

ARDEN PARK

RECREATION AND PARK DISTRICT



Fall & Winter Activity Guide

2021-2022





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getting a loan, or refinancing, let me know.



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Broker

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BOARD OF DIRECTORS

- DAVE DEFANTI - CHAIR
- BILL ANDREWS
- RICHARD HELTZEL
- MATT ROSS
- NICOLE SWANSON

DISTRICT STAFF

- COLIN MILLER - GENERAL MANAGER
- MIRANDA ELLIS - RECREATION SUPERVISOR
- PHILLIP HASEMEIER - PARKS SUPERVISOR
- DARCIE MAEESOMY - PROGRAM COORDINATOR
- WILL BURR - MAINTENANCE WORKER II
- RONALD MADRIZ - MAINTENANCE WORKER

SECURITY PARTOL

- CALIFORNIA SECUIRT AGENCY: 916-550-8212
- SACRAMENTO SHERIFF'S DEPARTMENT: 916-876-5700

Arden Park Recreation & Park District reserves the right to photograph facilities, activities, and program participants for promotional use. All photos remain the property of Arden Park.

A NOTE FROM OUR GENERAL MANAGER:

by Colin Miller

Welcome to our Fall/Winter Activity Guide! We have a lot to offer over the next few months and hope to see you here. This is our first guide in over a year, and we are excited to get back to doing what we do (he says hopefully).

I want to take a minute to recognize my staff for their performance during the COVID shutdown and beyond. Our maintenance staff kept our parks open, clean, and safe for our residents to use as a respite from being locked up inside their homes. Hats off to Park Supervisor Phillip Hasemeier and Maintenance Workers Will Burr and Ronald Madriz.

Our recreation team put together a number of cool programs encompassing everything from take home themed craft kits, Music Through the Park, online preschool, co-horted day camps, and a distance learning hub which served students for the entire school year last year. Huge thanks to Recreation Supervisor Miranda Ellis and Program Coordinator Darcie Maesomy for their work on these projects.

We have some exciting things on the horizon as well. You will hear more about those soon and hopefully, big things are going to happen. Stay tuned.....

DISTRICT OFFICE

ADDRESS: 1000 LA SIERRA DRIVE
SACRAMENTO, CA 95864

PHONE: 916-483-6069

HOURS: MONDAY-FRIDAY 8:00AM-5:00PM
REGISTRATIONS 8:30AM-4:30PM

WEBSITE: WWW.APRPD.ORG

PARK LOCATIONS

ARDEN PARK: 1000 LA SIERRA DRIVE
SACRAMENTO, CA 95864

CRESTA PARK: 4033 CRESTA WAY
SACRAMENTO, CA 95864

BOARD MEETINGS

The Arden Park Recreation & Park District Board of Directors meet on the 3rd Tuesday of the month at 7PM at the Arden Park Community Center. Meetings are open to the public and the agenda is posted 72 hours prior online and in the district office.

REGISTRATION

Registration for Arden Park programs is available online 24/7 and in-person at the District Office during business hours. Refunds are issued only if the program is cancelled by the district.

FACILITY RENTAL INFORMATION

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Celebrating a birthday, baby shower, family reunion, or hosting a business meeting? Come rent the Arden Park Community Center! Perfect for entertaining, the Community Center has a utility kitchen, tables, and chairs. We also have picnic areas available to rent at both Arden Park and Cresta Park with BBQ pits and picnic tables for a fun day in the park. Interested in renting at either Cresta or Arden Park? Contact us for more information!

