

CHICO AREA RECREATION AND PARK DISTRICT



JULY-DECEMBER 2016

NEW FITNESS

COMPUTER CLASSES / CELLPHONE CLASSES

TRIPS • DANCES | WHAT'S NEW
GAMES • EVENTS | to MEDICARE?

AND MUCH MORE!

(530) 895-4015



ChicoRec.com



2016 Healthy Aging Senior Expo



California Phones
(Free Phones)



Free Screenings



Free Flu Shots



Home Care Providers



Health Care Groups



Insurance Services



Thursday, October 6

9 AM – 1 PM • Lakeside Pavilion
2565 California Park Dr.

Interested vendors please call Lori Carr: 530-895-4015

SPONSORED BY



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Welcome to the *Echo*



Warmer summer days are upon us and Lakeside Pavilion is a great venue to beat the heat! Enjoy a delicious and nutritious lunch at our Lakeside Café, sign up for an exercise class, join us for classic and favorite movies, computer classes and more. Enjoy all these events in our air-conditioned facility while enjoying a magnificent view of the lake. Want to dance 'til you drop? Enjoy Senior Water Aerobics? You name it, we've got it. How about day trips or even longer tours and excursions? CARD has information fliers on all this and more and we invite you to visit our office at Lakeside Pavilion or the CARD office on Vallombrosa Avenue to learn more!

Special Events

FREE *Healthy Aging Senior EXPO 2016*

CARD, Enloe Home Health, Interim Health Care and Passages are presenting this free event offering a great opportunity to see the latest products and services, view demonstrations, participate in health screenings and gather information targeted for those age 50 and over. Educate yourself, family members and friends about the importance of prevention and maintaining good health for independence in your later years.

Please contact the Lakeside Pavilion Office for more details: 895-4015.

Date: Thursday, October 6
Time: 9:00 AM-1:00 PM
Location: Lakeside Pavilion, 2565 California Park Drive

Golden Grill

Enjoy a delightful lunch at the Lakeside Pavilion! The atmosphere is set for you to enjoy food and conversation with friends and take in the beautiful scenery of the lake. Stay and play Bingo after lunch. Please reserve a seat at least 10 days prior to the luncheon, payment is due at that time. For more information, call 895-4015.

Day	Date	Time	Fee
F	8/12	11:30 AM-12:30 PM	\$4
F	10/14	11:30 AM-12:30 PM	\$4
F	12/9	11:30 AM-12:30 PM	\$4

BINGO is from 12:30 to 1:30 PM. 5¢ per card/game

Would you like to volunteer?

Now is your chance! CARD offers a variety of ways that you or your business can donate time, talent, money or supplies. Are you passionate about parks here in Chico? Love to attend special events? Enjoy dancing? Give us a call to find out more: (530) 895-4711.
 Thank you for your continued support!

FREE *Classic Movie Series:*

Sponsored by North State Audiological Services, Crystal Chalmers, Au.D., Doctor of Audiology

Spend the afternoon with friends, a good movie, a bag of popcorn and a refreshing glass of lemonade—on us! We will be showing some great classics as well as some funny favorites. Lakeside Pavilion.

Day	Date	Time	Movie
Th	7/28	1:00 PM	From Here to Eternity
Th	8/25	1:00 PM	Divine Secrets of the Ya Ya Sisterhood
Th	9/22	1:00 PM	A League of Their Own
Th	10/27	1:00 PM	Harvey
Th	11/17	1:00 PM	Meet Me in St. Louis
Th	12/15	1:00 PM	Miracle on 34th Street

Lakeside Café

Join Passages and the Chico Area Recreation and Park District at the **Lakeside Café**. In this partnership, Passages and CARD are working together to bring an enticing hot lunch to our adult community at a grand location. All lunches are freshly made and carefully planned to tempt the palate and offer great nutritional value. You are invited to come by and enjoy lunch with new and old friends alike. Lakeside Café will host lunch for adults 60 and over for a requested donation of \$2.50. For those younger than 60, the cost of a meal is \$5.00.

