIOTS PARK WALL OF HONOR

Please see page 4 for more information.

**Parks  
Make  
Life  
Better!**

# ADULT ENRICHMENT PROGRAMS

## Welcome Twyla Teitzel to Carmichael Recreation and Park District!

A vegetarian for over 33 years and a vegan for over 13 years, Twyla did an internship at *The Art of Food in Sacramento*. She has taught numerous cooking and raw food classes in the Sacramento region and also owns her own business called *Twyla's Cupcakes* which are vegan based. Her classes are open to all ages.



Location: La Sierra Community Center, Kitchen  
Fee: \$20/\$10 Material fee paid to instructor at class

### Living La Vida Vegan

What do Kristen Stewart, Ellen DeGeneres, Alicia Silverstone and Tony Gonzales (tight end for the Kansas City Chiefs) all have in common? If you guessed they are all vegan – you're right! This is a fun, interactive workshop for those who would like to know more about being vegan, becoming a vegan or just learning which food place has the healthiest fast food. Come learn the benefits (health, financial and ecological) of a vegan lifestyle. Whether you're interested in totally changing your diet or just adding a few fruits and vegetables to a meal a week – this is the class for you. Useful websites and samples will be provided. And yes, vegans can eat animal crackers!

Day/Time: 6/23: Wednesday, 6:30-8:30pm  
Dates: 9/22: Wednesday, 6:00-8:00pm

### You Are What You Eat!

To experience vibrant health, vitality and energy, we need to eat those types of foods. As we age our bodies and minds begin to exhibit the signs of all the stress, processed food and other negative lifestyle choices we've encountered over the years. Now is the time to reverse the damage! Research has shown that eating a plant based diet may reduce the risk of heart attacks, diabetes, strokes and may also reduce the severity of some diseases. Dr. Oz, Dr. Ornish and Dr. Ellsworth Wareham

all talk about the benefits of a vegan diet. Dr. Wareham, who is 94, takes no medications and still operates on patients, is living proof it works. Come and learn about the simple changes you can make to incorporate fresh fruits and veggies into your eating plan. This is a fun, interactive class in which you will learn and taste what these doctors know and profess: that a plant based diet is the best plan for you to reform your own health!

Day/Time: Tuesday, 10am-Noon  
Date: 7/20

### Peanut Butter and Jelly Again?

If you and your child are tired of the same old thing day after day and you would like to send your child to school with some variety and healthier options – this is the class for you! Join us from some creative ideas on easy to prepare healthy lunches that won't end up being traded away for Twinkies. Childhood obesity has tripled in the last 30 years and the preliminary onset of childhood diabetes is reaching epidemic proportions. Combat that by learning ways to change the overall health of our most important resource – one lunch box at a time!

Day/Time: Saturday, 9-11am  
Date: 8/28

### AARP Mature Driving Course

Taught by Wayne Edwards, Certified Instructor

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

Location: Carmichael Park Clubhouse  
Day/Time: Monday and Tuesday, 9am-1pm  
Dates: 7/12 and 7/13  
Fee: \$12 AARP member  
\$14 non-member

### AARP Mature Driving Refresher Course

Taught by Wayne Edwards, Certified Instructor

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

Location: Carmichael Park Clubhouse  
Day/Time: Tuesday, 9am-1pm  
Dates: 8/10  
Fee: \$12 AARP member  
\$14 non-member

**Register Early!**