



YOUR COMMUNITY NEWSPAPER

ORANGEVALE'S  
**Summer Palooza**

MAY 29 · 4 - 10 PM  
MAY 30 · 2 - 10 PM  
MAY 31 · 12 - 6 PM

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### OV WATER RECOGNIZES LOCAL STUDENTS IN ANNUAL POSTER CONTEST

The Orangevale Water Company recently recognized local students Grace, Natalie, and Roscoe from Green Oaks Fundamental School for their outstanding entries in the annual Water Efficiency Poster Contest.



Michael Becker from Orangevale Water Company presented each student with a framed copy of their artwork along with a prize check in recognition of their creativity and efforts promoting water conservation.

Stay tuned to see their artwork featured in the upcoming 2027 Orangevale Water Company calendar. Congratulations to all of the students who participated this year.



Local Veggie Box Program Now Open for Sign-Ups Page 9



### A COMMUNITY GEM IN THE MAKING

#### A Community Gem in the Making: The Grove Brings New Life to Orangevale Neighborhood While Honoring Its Roots

There are places in every community that quietly shape the future while preserving the stories of the past. In Orangevale, that place is becoming The Grove.

CONTINUE ON PAGE 14



What a way to finish the summer! The 10U American River Firecrackers powered through Sunday with a perfect 4-0 record to claim the championship victory in the final Select Tournament of the season—capping off an incredible run of teamwork, grit, and memories that will last long after the final inning.

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## IN THIS ISSUE

9 ORANGEVALE COOKS

12 & 15 PROFESSIONAL, BUSINESS & SERVICE DIRECTORY

16 CLASSIFIED

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# ABOUT THE TIMES

## ABOUT THE ORANGEVALE TIMES Local. Trusted. Community-Focused.

Over 20 Years of Experience in Community Publications

The Orangevale Times is a community-focused newspaper dedicated to sharing the stories, events, and people that make Orangevale a special place to live, work, and connect.

With more than 20 years of experience in community publications, the Orangevale Times continues a tradition of highlighting positive local news, supporting community engagement, and providing residents with meaningful coverage of the issues and events that matter most close to home.

Our publication features local news, school achievements, nonprofit spotlights, community events, youth activities, business highlights, and stories that celebrate the spirit of Orangevale and surrounding communities.

The Orangevale Times is committed to building strong community connections through reliable local coverage and a positive hometown approach that reflects the values and character of the communities we serve.

Produced and managed by All Events Management Group, Inc., a local Orangevale business dedicated to serving and supporting the community through events, publications, and local engagement.

Community Coverage Areas

- Orangevale
- Fair Oaks (selected areas)
- Folsom (select areas)
- Citrus Heights (select areas)

Publication Information

Website: [www.ovtimes.news](http://www.ovtimes.news)

Publication Frequency: Twice Monthly  
Distribution: Direct home delivery and placement at high-traffic community locations

Readership: More than 30,000 +local readers

### SUBMISSION POLICIES

Submissions from you—our readers—are always welcome, because this is YOUR newspaper. We invite content from schools, churches, sports teams,

and community organizations, as well as announcements such as anniversaries, births, memorials, and other special occasions.

Donations are encouraged and accepted for anniversaries, births, and milestone announcements. All submissions are subject to review and publication at the discretion of the Orangevale Times staff.

### SUBMISSION REQUIREMENTS:

Confirm that you are the author of the material or have permission from the original author to publish it.

Articles should not exceed 300 words. Community Calendar items should be 45 words or less.

Submit content in Microsoft Word format. Photos must be high resolution (at least 300 dpi) in JPEG or PDF format.

Following these guidelines helps avoid delays or returned submissions for correction.

The Orangevale Times does not verify the accuracy of submissions. Dates and information are subject to change.

Please email all submissions to your newspaper at: [news@ovtimes.news](mailto:news@ovtimes.news)

It is you—our contributors, readers, and advertisers—who make the Orangevale

Times a newspaper our community enjoys and values.