Reservations are required 24 hours in advance; please call 530-898-4224.

Days: Monday-Thursday
Time: 12:00 PM
Location: Lakeside Pavilion, 2565 California Park Drive

**All donations directly subsidize the hot lunch program and are very important in our continuing effort to offer quality meals at an affordable cost.*

Dance

Fancy Feet Dance

Whether you're just beginning or a real pro, our beautiful dance floor is waiting for you to take a spin. As the music plays, reminisce of the old days—the Foxtrot, Waltz, Swing and many more! Don't miss this opportunity to dance and enjoy the company of others! No partner required!

Doors open 7:00 PM. All dances at the CARD Community Center. Ages 16+.

Day	Band	Time	Fee
1st T	DJ Miro	7:30-10:00 PM	\$7
2nd T	No Dance	—	—
3rd T	Cottonwood	7:30-10:00 PM	\$8
4th T	Charlie Robinson	7:30-10:00 PM	\$8
5th T	No Dance	—	—

Friday Night Fancy Feet

Scheduled for the 3rd Friday of each month, the Friday Night Fancy Feet Dance offers a dance class taught by Gloria Hylton at 6:30 PM. This class is included in the price of admission and, as usual, no partner is required! Doors open at 6:00 PM.

Day	Band	Time	Fee
3rd F	DJ Miro	7:30-10:00 PM	\$7

**Please call the Lakeside Pavilion office for updates and time changes.
Phone: 530-895-4015*



Classes

Fitness

Stretch and Tone

This slow-paced workout benefits the entire body from head to toe. The class includes low-impact stretching, strength building, and exercise bands. Instructor: Marci Andrews. Lakeside Pavilion. No class 9/5, 11/11, 11/25.

Course#	Day	Date	Time	Age	Fee
11099	MWF	7/6-7/29	8:00-9:00 AM	50+	\$22
110910	MWF	8/1-9/2	8:00-9:00 AM	50+	\$26
110911	MWF	9/7-9/30	8:00-9:00 AM	50+	\$24
39331	MWF	10/3-10/28	8:00-9:00 AM	50+	\$24
39332	MWF	10/31-12/2	8:00-9:00 AM	50+	\$24
39333	MWF	12/5-12/21	8:00-9:00 AM	50+	\$18

Course#	Day	Date	Time	Age	Fee
11094	MWF	7/6-7/29	9:15-10:15 AM	50+	\$22
11095	MWF	8/1-9/2	9:15-10:15 AM	50+	\$26
11096	MWF	9/7-9/30	9:15-10:15 AM	50+	\$24
39334	MWF	10/3-10/28	9:15-10:15 AM	50+	\$24
39335	MWF	10/31-12/2	9:15-10:15 AM	50+	\$24
39336	MWF	12/5-12/21	9:15-10:15 AM	50+	\$18

Tai Chi Chuan

Tai Chi Chuan is a perfect way to improve your balance, enhance body alignment, improve circulation, and achieve greater relaxation. Instructor: Barbara Alderson. CARD Community Center. Multi-Purpose Room. No Class 10/17.

Course#	Day	Date	Time	Age	Fee
16891	M/W	6/27-8/15	9:00-10:15 AM	50+	\$60
39831	M/W	9/19-10/31	9:00-10:15 AM	50+	\$55
39832	M/W	11/2-12/14	9:00-10:15 AM	50+	\$60

FUNctional Fitness!

An engaging low-impact, chair-based program designed to provide a full body workout. Exercises will be done standing and/or seated based on individual ability levels. Participants will engage in aerobic movement choreographed to music, focusing on balance and coordination challenges, strength/endurance training utilizing stretch bands, light weights, and body weight resistance, flexibility and relaxation. AFAA certified instructor: Annette Mathews. Lakeside Pavilion.