ARDEN PARK COMMUNITY CENTER

SPECIAL EVENT RENTALS

DESCRIPTION: FRI-SUN EVENTS, NON-BUSINESS HOURS

FEE: \$200/RESIDENT - \$55/ADDITIONAL HOUR

\$330/NON-RESIDENT - \$85/ADDITIONAL HOUR

4 HOUR BLOCK MINIMUM

BUSINESS MEETING RENTALS

DESCRIPTION: MON-THURS, BUSINESS HOURS

HOURLY FEE: \$30/RESIDENT

\$50/NON-RESIDENT

2 HOUR BLOCK MINIMUM

ROOM CAPACITY: 185 PEOPLE SEATED, 85 DINING

ROOM SIZE: 22' X 60' - 1,320 SQUARE FEET

KITCHEN SIZE: 7' X 11' - 77 SQUARE FEET

KITCHEN AMENITIES: REFRIGERATOR, SINK, MICROWAVE



PICNIC AREAS

ARDEN PARK COVERED PICNIC AREA

CAPACITY: 50 PEOPLE

FEE: \$130/RESIDENT

\$170/NON-RESIDENT

ARDEN PARK ENTIRE PICNIC AREA

CAPACITY: 150 PEOPLE

FEE: \$255/RESIDENT

\$345/NON-RESIDENT

TRELLIS PICNIC AREA

CAPACITY: 40 PEOPLE

FEE: \$90/RESIDENT

\$150/NON-RESIDENT

SOFTBALL PICNIC AREA

CAPACITY: 50 PEOPLE

FEE: \$60/RESIDENT

\$130/NON-RESIDENT

CRESTA PARK PICNIC AREA

CAPACITY: 50 PEOPLE

FEE: \$105/RESIDENT

\$150/NON-RESIDENT



A San Juan Unified
School District
FREE Personalized
Learning Public
Charter School

Serving Grades 6–12

A black and white photograph of a diverse group of students in a classroom. In the foreground, a young man on the left and a young woman on the right are looking towards the camera. Behind them, other students are visible, some looking at books or papers.

An Extraordinary Choice

What Makes Choices Charter School Extraordinary?

- > Serving Grades 6-12
- > 100% FREE Education
- > Programs Offered:
 - Blended Classroom and Virtual Learning*
 - Traditional Independent Study*
 - 5th Year High School*
- > Small Class Sizes - 5 to 20/class
- > Business & Finance Career/Technical Education Pathway
- > CTE Courses in Coding, Robotics and Drone Aviation Program
- > Small, Quiet and Safe Campus
- > Extensive Music And Art Program:
 - piano, guitar, percussion, choir,*
 - film/media, painting & drawing*
- > **FREE** Tutoring In All Subjects - 5 Day/Wk
- > 24hr access to student information:
 - grades, curriculum, and class information*
- > Extracurricular clubs and on-campus activities
- > Elective classes offered on campus and virtually
- > Calm And Respectful Environment

CHOICES CHARTER SCHOOL

4425 Laurelwood Way, Sacramento, CA 95864

916 979 8378

Register On Our Website For An Information Session

Open Enrollment Throughout The School Year

www.choicescharter.org

ARDEN PARK PRESCHOOL 2021-2022

LEARN & SOCIALIZE IN A FUN & CREATIVE ENVIRONMENT!

Welcome to Arden Park Preschool! Our preschool is a recreational-based program located at Arden Park. Our students participate in music, arts and crafts, cooking, story time, circle time, show and tell, indoor and outdoor play, and more. Our preschool teachers encourage the students to gain independence and self-confidence while learning valuable social-emotional skills.

MONDAY/WEDNESDAY/FRIDAY CLASS

The Monday/Wednesday/Friday class prepare for Kindergarten with activities in reading readiness, early math concepts, the alphabet, and writing their name. All children must be fully potty trained and able to wear a mask successfully during the full preschool day.

TEACHERS: MISS KAMI, MISS CATHY,
& MISS DARCIE

AGES: 4 YEARS - SCHOOL AGE BY
SEPTEMBER 1, 2021

TIMES: 9AM - 12PM

DATES: SEPTEMBER 8, 2021 - MAY 27, 2022

MONTHLY FEE: \$200/RESIDENT, \$250/NON-RESIDENT



TUESDAY/THURSDAY CLASS

The Tuesday/Thursday class concentrates on socialization with their peers, following directions, and learning structure within a classroom setting. All children must be fully potty trained and able to wear a mask successfully during the full preschool day.

