

Carmichael Recreation and Park District announces unique classes for 2018

The start of the new year brings fresh beginnings and aspirations to try something new. Have you checked out Carmichael Recreation and Park District's line up of adult class offerings? Register for one of our special interest classes in 2018. Upcoming Adult program offerings include Tennis (both Beginning & Intermediate), Tai Chi, Beginning Tap, a variety of Fitness classes, Jazz Dance, Cardio Dance and even Hoop Dance Workshops, to name a few. You can even sign up to get certified in First Aid and CPR and save a life. For more information on our upcoming class offerings or to register online visit <http://carmichaelpark.com/programs-classes/adult-senior-classes/>

Free after school activities on Tuesdays

The Carmichael Recreation and Park District, in partnership with the Kiwanis Club of Carmichael, is offering free after school activities for youth (ages 5-14) at Cardinal Oaks Park. Beginning Jan. 30 staff and volunteers will be at the playground every Tuesday from 3:30 to 4:30 p.m. with games, arts and crafts and sports. Kids are encouraged to come and get creative, get active, make some new friends and refuel with a healthy snack.

Cardinal Oaks is a beautifully developed park featuring plenty of grass, trees, a ball field, picnic table and playground. It's located on El Camino Avenue near Garfield Avenue, though it's best accessed from Kenneth Avenue across from Marvin Marshall Preschool and Children's Center.

All participants need to pre-register for the program, download the registration form at

<http://carmichaelpark.com/wp-content/uploads/2013/06/Registration-Form.pdf>.

How to register:

Register online at carmichaelpark.com. Click online registration and search Cardinal Oaks Park After School Activities.

Email: Your registration form to lsoffice@carmichaelpark.com

Fax your registration form to 483-7861

In person: At the La Sierra Community Center, 5325 Engle Road, Suite 100

President's Week Kids Camp

Come "rock out" at Kids Hang Out during President's week! The theme for President's week camp this year is The History of Rock 'N' Roll. Who says George Washington wouldn't have wanted to groove with Elvis, rock out with the Beatles or surf some waves to the tune of the Beach Boys?

Camp will run February 20-23 (Tuesday-Friday) from 7 a.m. To 6 p.m. Come and enjoy music-themed arts, crafts and games. Learn about bands and singers that shaped the world of music as we know it today. Use your newly learned rock 'n' roll skills to participate in karaoke, an air guitar battle, and a scavenger hunt.

How to register:

Online: carmichaelpark.com/programs-classes/kids-hang-out/

In person: At the La Sierra Community Center 5325 Engle Road, Suite 100

Phone: 916-483-7826

Fax at 916-483-7861

Carmichael Recreation and Park District recognizes longtime maintenance supervisor

If you've ever visited La Sierra Community Center for a program or event, chances are you've seen Maintenance Supervisor, Ron Shilliday on campus. After a 29 year career with Carmichael Recreation and Park District, Ron retired just a few days ago.

Originally hired as a Maintenance Worker I in 1988, Ron worked his way through the ranks and served as the Maintenance Supervisor- Facilities for the District for several years.

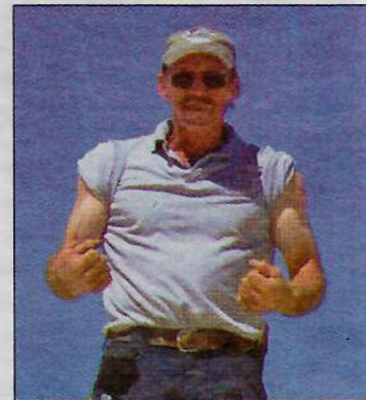
When asked about Ron's retirement and work with the District, Park Services Manager, Keith Maddison commented, "Ron and I have worked on countless projects for almost 30 years, there's so much we accomplished together...Ron was essential in the maintenance and opera-

tions of La Sierra Community Center. He will be missed."

When asked why Ron spent so many years doing what he did, he replied, "I wanted to help the community...provide safe spaces for the community to use parks and facilities. Over the years, I strived to do the best job I could with the resources I had available."

One of Ron's most fond accomplishments is the work that was put in at La Sierra. The overall remodeling and conversion of the high school to make it a functioning center for the District and community.

An avid golfer, Ron can be found out on the green and hopes to be able to spend more time golfing now that he has retired. He also enjoys woodworking and going to the theatre with his wife Kari. Ron



Carmichael Recreation and Park District recognizes Maintenance Supervisor Ron Shilliday for long-time career. Congratulations on the retirement!

hopes to explore some opportunities for volunteer service so he can keep his connection to the community and continue to give back. It was quite a run, Ron, you will be missed here in Carmichael! The District thanks you for your 29 years of service.