

Mission Oaks & Swanston Community Centers

Summer Activity Guide

2018



JUNE 2

Concert in the Park
Swanston CC

JUNE 15

Father Daughter Dance
Mission Oaks CC

AUGUST 24

Movie in the Park
Swanston CC

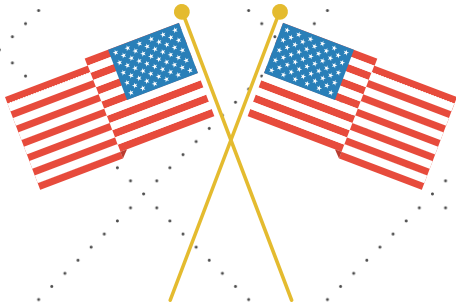
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Swanston Community Center - 916-333-6464
Mission Oaks Community Center - 916-972-0336



Swanston Community Center

2350 Northrop Ave. Sacramento 95825 | 916-333-6464



Office Closures:
Wednesday, July 4
(Independence Day)



Monday

Tuesday

Wednesday

Thursday

Friday

Jazzercise
9:15-10:15am

Ping Pong
12-2pm

Dance Team
2:30-3:30pm

**Tennis Game
Night**
6-7:30pm

**Active Recovery
& Exercise**
7-8am

Tai Chi
8:15-9:15am (Beg)
9:30-10:30am (Int)

Chair Yoga
10:45-11:45am

Jazzercise
9:15-10:15am

PWR Moves
1-2pm

Dance Team
2:30-3:30pm

**Tennis Game
Night**
6-7:30pm

**Active Recovery
& Exercise**
7-8am

Tai Chi
8:15-9:15am (Beg)
9:30-10:30am (Int)

Chair Yoga
10:45-11:45am

**Anyone Can
Drum**
1-2pm

Dance Team
2:30-3:30pm

Jazzercise
9:15-10:15am

PWR Moves
11am-12pm

Ping Pong
12-2pm

Saturday

Jazzercise
8:30-9:30am

Sunday

Modern Tennis
9:30-10:30am (Beg)
10:40am-12pm (Novice)

Swanston Community Center

Weekly Schedule

Mission Oaks Community Center

4701 Gibbons Dr. Carmichael 95608 | 916-972-0336

Monday

7-8am Strength and Conditioning
8-9am Fun Fit For All
8-9am Gentle Yoga
9-10am Fun Fit For All
9-10am Gentle Yoga
9-10am Zumba Gold
10-11am Strength and Conditioning
10-11am Functional Fitness
10am-12pm Folk Dance
11-12pm Chair Yoga
12pm-12:45pm Aqua Rx
12:30-3pm Shuffleboard
1-3:30 Bingo
3:30-4:30pm Ballroom Dance
5:30-6:30pm Jazzercise Low Impact
5:45-6:45pm Yoga PM
6:15-7:15pm Aqua Aerobics
6:30-8:30pm Advanced Hula

Tuesday

8-9am Circuit Training
8-9am Yoga AM
8-9am Jazzercise Low Impact
9-10am Step Aerobics
10-11am Writing Your Memoirs (Starts again in September)
10:15-11:15am Happy Life? (Starts again in September)
10:45-11:45am Water Walking
11:30am-12:30pm Tap Basics
1:00-2:00pm PWR! Moves
12:30-4pm Bridge
1:15-3:45pm Adult Dance
3:30-4:30pm Tai Chi
5:30-9:30pm Cribbage
6:30-7:30pm Zumba
7:30-8pm Zumba Toning

Wednesday

7-8am Strength and Conditioning
8-9am Fun Fit For All
8-9am Gentle Yoga
8am Hiking Club
9-10am Fun Fit For All
9-10am Gentle Yoga
9-10am Zumba Gold
10-11am Strength and Conditioning
10am-3pm Wed. Club
10:45-11:45am Aqua Aerobics
11am-12pm Chair Yoga
11:30am-12:30pm Active Living Every Day
12pm-12:45pm Aqua Rx
1:00pm-2:30pm Jazz Tap
4-5:30pm Line Dance (Starts again in September)
5:30-6:30pm Jazzercise Low impact
5:30-8:45pm Wednesday Bridge Club
5:45-6:45pm Yoga PM
6:15-7:15pm Aqua Aerobics