TEACHERS: MISS KAMI, MISS CATHY, & MISS DARCIE

AGES: 2 YEARS 9 MONTHS - 3 YEARS 11 MONTHS
BY SEPTEMBER 1, 2021

TIMES: 9AM - 12PM

DATES: SEPTEMBER 7, 2021 - MAY 26, 2022

MONTHLY FEE: \$160/RESIDENT, \$180/NON-RESIDENT

BABY MOVEMENT & BALLET

This class is perfect for the budding baby dancer! We introduce young children to the wonderful world of movement and ballet through story, make believe and music. Basic ballet steps will be taught in an age appropriate way.

AGES: WALKING-3 YEARS

DAY: WEDNESDAYS

TIME: 9-9:30AM

FEE: \$44/MONTH

DATES: SEPT. 1-22, OCT. 6-27, NOV. 3-DEC. 15
(NO CLASS 11/24, 6 WEEKS \$66) JAN. 5-26,
FEB. 2-16 (NO CLASS 2/23, \$33)



PRE-BALLET

For children who love to dance, this pre-ballet class will teach the basics of the genre! Beginning techniques, movements and proper terminology will be implemented. Students will focus on rhythm, posture, flexibility and coordination. Please dress girls in pink tights, black leotard (without a skirt) and pink leather ballet slippers. Boys please come in black shorts, white t-shirt and black leather ballet slippers.

AGES: 3-6 YEARS

DAY: WEDNESDAYS

TIME: 9:30-10:15AM

FEE: \$44/MONTH

DATES: SEPT. 1-22, OCT. 6-27, NOV. 3-DEC. 15
(NO CLASS 11/24, 6 WEEKS \$66) JAN. 5-26,
FEB. 2-16 (NO CLASS 2/23, \$33)

MUSIC WITH MISS EMMA

NEW

Miss Emma is passionate about empowering the youngest humans through musical education. She facilitates open-ended experiences, inviting children and families to celebrate who they are. Bring your instruments and scarves every Monday to sing, dance, and create joy with your children.

AGES: 0-5 YEARS

DAY: MONDAYS

DATES: OCTOBER 4 - DECEMBER 13

TIME: 10:30-11:15AM OR 11:15AM-12PM

FEE: \$165/FAMILY



ARDEN PARK EXPLORERS 2021-2022

BEFORE SCHOOL, AFTER SCHOOL, AND SCHOOL BREAK CARE

BEFORE SCHOOL EXPLORERS

Kids have a fun and safe place to hang out before school begins! The Before School Explorers program is limited to 7 students. Masks are required for all participants, parents, and staff. Transportation to Mariemont Elementary from the before School Program is provided every day. We only transport students to Mariemont.

AGES: KINDER-5TH GRADERS

TIMES: MONDAY-FRIDAY, 7-8:30AM

DATES: AUGUST 12, 2021-JUNE 7, 2022

LOCATION: ARDEN PARK ROOM B

FEE: RESIDENTS: \$7.50/DAY OR

NON-RESIDENTS: \$10/DAY

WITH A MONTHLY FINANCIAL COMMITMENT



AFTER SCHOOL EXPLORERS

Looking for an after school program? Come check out the After School Explorers program! We provide homework help, lead sports/games, crafts, STEM activities and more. We follow the San Juan Unified School District schedule and are open on minimum days. Transportation from Mariemont Elementary is available for an additional fee. We only transport students from Mariemont.

AGES: KINDER-5TH GRADERS

NON-TRANSPORTATION RESIDENTS: \$15.25/DAY OR

TIMES: MON/TUE/WED/FRI: 3-6PM

FEE: NON-RESIDENTS: \$17/DAY

THURSDAYS: 1:45-6PM

TRANSPORTATION RESIDENTS: \$18/DAY OR

DATES: AUGUST 12, 2021-JUNE 7, 2022

FEE: NON-RESIDENTS: \$20/DAY

LOCATION: ARDEN PARK ROOM B

WITH A MONTHLY FINANCIAL COMMITMENT

ALL DAY EXPLORERS

Need help on those random days off your kids get at school? We got you covered! All Day Explorers provides care on the non-instruction days at San Juan Unified School District. Max 45 participants.