### OV Times Team:

Lisa Montes - Publisher/Editor  
Desiree Traynor - Sales/Delivery  
Phill Montes - Delivery

### Contributors

MaryAnne Povey  
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Community of Orangevale

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### DATES TO REMEMBER

JUNE 2026

JUN 3 • Public Deadline

JUN 12 • OUT TO PUBLIC

JUN 17 • Public Deadline

JUN 26 • OUT TO PUBLIC



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**Celebrating Asian American Month,**

Submitted by Kay Barnes

May is Celebrating the Remarkable Resilience and Achievements of California's Asian American and Pacific Islander Community. In this article by Caren Daniels Lagomarsino, talks about the people. Orangevale has had a few Asians here from the gold miners, laborers, farmers and grocery store owners. Orangevale is a diverse community.

Since California's statehood 175 years ago, members of the Asian American and Pacific Islander (AAPI) community have left an indelible mark on California's rich history, overcoming extreme prejudice and discrimination to flourish in all walks of California life.

"California's treatment of Chinese and Japanese immigrants, in particular, during the 19th century was abhorrent and embarrassing." "They were victims of riots, massacres and nativist racism. But through it all, they endured and contributed so much to the fabric of California life."

During the early wave of immigration after statehood, there was significant anti-Asian sentiment. In 1862, Gov. Leland Stanford referred to Asian immigrants as an "inferior race." He supported "repression of the immigration of the Asiatic races," although he hired hard-working Chinese immigrants to build his railroad and make him one of the wealthiest persons in California.

In addition, California imposed the Foreign Miners' Tax, which primarily targeted Chinese miners, and local and state laws restricted where Chinese immigrants could work and live. In 1882, Congress suspended immigration of Chinese laborers.

One 19th century heroine was immigrant Mary Tape, born in Shanghai,

who won a landmark state Supreme Court case that ruled public schools could not refuse to admit her daughter.

Also, the May 'Highlight' on our website - thefriendsofcaarchives.org - will feature information from the Locke Foundation regarding the town of Locke in the Sacramento Delta region, which is the only surviving rural agricultural town in the United States built exclusively by Chinese Americans for Chinese Americans. (Comment- this is a great day trip to visit the town and view history.)

The 20th century we interned Japanese Americans in camps during World War II. They endured and when released had to rebuild their lives.

Probably our best-known Asians in Orangevale are the Woos. Willie Woo was born in Hawaii and came to Orangevale in about 1920 and worked at the Public Market at the corner of Greenback Ln and Hazel Ave until he went to China and had a family. In 1939 he returned here and purchased the market from his boss which he continued to run until his death in 1950. He as accepted here and his customers were happy. He brought his sons here and educated them in the Orangevale schools. After his death, his sons decided they needed to expand the store or discontinue business.

Capri Market was created and opened in 1960 and became the star of grocery stores. In the area. They continued to serve the community for 10 years as a family when the store needed updated or closed. It closed and each brother retired or opened other businesses.

In the mid to late 1800s, Chinese camps were in our area. At the Orangevale History Project we are researching numbers, what they helped to build and where they lived. We have a little information for the area so if you have any information, please contact the Orangevale History Project on our website OrangevaleHistory.org or call 916 800-4711. Help us build their story. We have a Research team which could use some additional members. Come join us on the first Monday of the month at 5:30 pm at the museum.



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# ANNOUNCEMENTS

## PUBLIC NOTICE

### NOTICE OF ROAD CLOSURE PERMIT

25-010

On Saturday, MAY 30, from 8:00 AM to 10:30 AM, Main Ave will be closed to traffic between Greenback Lane & Madison and Greenback Lane from Main Ave. to Filbert Ave. for the Annual Red White Blue Parade.

To be a part of the parade or if you have questions contact Lisa Montes at 916.934.2207 or email Lisa@OV-summerpalooza.com.



The Rollingwood YMCA is gearing up for an exciting summer filled with opportunities for kids and families to stay active, connected, and engaged in the community.

Summer at the Y is now enrolling, offering children a season packed with sports, swimming, arts and crafts, field trips, and new friendships. Families throughout the community are already signing up for a summer full of fun, adventure, and memorable experiences.