Thursday

8-9am Circuit Training
8-9am Yoga AM
8-9am Jazzercise Low Impact
9-10am Step Aerobics
9-12pm Quilting Club
10-11am Advanced Tap Fit
10:45-11:45am Water Walking
11am-12pm Tapestry
12-1pm Beginner Tap Fit
12:30-1:30pm PWR!Moves
12:30-2pm Bunco
3:30-4:30pm Tai Chi
4:30-5:30pm Aqua Aerobics
5:30-6:30pm Jazzercise Low Impact
5:30-6:15pm Ukulele
6:30-7:30pm Zumba
6:30-7:30pm Intermediate Hula

Friday

7-8am Strength and Conditioning
8-9am Fun Fit For All
8-9am Gentle Yoga
9-10am Fun Fit For All
9-10am Gentle Yoga
10am-12pm Pinochle
10-11am Strength and Conditioning
10:45-11:45am Aqua Aerobics
11am-12pm- Adult Irish Dance
11am-12pm Chair Yoga
12pm-3pm Ceramics
12:30-3pm Shuffleboard
1:15-3:45pm Adult Dance
5-6pm Beginning Hula
5:30-7:30pm Cribbage for Fun

Saturday

9-10am Low Impact Jazzercise

Monthly Programs

Wednesdays

10:30am-12:30pm Brain Gain
6-7pm RV Club, Golden Acorns
6-8:30pm Golden Needlers
7-9:30pm Magic Club

Thursdays

10:30-11:30am iPhone Workshop
2-4pm Computer Know How
4-5:30pm Restorative Yoga
6-7:30pm Wine Appreciation

Mission Oaks Community Center

Weekly Schedule

Lego Robotics Camp

Students will experience building their own robot and learn how to program their creation!

Ages: WeDo 2.0: 1st-3rd grade, Mindstorms: 4th-9th grade

Dates: June 11-15 **Times:** 12:30-3:30pm

Location: Swanston Community Center

Cost: \$150



Sign Up Now For Summer Camp!

Register Online: MORPD.com



Camp Have-A-Lot-Of-Fun:

Ages: 3-5 Years & Grades K-4

Dates: June 18–Aug 10

Time: 9am–Noon

Location: Mission North Park

Camp Kids:

Ages: 6-12 Years

Dates: June 11–Aug 10

Time: 8am–12:30pm

and/or 12:30-5pm

**Locations Vary*

6-7:30pm



Project HYPE:

Ages: 8-13 Years

Dates: June 11–Aug 3

Time: 8am–12:30pm

Location: Valley Oak Park



Job Preparedness 101

Learn the Do(s) and Don't(s) of entering the workforce of the initial search for a position, filling out forms, interviewing and much more! \$10 materials fee due at time of class.

Dates: 6/30, 7/21, 8/18

Time: 9am - 12pm

Cost: \$40

Location: Swanston CC

Tynker Game Coding

Kids learn programming concepts without frustration by using computers to program and build cool games!

Dates: July 9-14

Time: 12:30-3:30pm **Cost:** \$200

Location: Swanston CC

Youth Programs

Parkinson Wellness Recovery

PWR! Moves

Fitness program designed to increase mobility and strength for PD with certified trainer Paul McCarthy.

Mission Oaks Community Center

Tuesdays & Thursdays 1-2pm

Swanston Community Center

Wednesdays 1-2pm

Fridays 11am-12pm

Cost: \$60/month



Brain Gain

Join us in a fun, informal, highly interactive gathering that will give your brain a "neurobic" workout using specially designed cognitive brain exercises that target both hemispheres of the brain. Unique fun-filled brain exercise sessions. Come join the fun and meet new people. Different exercises provided at every meeting!

Mission Oaks Community Center

1st Wednesday

of the month

10:30am - 12:30pm

Cost: \$15 per class
or \$80 for 6 classes



New!

Active Recovery & Exercise

Health program designed to help with fitness recovery through exercise with certified trainer Paul McCarthy.

Swanston Community Center

Tuesdays & Thursdays 7-8am

Cost: \$40/month

Digital Photo Organizing

Explore options on how to easily find, organize and share the photos without hassle. We will explore downloading from various devices, social media sites, tagging, renaming and backing up your collection.

Swanston Community Center

Wednesday, June 6

9:30am-12:30pm

Cost: \$40



Cooking For Fun

In monthly classes, participants will learn to prepare and cook dishes using a variety of techniques. Each class will feature a different theme and include 4 recipes. This is a hands-on cooking class. Bring your chef's knife, cutting board, and apron to class.

Mission Oaks Community Center

Once Monthly on Wednesdays 3-5pm

Cost: \$25+\$5 Materials Fee



Adult Programs

Adult Programs

How Would You Honor Your Life?