AGES: KINDER-5TH GRADERS

TIMES: 7AM-6PM

FEE: RESIDENTS: \$40/DAY OR NON-RESIDENTS: \$45/DAY

LOCATION: ARDEN PARK ROOM B

DATES: OCTOBER 8, 2021, NOVEMBER 12, 2021,
JANUARY 3, 2022, MARCH 18, 2022, MARCH 21, 2022

ARDEN PARK EXPLORERS 2021-2022

SEASONAL CAMPS

THANKSGIVING BREAK COOKING CAMP

School is out for Thanksgiving Break! Sign your child up for a jam-packed 3 days of exciting culinary camp fun. Our awesome staff will teach the kids how to cook fun food, they will play a variety of Thanksgiving themed games, create cool crafts, and STEM projects!

AGES: KINDER-5TH GRADERS

TIMES: MONDAY-WEDNESDAY, 7AM-6PM

DATES: NOVEMBER 22-24, 2021

LOCATION: ARDEN PARK ROOM B

FEE: RESIDENTS: \$120 OR NON-RESIDENTS: \$135



LOOKING FOR A LOCAL SPORTS CLUB?

ARDEN PARK SOCCER CLUB

WEBSITE: APSOCCER.ORG

ARDEN LITTLE LEAGUE

WEBSITE: ARDENLITTLELEAGUE.COM

ARDEN PARK SWIM TEAM

WEBSITE: APDOLPHINS.ORG

PRESIDENTS' BREAK SCIENCE CAMP

It's Presidents' Week and Arden Park is ready to try out new science experiments! These exciting 3 days of camp are filled to the brim with STEM projects, games, sports, crafts and crazy slime-tastic adventures.

AGES: KINDER-5TH GRADERS

TIMES: WEDNESDAY-FRIDAY, 7AM-6PM

DATES: FEBRUARY 23-25, 2022

LOCATION: ARDEN PARK ROOM B

FEE: RESIDENTS: \$120 OR NON-RESIDENTS: \$135

PRESIDENT'S BREAK FAIRYTALE CAMP

In this half day Presidents' Break camp, your child will get to flex their imagination muscles through storytelling! Each day we will play imagination games, read a new story, and then combine the two in retelling the fairytale as a group. By the end of the week, your camper will have new games to play with friends, and a good understanding of crafting the beginning, middle, and end of stories!

AGES: 5-9 YEARS

TIMES: MONDAY-FRIDAY, 8:30AM-11:30AM

DATES: FEBRUARY 21-25, 2022

LOCATION: ARDEN PARK

FEE: RESIDENTS: \$75 OR NON-RESIDENTS: \$85

NEW



YOUTH CLASSES AT ARDEN PARK

YOUTH THEATRE - LION KING JUNIOR!

NEW

In Youth Theatre, you will not only have the opportunity to learn more about the stage, choreography, and musical theatre, you'll also audition, rehearse, and perform a popular musical for your friends and family by the end of the eight weeks! Not interested in performing, but want to be involved? No worries! There are non-acting opportunities available for students ages 12-14. We will be performing Lion King Junior!

AGES: 8-14 YEARS

FEE: RESIDENT: \$275, NON-RESIDENT: \$310

DAY: MONDAYS AND WEDNESDAYS

DATES: OCTOBER 18, 2021-DECEMBER 11, 2021

TIME: 4-6PM

LOCATION: ARDEN PARK

SOCIAL ETIQUETTE AND DINING SKILLS WORKSHOP

Wonderful manners begin with confidence in knowing what to do in different social situations. This workshop offers the importance of etiquette & manners, introduction essentials, conversation strategies, navigating the three course meal, napkin & utensil protocols, table setting, posture, and how to dine politely. Your child will receive an activity packet that provides etiquette reminders.

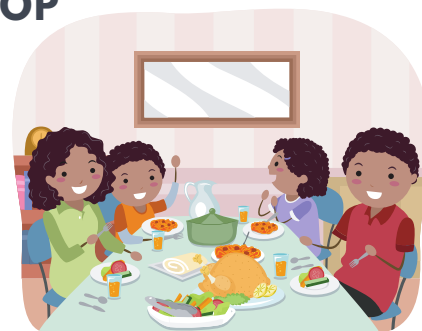
AGES: 7-11 YEARS

FEE: \$70

DATE: SATURDAY, OCTOBER 16, 2021

LOCATION: ARDEN PARK ROOM A

TIME: 11AM-2PM



TEEN CLASSES AT ARDEN PARK

INTERPERSONAL COMMUNICATION & DINING SKILLS WORKSHOP

Social skills bring confidence and ease during new situations in life and your future. Excellent communication skills, social self-awareness and dining skills help pave the way to social success. The program involves meet, greet and introduction essentials, polite conversation, active listening, navigating a three course meal, posture, dining manners, napkin and utensil skills, pausing and finishing etiquette. Please bring a light snack and drink.