The Rollingwood YMCA is also excited to announce the return of evening Kids Club hours through July 31, available Monday-Friday from 4:00-7:00 PM. These extended hours give parents and caregivers added flexibility while children enjoy a safe, welcoming, and engaging environment, making it easier for families to fit in a workout, or just a moment to recharge.

In addition to summer programming, the YMCA continues to expand opportunities for youth connection and activity through programs like Youth Pickleball, helping kids build confidence, learn new skills, and stay active while making friends in the community.

The Rollingwood YMCA remains committed to strengthening community through youth development, healthy living, and family-focused programs all summer long. Visit [ymcasuperiorcal.org/RollingwoodYMCA](http://ymcasuperiorcal.org/RollingwoodYMCA) to learn more about our programs and services!

### YOU'RE INVITED TO LAVENDER DAY 2026!

Get ready for one of Folsom's most charming and fragrant events of the year — Lavender Day at Historic Murer House and Gardens!

SATURDAY, June 6 1125 Joe Murer Ct., Folsom 9:00 AM – 2:00 PM

**FREE Admission!**  
Step into a world of lavender magic filled with delightful sights, sounds, scents, and tastes! Stroll through beautiful gardens, shop unique vendors, and discover treasures you didn't know you needed.

Browse amazing lavender-inspired finds:  
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Crafts & décor  
Clothing, scents & more!

Don't miss the fabulous raffle baskets overflowing with lavender goodies and surprises!  
Meet bee experts and beekeepers

Hear from Greg Gayton of Green Acres on lavender varieties and gardening tips  
Enjoy special guests like Tres Jolie Farm

Bring a friend, bring your curiosity, and bring your love of all things beautiful and fun. Whether you're shopping, learning, tasting, or simply soaking in the atmosphere, this is an event you won't want to miss!

Come celebrate the beauty of lavender and make it a day to remember at the Historic Murer House!



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RESOLUTION NO. 26-05-757

**A RESOLUTION OF THE BOARD OF DIRECTORS OF THE ORANGEVALE RECREATION AND PARK DISTRICT APPROVING THE RESOLUTION OF INTENTION TO LEVY ASSESSMENTS FOR FISCAL YEAR 2026-27, PRELIMINARILY APPROVING THE ENGINEER'S REPORT AND PROVIDING FOR NOTICE OF HEARING FOR THE ORANGEVALE LANDSCAPING AND LIGHTING ASSESSMENT DISTRICT (OLLAD)**

WHEREAS, the Board of Directors (the "Board") of the Orangevale Recreation and Park District, County of Sacramento, State of California, has previously ordered through Resolution 92-06-51 the formation of an assessment district pursuant to the provisions of the Landscaping and Lighting Act of 1972 for the purpose of financing certain park and recreation improvements and refurbishments as specified in the District's updated Master Plan and for the purpose of funding maintenance operations of the District; and

WHEREAS, the Board, through Resolution 92-06-51, has ordered that the park and recreation improvements specified in the Engineer's Report dated March 26, 1992, be constructed, and has estimated that the cost of such proposed park and recreation improvements is greater than can be raised from a single annual assessment, and has ordered that the estimated costs of these improvements be raised by an assessment levied and collected in annual installments over a period of 20 years, commencing in fiscal year 1992-93 and ending in fiscal year 2012-13 and then continued from year to year as necessary to fund other capital, maintenance and other needs;

NOW, THEREFORE, BE IT RESOLVED, by the Board of Directors of the Orangevale Recreation and Park District, County of Sacramento, State of California, that:

1. On July 17, 1991, by its Resolution No. 816, this Board ordered the formation of and levied the first assessment within the Orangevale Recreation and Park District Maintenance Assessment District 1991 (the "Assessment District") pursuant to the provisions of the Landscaping and Lighting Act of 1972.

2. On February 19, 2026 this Board adopted Resolution No. 26-02-753, A Resolution Directing Preparation of the 2026-27 Annual Report for the Orangevale Recreation and Park District Maintenance Assessment District. Pursuant to this resolution, SCI Consulting Group, the Engineer of Work, prepared a report in accordance with Article XIIID of the California Constitution and Section 22565, et seq., of the California Streets and Highways Code (the "Report"). The Report has been made, filed with the Clerk of the Board and duly considered by the Board and is hereby deemed sufficient and preliminarily approved. The Report shall stand as the Engineer's Report for all subsequent proceedings under and pursuant to the foregoing resolution.