Course#	Day	Date	Time	Age	Fee
16925	T/Th	7/12-7/28	11:00-11:50 AM	55+	\$20
16921	T/Th	8/9-9/1	11:00-11:50 AM	55+	\$25
16922	T/Th	9/6-9/29	11:00-11:50 AM	55+	\$25
39601	T/Th	10/4-10/20	11:00-11:50 AM	55+	\$20
39602	T/Th	11/1-11/17	11:00-11:50 AM	55+	\$20
39603	T/Th	11/29-12/15	11:00-11:50 AM	55+	\$20

Gentle Integral Yoga

Do you want all the health benefits of yoga at a slower and gentler pace? This class is suitable for beginners, seniors, or anyone who is interested in a slower-paced class. You will receive in-depth instruction on yoga postures, breathing practices, meditation, and deep-relaxation. Wear loose clothing, bring a towel or mat and refrain from eating for 2 hours prior to class. Instructor: Tulya McLaughlin. CARD Community Center, Room 1 & 2.

Course#	Day	Date	Time	Age	Fee
16263	T/Th	7/5-7/28	9:30-10:45 AM	14+	\$52
16264	T/Th	8/2-8/25	9:30-10:45 AM	14+	\$52
16267	T/Th	7/5-7/28	11:00 AM-12:15 PM	14+	\$52
16268	T/Th	8/2-8/25	11:00 AM-12:15 PM	14+	\$52

**Check ChicoRec.com for additional dates.*

Senior Aqua Aerobics

Fitness is a splash with Senior Aqua Aerobics! Join our fun and invigorating low-impact aquatic exercise class. Known as the “social pool party,” Aqua Aerobics gives new meaning to the idea of a refreshing workout. Integrating the Aerobics philosophy with traditional aquatic fitness blends it all together into a workout that’s cardio-conditioning, body-toning and most of all, fun and exhilarating beyond belief! Pleasant Valley Pool, 2320 North Avenue.

Course#	Day	Date	Time	Age	Fee
35871	F	7/15-8/12	8:30-9:30 AM	55+	\$25

Aqua Yoga

Combining the benefits of stretch, relaxation, and deep breathing with buoyancy and water resistance. No prior yoga experience or swimming knowledge needed. Increase your range of motion and relaxation using the benefits of warm water. Aqua yoga is great exercise for people with joint issues, injuries, or arthritis. Start your day with a soothing, yet invigorating, workout. Chico Sports Club, 260 Cohasset Rd. No class 7/4, 9/5, 11/25 & 12/26.

Course#	Day	Date	Time	Age	Fee
17223	MWF	7/1-7/29	7:45-8:30 AM	18+	\$60
17224	MWF	8/1-8/26	7:45-8:30 AM	18+	\$60
17225	MWF	9/2-9/30	7:45-8:30 AM	18+	\$60
17226	MWF	10/3-10/31	7:45-8:30 AM	18+	\$60
17227	MWF	11/4-11/30	7:45-8:30 AM	18+	\$60
17228	MWF	12/2-12/30	7:45-8:30 AM	18+	\$60

Computers

Introduction to Computers, Level I

This class teaches basic computer operation from the start. Learn about mouse operation, the keyboard, saving files, icons, menus, and more during this class. Bring a friend and sign up together. Have fun on your new adventure into the computer world. **Students must bring their own laptop and power cord to every class.** This class is taught on laptop computers with Windows operating systems and is *not* suitable for Apple users. Instructor: Bill Bowler. Lakeside Pavilion.

Course#	Day	Date	Time	Age	Fee
15781	M	7/11-8/15	1:00-2:15 PM	50+	\$60

Introduction to Computers, Level II

This is a great class for those people with a little computer knowledge. Learn more about the programs you have on your computer, the internet, and e-mail. We will tap into your level of computer knowledge and move on from there. This class will pick up where you left off and move you forward to your next goal. It's time to start enjoying your laptop again. **Students must bring their own laptop and power cord to every class.** This class is taught on laptop computers with Windows operating systems and is *not* suitable for Apple users.

Instructor: Bill Bowler. Lakeside Pavilion.