AGES: 12-14 YEARS

FEE: \$80

DATE: SUNDAY, OCTOBER 17, 2021

LOCATION: ARDEN PARK ROOM A

TIME: 1-4:30PM

UC/COMMON COLLEGE APP ESSAY CLASS

Are you a high school junior or senior daunted by having to write compelling college essays? Want to submit essays that set you apart and convince admissions that you will thrive at their college? This class will get you started on the 'write' path. Focused on the PIQs required by all UCs, this class will also discuss typical college essay prompts, common mistakes, tips for revision, timetables, and tips on how to ask for letters of recommendation.

AGES: HIGH SCHOOL SENIORS & JUNIORS

TIME: 10-11:30AM

DATE: SATURDAY, OCTOBER 23, 2021

FEE: RESIDENT \$10, NON-RESIDENT: \$15

LOCATION: ARDEN PARK ROOM A



NEW

TEEN IMPROV

Are you someone who enjoys performing for friends and family? Check out our Teen Improv program! In this eight week class, you will learn the rules of improv, how to create scenes and characters where there were none before, and effective communication and public speaking skills.

AGES: 13-18 YEARS

TIME: TUESDAYS, 4-5PM

DATES: OCTOBER 19-DECEMBER 7, 2021

FEE: RESIDENT \$200, NON-RESIDENT \$225

LOCATION: ARDEN PARK



SKYHAWKS FALL SPORTS CAMPS

SOCCERTOTS

These soccer-themed motor skill classes are very easy for youngsters to get into. This group focuses on developing motor skills and self-confidence. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun!

AGES: 3-5 YEARS

FEE: \$89

TIMES: MONDAYS, 3-3:45PM

LOCATION: ARDEN PARK FIELD

DATES: OCTOBER 25-NOVEMBER 29, 2021 (NO CLASS 11/22)



SOCCER

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. Your child will have learn new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

AGES: 6-12 YEARS

FEE: \$89

TIMES: MONDAYS, 4-5PM

LOCATION: ARDEN PARK FIELD

DATES: OCTOBER 25-NOVEMBER 29, 2021 (NO CLASS 11/22)



BASEBALLTOTS

Learning baseball has never been more fun! BaseballTots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game.

AGES: 3-5 YEARS

FEE: \$89

TIMES: WEDNESDAYS, 3-3:45PM

LOCATION: ARDEN PARK FIELD

DATES: OCTOBER 27-DECEMBER 1, 2021 (NO CLASS 11/27)

BASEBALL

Learn the fundamentals of fielding, catching, throwing, hitting and base running - all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork and responsibility.

AGES: 6-12 YEARS

FEE: \$89

TIMES: WEDNESDAYS, 4-5PM

LOCATION: ARDEN PARK FIELD

DATES: OCTOBER 27-DECEMBER 1, 2021 (NO CLASS 11/27)

FLAG FOOTBALL

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

AGES: 5-8 YEARS

AGES: 9-12 YEARS

TIMES: TUESDAYS, 3-4PM

TIMES: MONDAYS, 4:15-5:15PM

DATES: OCTOBER 26-NOVEMBER 30, 2021

DATES: OCTOBER 26-NOVEMBER 30, 2021

(NO CLASS 11/26)

(NO CLASS 11/22)

FEE: \$89

FEE: \$89

LOCATION: ARDEN PARK FIELD

LOCATION: ARDEN PARK FIELD



PRIVATE/SEMI-PRIVATE & GROUP LESSONS

Private and semi-private tennis lessons are available as drop in classes throughout the year. Private and single group lessons are paid using Punch Cards that are available to purchase online or at the Arden Park Office.