Join us for a free workshop about planning for final life arrangements. Topics include documents needed before passing, funeral and cremation options, and more.

Date: Thursday, June 14 **Time:** 1-3pm
Location: Swanston Community Center
 For more information call: 916-565-5972

Join a Club!

Bunco
 Bingo



Cribbage
 Cribbage for Fun
 Duplicate Bridge
 Folk Dance
 Golden Acorns-
 RV Club



Golden Needlers
 Hiking
 Magic
 Pinocle Group
 Quilting
 Wednesday Bridge
 Wednesday Club
 Ping Pong



SPECIAL EVENT CALENDAR

EVENT	DATE	TIME	LOCATION
Swanston 10 Year Anniversary Concert	June 2	4-7pm	Swanston CC
17th Annual Father Daughter Dance	June 15	7-9pm	Mission Oaks CC
Movie in the Park: Coco	August 24	7-9pm	Swanston CC
Concert in the Park	September 23	5-7pm	Mission Oaks CC

Community Events

Wagon Train Coming to Town!

Date: Friday, June 8
Time: 8:30am-4pm
Cost: \$35
Additional Costs: Cash for lunch
Pick Up/Drop Off Location: Swanston CC

San Francisco Botanical Gardens

Date: Tuesday, June 12
Time: 8:15am-5:30pm
Cost: \$35 + \$8 for entry fee
Additional Costs: cash for lunch
Pick Up/Drop Off Location: Swanston CC

Mondavi Institute - Davis

Date: Tuesday, June 19
Time: 9am-4pm
Cost: \$35
Additional Costs: Might have entrance fee
Pick Up/Drop Off Location: Mission Oaks CC

Hot Springs Dip or Hike

Date: Wednesday, June 27
Time: 8:15am-5pm
Cost: \$35
Additional Costs: \$10 hot spring pool usage charge
Pick Up/Drop Off Location: Swanston CC

Annual Vintage Street Faire & More

Date: Saturday, July 7
Time: 8:30am -4:30pm
Cost: \$35
Additional Costs: Cash for lunch
Pick Up/Drop Off Location: Swanston CC

Malakoff Diggins

Date: Tuesday, July 17
Time: 7:30am-4:00pm
Cost: \$45, picnic lunch included
Pick Up/Drop Off Location: Mission Oaks CC

Treasure Island Culinary School Part II

Date: Wednesday, July 18
Time: 8:30am-5:30pm
Cost: \$35
Additional Costs: Bring cash for \$13 + tip for lunch.
Pick Up/Drop Off Location: Swanston CC

Crater Lake Adventure

Date: Sunday, July 22-26
Time: Leave 8am July 22 and Return 4pm July 26
Cost: Double-\$595 per person or Single-\$895
Pick Up/Drop Off Location: Mission Oaks CC

Grass Valley Thursday Night Market

Date: Thursday, August 2
Time: 2pm-9pm
Cost: \$35
Additional Costs: Cash for dinner
Pick Up/Drop Off Location: Swanston CC

Silver Lake

Date: Tuesday, August 7
Time: Leave 8am-5pm
Cost: \$45, picnic lunch included
Pick Up/Drop Off Location: Mission Oaks CC

Tahoe's West Side Museum-Desert

Date: Wednesday, August 8
Time: 8:30am-5pm
Cost: \$35
Additional Costs: Cash for lunch
Pick Up/Drop Off Location: Swanston CC

Bodega Bay

Date: Tuesday, August 21
Time: 8am-5pm
Cost: \$35
Pick Up/Drop Off Location: Mission Oaks CC

FDR's USS Potomac - SF Bay Cruise

Date: Saturday, August 25
Time: 8am-5pm
Cost: \$85 includes bay cruise ticket
Additional Costs: Cash for lunch
Pick Up/Drop Off Location: Swanston CC

Look For Future Van Trips on MORPD.com

Van Trips

**3 ROOMS-250 DINING/300 ASSEMBLY
CATERING KITCHEN-FREE PARKING**



WEDDINGS
GRADUATIONS
BIRTHDAYS

MISSION OAKS

COMMUNITY

CENTER

CALL 916-972-0336 FOR INFORMATION

WEDDINGS
PARTIES
MEETINGS

**2 ROOMS-150 DINING/250 ASSEMBLY
CATERING KITCHEN-FREE PARKING**

**SWANSTON
COMMUNITY
CENTER**



CALL 916-333-6464 FOR INFORMATION
MENTION THIS AD AND RECEIVE \$25 OFF!

MORPD.COM

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