Course#	Day	Date	Time	Age	Fee
4053	M	9/12-10/17	1:00-2:15 PM	50+	\$60

iPhone/Smartphone, Level I

Have you ever wondered what your phone can do beyond making a call? In this class you will learn how to use some of the features in your phone including: navigation, using the camera/video feature, and more! Instructor: Bill Bowler. Lakeside Pavilion.

Course#	Day	Date	Time	Age	Fee
4270	M	7/11-7/25	2:30-3:45 PM	18+	\$30



iPhone/Smartphone, Level II

So you're comfortable with the basic features of the iPhone/Smartphone. What about shortcuts in texting, placing pictures in a message, or finding and loading apps? Learn valuable tips in this class to get even more from your phone. Instructor: Bill Bowler. Lakeside Pavilion.

Course#	Day	Date	Time	Age	Fee
5422	M	8/1-8/15	2:30-3:45 PM	18+	\$30

Photos/Clipart on Computers

This class is offered for those who are interested in using the internet to get clipart or pull photos from your phone, transferring to your computer and then using them for greeting cards, menus, invitations, flyers, etc. This class will also introduce you to favorable websites and show you how to easily search for the images you want. A great class for people with some computer knowledge! **Bring your laptop and power cord to each class.** This class is taught on laptop computers and is *not* suitable for Apple users. Instructor: Bill Bowler. Lakeside Pavilion.

Course#	Day	Date	Time	Age	Fee
5423	M	9/12-10/17	2:30-3:45 PM	18+	\$60

Lectures & Workshops

FREE

Welcome to Medicare:

For Boomers or Others New to Medicare

Are you becoming eligible for Medicare? Confused about Part A, Part B, Part C and Part D? Are you still working and don't know if you should join Medicare? If you have any questions about Medicare, you don't want to miss this meeting. The Health Insurance Counseling and Advocacy Program (HICAP) at Passages will present an informational forum for those who are new to Medicare or want to learn more about it. HICAP is the federally funded State Health Insurance Assistance Program (SHIP). You may register by email through passageshicap@csuchico.edu or by calling HICAP at 1-800-434-0222. Lakeside Pavilion.

Day	Date	Time	Fee
Th	7/14	10:00 AM-12:00 PM	Free
Th	8/11	10:00 AM-12:00 PM	Free
Th	9/8	10:00 AM-12:00 PM	Free
Th	12/8	10:00 AM-12:00 PM	Free

FREE

What's New to Medicare 2017?

The 2016 Annual Election Period to select your Medicare plans (Part D drug plans and Part C Medicare Advantage plans) for 2017 begins on Oct. 15 and ends Dec. 7, 2016. Passages Health Insurance Counseling & Advocacy Program (HICAP) is providing helpful free Medicare workshops. Registration is required by calling 898-6716. Family members or caregivers are welcome to attend. Medicare's Annual Election Period is only for a short time. Seating is limited. Lakeside Pavilion.

Day	Date	Time	Fee
Th	10/13	10:00 AM-12:00 PM	Free
Th	11/10	10:00 AM-12:00 PM	Free

AARP Mature Driving Classes

The AARP Driver Safety Program is the nation's first and largest classroom refresher course for drivers aged 50 and older. This class is offered by AARP each month. Completion certification is good for 3 years and provides insurance discounts to most companies. Bring your current AARP card when you register and receive a discount on your class fee. CARD Community Center.

Course#	Day	Date	Time	Fee
11354	M/T	7/11 & 7/12	9:00 AM-1:00 PM	\$25
11356	M	9/12*	9:00 AM-1:00 PM	\$25
36101	M/T	10/3 & 10/4	9:00 AM-1:00 PM	\$25
36102	M	11/7*	9:00 AM-1:00 PM	\$25
36131	M/T	12/5 & 12/6	9:00 AM-1:00 PM	\$25

**Returning students only*



FREE "Avoiding the Crisis"

From Hospital to Home

Do you know what your options are if you or a loved one is discharged from the hospital and needs temporary or permanent care? Do you know what services are available and what expenses may occur? Let us help you navigate through the healthcare system. You will learn "good-to-know" information from speakers representing short- & long-term rehabilitation, home health & hospice, senior living facilities, personal care in your home and how each intertwine to provide the best care for you. All this and much more, so you're prepared before a crisis!