PRIVATE & SEMI-PRIVATE LESSONS

PRIVATE FEE: ADULT: \$60/HOUR
YOUTH: \$50/HOUR
MORE CLASSES AVAILABLE
UPON REQUEST

CLASSES OFFERED: MARCH-OCTOBER
(SATA 3.5 AND
BELOW ABILITY) SUNDAYS, 10AM-11:30AM
MONDAYS, 9AM-10AM
FRIDAYS, 6PM-7:30PM

GROUP LESSONS

GROUP FEE: ADULTS & YOUTH: \$10/HOUR
MIN 4 / MAX 6
MORE CLASSES AVAILABLE
UPON REQUEST

CLASSES OFFERED: MARCH-OCTOBER
(SATA 3.5 AND
BELOW ABILITY) SUNDAYS, 10AM-11:30AM
MONDAYS, 9AM-10AM
FRIDAYS, 6PM-7:30PM

PEEWEE & YOUTH LESSONS

All tennis classes run Tuesdays and Thursdays at the Arden Park tennis courts.

PEEWEE & JUNIOR SCHEDULED CLASSES

AGES PeeWee: 4-6 Years, Junior Division I: 7-11 Years, Junior Division II: 12-17 Years

SESSION	DATE	DIVISION	SESSION FEE
SESSION 8	SEPTEMBER 14- OCTOBER 7, 2021	PEEWEE: 3:30-4PM JUNIOR DIVISION I: 4-5PM JUNIOR DIVISION II: 5-6PM	<u>PEEWEE:</u> RESIDENT \$40, NON-RESIDENT \$45 <u>PEEWEE MATERIALS:</u> 1 UNOPENED CAN OF USTA CHAMPIONSHIP HEAVY DUTY TENNIS BALLS
SESSION 1	FEBRUARY 15- MARCH 1, 2022	PEEWEE: 3:30-4PM JUNIOR DIVISION I: 4-5PM JUNIOR DIVISION II: 5-6PM	<u>JUNIOR DIVISION I & II:</u> RESIDENT \$80, NON-RESIDENT \$96 <u>JUNIOR DIVISION I & II MATERIALS:</u> 2 UNOPENED CAN OF USTA CHAMPIONSHIP HEAVY DUTY TENNIS BALLS



ADULT PROGRAMS

PAINT AND SIP CLASSES

You're invited to get creative at the Paint Party with The Art Shock! Grab your friends or come solo to meet your neighbors for some serious fun! No prior painting experience required as we guide you step-by-step to create your very own work of art. You'll be amazed at what you can create! This class is BYOB - please bring your own beverages (wine, beer, soda, etc.) and snacks that you can enjoy while we paint. Check our website to see the upcoming paintings!

DATES & SATURDAY, OCTOBER 16, 5-7PM

TIMES: SATURDAY, NOVEMBER 6, 12-2PM

SATURDAY, DECEMBER 4, 5-7PM

SATURDAY, JANUARY 15, 12-2PM

SATURDAY, FEBRUARY 12, 5-7PM

AGES: 21+ **LOCATION:** ARDEN PARK ROOM A

FEE: \$35/CLASS



NEW

ADULTS NIGHT OUT SERIES

Join us at the Arden Park Community Center every third Friday of the month for a fun, adults only (21+) event! Each month we will host a different activity designed to get you out of the house and into an atmosphere full of laughs and general merriment. The events are free, though there may be some that require sign-up ahead of time in order to reserve a spot. Donations for the Park District are accepted. Feel free to bring your favorite snacks and drinks (wine, beer, soda, etc.) for the events - these nights are BYOB!



DATES: FRIDAY, OCTOBER 15: KARAOKE NIGHT

FRIDAY, NOVEMBER 19: COMEDY CORNER

FRIDAY, DECEMBER 17: HOLIDAY MURDER MYSTERY (SIGN-UP REQ.)

TIMES: 7-10PM

LOCATION: ARDEN PARK ROOM A

AGES: 21+

FEE: DONATION ACCEPTED AT DOOR

ARDEN PARK NEIGHBORHOOD ASSOCIATION

The Arden Park Neighborhood Association (APNA) is a neighborhood organization that works to serve the members of our community. The APNA hires security to patrol the neighborhood, and address security incidents. The APNA distributes quarterly TAP flyers announcing news and upcoming events. Come join the Arden Park Neighborhood Association for \$150 per year. The APNA meets on the first Tuesday of the month at 7PM in the Arden Park Community Center.

ADDRESS: 1010 LA SIERRA DRIVE SACRAMENTO, CA

CONTACT: 916-491-6960 MYARDENPARK@GMAIL.COM

WEBSITE: MYARDENPARK.COM

LOCAL ADULT CLUBS

ARDEN PARK GARDEN CLUB

Arden Park Garden Club, active since 1948, promotes an interest and knowledge in gardening, horticulture, and landscape design as well as furthering a better understanding of environmentally sound gardening practices that contribute to the health of our yards and our surroundings. The Garden Club meets on the second Wednesday of the month from 11AM-2PM in the Arden Park Community Center.

WEBSITE: ARDENPARKGARDENCLUB.COM



Susan Harrold

(916) 802-1489

- Senior Executive Associate
- 30+ years with Lyon Real Estate
- Master's Club Outstanding Life Member



SHarrold@GoLyon.com

SusanHarrold.com

CalBRE# 00584122

2580 Fair Oaks Blvd., Suite 20

Sacramento, CA 95825

LYON
REAL ESTATE

SELLING HOMES IN ARDEN PARK FOR OVER 30 YEARS!

ARDEN PARK REVIEW 2021

- **Median Sales Price - \$823,750**
- **Average Days on Market - 13**
- **Number of Homes Sold - 56**
- **List Price to Sales Price - 104%**
- **Average Price per square foot - \$407**

Lowest Sale - \$515,000

Highest Sale - \$2,270,000

20 Homes have sold over \$1M in 2021!

Please call me for a complimentary market analysis of your home in Arden Park or anywhere in Sacramento!

All measurements and calculations of area are approximate. Information provided by the seller, other sources, not verified by Broker. All interested persons should independently verify accuracy of above information. Information presented by Susan Harrold provided by MLS MetroList Service.

ADULT FITNESS



FIT4MOM STROLLER STRIDES

Looking for a way to get in shape, meet other moms, and have fun with your child? Stroller Strides is a total fitness program for moms with their baby or stroller-age child(ren). In addition to providing a full body workout, we incorporate interaction with your child through songs, counting, learning ABC's, and color recognition. This way the children are entertained while we get our workout. We welcome moms and babies 6 weeks and older.

TIMES: 9:30-10:30AM

DATES: MONDAYS, WEDNESDAYS, FRIDAYS - ONGOING

REGISTER: SACRAMENTO.FIT4MOM.COM

FEE: DROP IN OR MEMBERSHIP AVAILABLE

LOCATION: ARDEN PARK FIELD



ZUMBA GOLD

Perfect for active older adults, pregnant and/or beginners who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

TIMES: 6:40-7:40PM

FEE: \$35/MONTH

DAYS: MONDAYS AND WEDNESDAYS

LOCATION: ARDEN PARK ROOM A

FIT4MOM BODYWELL

Body Well is an 8-week result based journey. Body Well is about the journey, meeting you where you are & challenging you to grow. This 8-week program includes small group fitness coaching, nutritional guidance, recipes + meal planners, community-based workouts, and weekly challenges to help you manage stress and sleep better. Body Well will focus on improving your physical and mental well-being with a community of mamas to support you every step of the way.

TIMES: 7-8PM

DATES: MONDAYS, THURSDAYS

REGISTER: SACRAMENTO.FIT4MOM.COM

FEE: DROP IN OR MEMBERSHIP AVAILABLE

LOCATION: ARDEN PARK FIELD

JAZZERCISE

Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled them into one hour. All ages, levels, and sizes welcome so come join us today!