Day	Date	Time	Location	Fee
T	8/9	6:30-8:00 PM	CARD Community Center	Free
Th	11/3	10:00-11:30 AM	Lakeside Pavilion	Free

FREE Surviving & Thriving

Attend a FREE class with 8 weekly sessions designed for men and women who have or want to assist people who have suffered unwelcome change, loss or turmoil and are seeking to enhance their outlook on life. In a safe, casual and non-judgmental environment, discussions and presentations will be offered on surviving life's challenges and developing a positive and thriving outcome. Interaction is encouraged, but not required. Instructor: Gerald Darling. CARD Community Center.

Day	Date	Time	Fee
Th	6/23-8/11	6:00-7:30 PM	Free
Th	9/22-11/17	6:00-7:30 PM	Free

CARD Lending Library

CARD has a lending library at the Lakeside Pavilion. There are many varieties of books for you to enjoy. Please take a book to read and return it when you are finished so others may enjoy as well.

We gladly accept donations!

Special Interest

FREE Pickleball

Pickleball is the fastest-growing sport in the United States, and CARD has courts available for all ability levels! Pickleball is a combination of badminton, tennis, and table tennis played with paddles and a wiffle ball. CARD courts are located at Community Park on MLK Drive off of 20th Street. Court times vary depending on location. Beginners are welcome, but should plan to come closer to 11:00 AM.

Day	Date	Time	Fee
MWF	Ongoing	9:00-11:00 AM	Free

*Call CARD or check ChicoRec.com to confirm Pickleball court times.

FREE Enloe P.A.W.S. Volunteer Program and Pet Partners

Is your dog reliable, controllable and predictable? Are you friendly and enjoy visiting with people? Did you know that you can volunteer with your dog? The Enloe P.A.W.S. (Pets Assisting With Service) volunteer teams provide joy, comfort, and diversion to patients, family, and staff members throughout the hospital setting. Volunteers and their pet(s) improve emotional well-being in the form of the dog's unconditional love and acceptance.

Please join us for an information session to learn about how you and your pet can start the process to becoming a Pet Partners team, the benefits of pet visits & how to volunteer at Enloe Medical Center! Volunteering with your pet provides benefits to YOU as well! It's good for the mind, body and soul. CARD Community Center

Day	Date	Time	Fee
W	8/17	10:00-11:30 AM	Free

PASSAGES

Having trouble paying for your Medicare...

➤ Premium, co-pays, and prescription drug costs?

Find out if you are eligible for help

Call **PASSAGES HICAP**
and find out how to apply

**1-800-434-0222 or
1-800-822-0109**

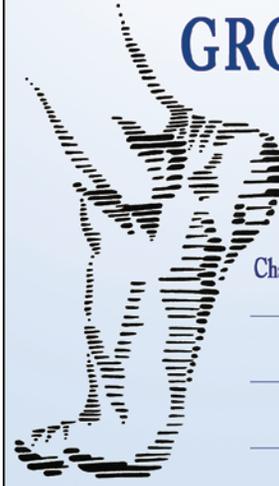
www.passagescenter.org



LOCAL HELP FOR PEOPLE WITH MEDICARE

This advertisement has been created by PASSAGES HICAP (Health Insurance Counseling & Advocacy Program) with financial assistance through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency.

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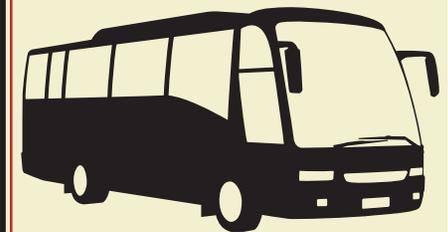
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FREE *Shakespeare Video Lectures and Plays*

Learn a set of interpretive tools that give direct insight into Shakespeare's plays. One week we will watch a video lecture from the Great Course Company on a Shakespeare play. The following week, we will watch a video version of the play from the BBC. Faith Lutheran Church (Parish Hall), 667 E. 1st Ave.