DAYS & MONDAY/TUESDAY/WEDNESDAY 5:30-6:30PM

TIMES: TUESDAY/THURSDAY 8-9AM

SUNDAY 8:45-9:45AM

FEE: \$62 UNLIMITED MONTHLY PASS,
OR \$20 ONE CLASS WALK IN FEE

LOCATION: ARDEN PARK ROOM A

REGISTER: JAZZERCISE.COM

FALL FESTIVAL

The Fall Festival at Arden Park is going to be one autumn-filled adventure that you won't want to miss! Fun for the whole family, there will be a Kid Zone with petting zoo, bounce house and pumpkin patch. We will also have craft vendors, a beer/wine garden hosted by Dukes Pints & Plates, food trucks, live music, and more!

DATE: SATURDAY, OCTOBER 9

TIME: 11AM-3PM

LOCATION: ARDEN PARK



SPOOKY FAMILY SING-A-LONG

Calling all of our spooky-loving little ghouls! Do you love celebrating Halloween? Come join us at Arden Park for a (not so scary) Spooky Family Sing-a-Long! This free kid-friendly event is designed for our youngest witches and ghosts to be able sing along to some of their favorite Halloween hits.

DATE: SUNDAY, OCTOBER 24

TIME: 10AM-11:30AM

LOCATION: ARDEN PARK COMMUNITY CENTER



LETTERS TO SANTA

Did you know that Santa's helpers put out a very special mailbox every year outside of the Arden Park Office that goes directly to the North Pole? Rumor has it that if you write a letter to Santa, put your address on it, and drop it off at this special mailbox you may receive a special surprise back!

DATES: MONDAY, NOVEMBER 29 -

WEDNESDAY, DECEMBER 22

LOCATION: ARDEN PARK OFFICE



ELF ON THE SHELF KITS

NEW

It's almost time for your family's Elf on the Shelf to return! Give your elf a break from coming up with all of their shenanigans for all of December and let Arden Park do the work! 24 days of elf-approved surprises all neatly packaged and ready to go.

PICK UP: NOVEMBER 15-19

FEE: \$75/KIT

LOCATION: ARDEN PARK OFFICE



HOLIDAY SLEIGH RIDES

What better way to celebrate the holidays than with a horse-drawn sleigh ride through Arden Park? From the company that does sleigh rides through the fab 40's, Top Hand Ranch Carriage Company and APRPD are providing residents with a fun holiday experience! Sleigh capacity: 4 adults & 2 children max.

DATES: MONDAY-WEDNESDAY DECEMBER 6-8 AND FRIDAY-SATURDAY DECEMBER 10-11

TIMES: 6PM, 6:30PM, 7PM, 7:30PM, 8PM, 8:30PM, 9PM & 9:30PM

FEES: MON- WEDS: RESIDENTS: \$75 OR NON-RES: \$85 FRI-SAT: RESIDENTS: \$85 OR NON-RES: \$100

LOCATION: ARDEN PARK PARKING LOT



HOLIDAY IN THE PARK

Join us for our 8th annual Holiday in the Park tree lighting! Santa will use his Christmas magic to light up our 17 foot tree and the community center for the holidays! Local music and talent groups will take the stage and help celebrate the kickoff to the holiday season. Pictures with Santa will be available after the tree lighting! Thanks to Loehmann's Plaza for sponsoring this fun event.

DATE: THURSDAY, DECEMBER 9

TIME: 6PM-8PM

LOCATION: ARDEN PARK



DADDY/DAUGHTER DANCE NEW

All family members are welcome at Arden Park's Daddy/Daughter Dance! The night will be filled with dancing, laughter, and fun. Come dressed to impress, and head to the dance floor to show off your dance moves or go to the photo booth to make memories! Admission includes light refreshments and craft activities. Purchase tickets in advance or at the door.

DATE: FRIDAY, FEBRUARY 11

TIME: 6PM-7:30PM

FEE: \$5/PER PERSON

LOCATION: ARDEN PARK COMMUNITY CENTER



NEW

SENIOR VALENTINE'S DANCE

Put on your dancing shoes and join us in celebrating Valentine's Day at Arden Park! Enjoy dancing to classic love songs and light refreshments. 55+

DATE: FRIDAY, FEBRUARY 11

TIME: 1PM-3:30PM

FEE: \$5/PER PERSON AT THE DOOR

LOCATION: ARDEN PARK COMMUNITY CENTER

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