Day	Date	Time	Fee
W	6/1-8/24	10:00 AM-12:30 PM	Free

FREE *Walk with a Doc*

Walk with a Doc is led by a doctor affiliated with Enloe Medical Center. The walks start out with a health-inspiring message from the physician, then participants (along with the doctor) walk laps around the park for 40-45 minutes. Each month, a doctor from a different specialty leads the walk, bringing a unique health message. Participants are encouraged to walk a minimum of 30 minutes, five days a week, tracking their time on a walking log, then bring their walking log to the next Walk with a Doc to be entered into a monthly prize drawing. All walks are from 8:00-9:00 AM.

Day	Date	Location
Sa	7/2	Hooker Oak Park
Sa	8/6	Baroni Park

Have extra time?

We are looking for volunteers to assist with our many programs and are hoping that you have some time to give. We have many areas and opportunities where you can make your talents shine.

Please contact us at (530) 895-4015.

Drop In Games

Are you a CARD player? We offer weekly games of Pinochle, Bridge and Bingo. The relaxed atmosphere and light snacks make for an enjoyable afternoon. Drop in players welcome; come early to get your spot.

Party Bridge

Day	Time	Location	Age	Fee
W	12:30-4:00 PM	Lakeside	50+	\$1 + \$.25 table fee

Pinochle

Day	Time	Location	Age	Fee
M	1:00-4:00 PM	Lakeside	50+	\$1
F	7:00-9:00 PM	Comm. Center	50+	\$1

Bingo

Day	Time	Location	Age	Fee
M	10:00-11:30 AM	Lakeside	50+	\$.05 per card/game

Thank you to "Denny's" for their sponsorship of Monday bingo! Drop in at Monday Bingo and have a chance to win a complimentary pass to breakfast, lunch or dinner.



Legal Assistance

Passages and Legal Services of Northern California provide free legal assistance for seniors 60+ the first and third Thursday of every month from 9:00 AM to 12:00 PM at Lakeside Pavilion. Call Passages to schedule an appointment at 530-898-5923.

Grandmother's Club

The Grandmother's Club meets on the first Thursday of each month from 11:00 AM to 2:30 PM. This lively group is a social club and welcomes all interested grandmothers to join their monthly potluck luncheons and enjoy the companionship of long-time members. Raffles and bingo are just a few of the fun-filled activities. CARD Community Center, 545 Vallombrosa Ave.

Trips & Tours

A detailed flyer for each trip is available on our website, at the CARD office or Lakeside Pavilion.

Day Trips

Refund provided only if seat is resold.

Whale Watching

Enjoy overnight accommodations at the 5-star Hotel “Victorian Inn” in Monterey, a 17-mile drive, hosted breakfast and a 3-hour whale watching cruise. Free time for shopping at Cannery Row and Fisherman’s Wharf. **Must register by 8/15.**

Course#	Day	Date	Fee
2868	Su-M	9/18-19	\$315 per person, double \$415 per person, single



USS Potomac (Oakland)

Take a 2-hour narrated Bay Cruise aboard the Presidential Yacht, the Potomac. After the cruise, spend time exploring Jack London Square. **Must register by 8/31.**

Course#	Day	Date	Fee
2867	Sa	9/24	\$130

Apple Hill

Spend the afternoon touring the Apple Hill area near Placerville, enjoy the High Hill Ranch’s famous baked chicken lunch with fresh apple pie. Start your Christmas shopping early at the many crafts and vendor booths.

Course#	Day	Date	Fee
2869	T	10/11	\$70

Holiday Shopping in San Francisco

Tis the season to shop! Enjoy the sights and sounds of the holiday season when we head to San Francisco. Shop at Nordstrom’s, Macy’s and several other stores.

Course#	Day	Date	Fee
3497	Sa	12/3	\$60

Woodland Opera House “A Christmas Story”

“You’ll shoot your eye out” is the consistent response to Ralphie Parker’s Christmas wish for a Red Ryder BB gun in this family Christmas classic.

Course#	Day	Date	Fee
12707	Su	12/11	\$89

Coming Soon!

“The Sound of Music” in October 2016

“Phantom of the Opera” in May 2017

Contact us at (530) 895-4015 or visit www.ChicoRec.com to check on the status of these two trips.

Overnight Excursions

Enjoy one of our overnight excursions! We are sure you will find something for your sense of adventure. A detailed flyer for each trip is available at the CARD office, Lakeside Pavilion, or visit us online at www.chicorec.com. Refund details are different for each trip.

San Antonio Holiday (Premier World Discovery)

Highlights of this tour include a San Antonio City Tour, San Jose Mission, Alamo, Riverwalk Cruise, LBJ Library, Fiesta de la Luminarias and more. A deposit of \$300 per person is due at time of registration; final payment is due by 9/9/16. **\$100 booking discount per person if booked by 7/31/16.**

Course#	Day	Date	Fee
2956	W-Su	11/30-12/4	\$1830 per person, double \$2455 per person, single

Music Cities Christmas (Premier World Discovery)

Highlights of this tour include Graceland, Grand Old Opry at the Ryman, Branson City Tour, Holiday Dinner and Show at the Gaylord Opryland Resort, 2 nights in Branson, 2 nights in Nashville at the Opryland Resort and much more! A deposit of \$300 per person is due at time of registration; final payment is due by 9/9/16. **\$100 booking discount per person if booked by 7/31/16.**

Course#	Day	Date	Fee
2957	F-W	12/2-12/7	\$2355 per person, double \$2905 per person, single

New Year's in Nashville (Talbot Tours)

Highlights of this tour include: New Year's Eve party on the General Jackson Showboat, Country Music Hall of Fame, Johnny Cash Museum and more! A deposit of \$250 per person is due at time of sign-up. Final payment due by 11/1/16.

Course#	Day	Date	Fee
2958	F-T	12/30-1/3	\$2245/\$2395 per person, double \$2695/\$2995 per person, single

Rose Parade and New Year's Eve (Talbot Tours)

Join us for the 128th annual Tournament of Roses Parade with reserved grandstand seating and an exclusive New Year's Eve party! Tour options include choice of Regan Presidential Library with lunch and VIP tour at Warner Bros. Studio, see the floats in their final stage of preparation, Universal Studios, a day on Catalina Island or a day in Long Beach and the Aquarium of the Pacific. A deposit of \$250 per person is due at time of sign-up. Final payment due by 11/1/16.

Course#	Day	Date	Fee
2959	F-T	12/30-1/3	\$2295 per person, double \$2640 per person, single

Highlights of San Diego and Mexican Riviera Cruise (Premier World Discovery)

Highlights of this trip include two nights in San Diego, San Diego City Tour, La Jolla, 7-night Cruise aboard the Norwegian Jewel, Cabo San Lucas, Mazatlán, Puerto Vallarta and three days at sea. A deposit of \$500 per person is due at time of registration; final payment is due by 9/9/16.

Course#	Day	Date	Fee
2960	Th-Sa	1/5-1/14	\$2095-\$2695 per person, double, depending on cabin \$2745-\$3945 per person, single, depending on cabin

Travel Expos

Mark your calendars! You won't want to miss this slideshow presentation on many of our overnight excursions. Refreshments and raffle prizes – bring a friend! Located at Lakeside Pavilion.

*Tuesday, August 9 at 10 AM (Premiere World Discovery)

*Thursday, September 8 at 2 PM (Talbot Tours)

CARD Facilities



CARD Community Center

545 Vallombrosa Avenue • 895-4711



Dorothy F. Johnson (DFJ) Neighborhood Center

775 East 16th Street



Pleasant Valley Recreation Center

2320 North Avenue



Lakeside Pavilion

2565 California Park Drive • 895-4015

CARD Parks

Baroni Park, 31 Baroni Drive

Community Park, 1900 Dr. MLK, Jr. Parkway

Community Park Field House, 1900 Dr. MLK, Jr. Parkway

DeGarmo Park, 199 Leora Court

Dorothy F. Johnson Center Park, 775 East 16th Street

Hooker Oak Park, 1928 Manzanita Avenue

Hancock Park, Marigold Avenue & Middletown Avenue

Humboldt Skate Park, 1197 Humboldt Avenue

Oak Way Park, 1510 West 8th Avenue

Peterson Park, 300 Denali Drive

Rotary Park, 210 West 16th Street

Sycamore Field, One Mile Area, Bidwell Park

Wildwood Park, 1850 Manzanita Avenue

Customer Satisfaction Guaranteed

At the Chico Area Recreation and Park District, we are constantly striving to provide you with quality recreation programs. We are confident that you will like these programs... so confident that we will ensure our promise to provide that high quality. If for any reason you are not completely satisfied with the quality of our programs or instructors, we encourage you to contact us immediately so we can work to resolve your concern and improve the quality of our programs for all participants.

If you are not completely satisfied, contact us and we will arrange for you to do one of the following.

1. Repeat the program at no charge.
2. Receive full credit that can be applied to any other program.
3. Receive a full refund.

Currently, this guarantee applies to all of our programs except Adult Leagues, Facility Rentals, Trips and Tours, and all grant/scholarship funded programs. These programs have specific policies that apply. Your complete satisfaction with these programs is equally valued, and we will work with you to resolve your concerns.

To receive a credit, repeat a program, or obtain a refund, please contact us in writing, by phone, by email, or in person. Requests must be made within ten (10) business days after the last program meeting. Your receipt, cancelled check or proof of I.D. may be required. Refund checks will be processed within fifteen (15) business days.

Cancellation Policy

In the event CARD needs to cancel a class or program due to low enrollment, inclement weather, or any other unforeseen circumstance, you will receive a full refund of the registration fee. We understand that unexpected circumstances may also arise resulting in a need for you to withdraw from a class or program. If so, please notify us prior to the first day of the class, and you will receive a full refund. Unfortunately, due to the nature of some of our programs, there are some exceptions. Please refer to the program for additional information and exceptions. Requests for refunds or transfers may be made in person, by email or by phone. Your receipt, cancelled check or proof of identification may be required. Refund checks will be processed within fifteen (15) business days.

Americans with Disabilities Act

Pursuant to the Americans with Disabilities Act, The Chico Area Recreation and Park District will make reasonable efforts to accommodate persons with disabilities in the provision of District services, programs or activities. If you require special accommodation in order to participate in a District park or recreation program, please let us know when you register.

Photo Release

The Chico Area Recreation and Park District (CARD) reserves the right to photograph facilities, activities and program participants for potential future use in advertising brochures and CARD'S web page. All photos will remain the property of CARD.

SEE PAGE 5
FOR MORE DETAILS

BROUGHT TO YOU BY CARD AND PASSAGES:

Lakeside CAFE



ENJOY LUNCH WITH
NEW AND OLD
FRIENDS!

MONDAY
THRU
THURSDAY

Reservations are
required,
please call 898-4224



Chico Area Recreation and Park District
545 Vallombrosa Avenue
Chico, CA 95926

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- **Pinochle**
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- **Happy Hours with Live Entertainment**
- **Wii**
- **Bocce Ball**
- **Putting Green**
- **Walking Paths**
- **Pool Table**
- **Shuffle board**
- **Tai Chi**
- **Restaurant Outings**
- **Horseshoes**
- **Garden**
- **Outings to Plays/Theaters/ Museums**
- **Anytime Dining**



SycamoreGlen
Active Senior Community
www.sycamoreglen.com



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