3. It is the intention of this Board to levy and collect assessments within the Assessment District for fiscal year 2026-27. Within the Assessment District, the existing and proposed improvements, and any substantial changes proposed to be made to the existing

improvements, are generally described as installation, maintenance and servicing of public recreational facilities and improvements, including, but not limited to, turf and play areas, landscaping, ground cover, shrubs and trees, irrigation systems, drainage systems, lighting, fencing, entry monuments, basketball courts, tennis courts, gymnasium, running tracks, swimming pools, other recreational facilities, security patrols to protect the Improvements, graffiti removal and repainting, and labor, materials, supplies, utilities and equipment, as applicable, at each of the locations owned, operated or maintained by the Orangevale Recreation and Park District.

4. The Assessment District consists of the lots and parcels shown on the boundary map of the Assessment District on file with the Clerk of the Board of the Orangevale Recreation and Park District, and reference is hereby made to such map for further particulars.

5. Reference is hereby made to the Engineer's Report for a full and detailed description of the improvements, the boundaries of the Assessment District and the proposed assessments upon assessable lots and parcels of land within the Assessment District. The Engineer's Report identifies all parcels which will have a special benefit conferred upon them and upon which an assessment will be imposed.

6. The assessments are not proposed to increase from the previous year's assessments. The Board of Directors declares its intent to levy and collect assessments for the fiscal year 2026-27 within said district at an assessment rate of \$3.50 per month or \$42.00 per year per single family residential parcel, apartment unit and/or condominium; a lower rate of \$3.08 per month or \$36.96 per year per each mobile home unit or per one-quarter acre parcel devoted to commercial use; and a rate of \$1.40 per month or \$16.80 per year per one-quarter acre for parcels devoted to industrial or mini storage use, all as set forth in the benefit chart included in the Engineer's Report.

7. Notice is hereby given that on June 18, 2026, at the hour of 6:30 p.m. at the District offices of the Orangevale Recreation and Park District, 6826 Hazel Avenue, California 95662, the Board will hold a public hearing to consider the ordering of the improvements and the levy of the proposed assessments.

8. Prior to the conclusion of the hearing, any interested person may file a written protest with the Clerk of the Board, or, having previously filed a protest, may file a written withdrawal of that protest. A written protest shall state all grounds of objection. A protest by a property owner shall contain a description sufficient to identify the property owned by such owner. Such protest or withdrawal of protest should be mailed to the Orangevale Recreation and Park District, 6826 Hazel Avenue, California 95662.

9. The Clerk of the Board shall cause a notice of the hearing to be given by publishing a copy of this resolution once, at least ten (10) days prior to the date of the hearing above specified, in a newspaper circulated in the Orangevale Recreation and Park District.

PASSED AND ADOPTED this 21st day of May 2026

Signed: CLERK OF THE BOARD

**RESOLUTION NO. 26-06-758  
A RESOLUTION OF THE BOARD OF DIRECTORS OF THE ORANGEVALE RECREATION AND PARK DISTRICT APPROVING THE RESOLUTION OF INTENTION TO LEVY ASSESSMENTS FOR FISCAL YEAR 2026-27, PRELIMINARILY APPROVING THE ENGINEER'S REPORT AND PROVIDING FOR NOTICE OF HEARING FOR THE KENNETH GROVE LANDSCAPING AND LIGHTING ASSESSMENT DISTRICT**

WHEREAS, the Board of Directors (the "Board") of the Kenneth Grove Landscaping and Lighting Assessment District, County of Sacramento, State of California, has previously ordered through Resolution 94-05-86A the formation of an assessment district pursuant to the provisions of the Landscaping and Lighting Act of 1972 for the purpose of financing certain park and recreation improvements and refurbishments as specified in the District's updated Master Plan and for the purpose of funding maintenance operations of the District; and NOW, THEREFORE, BE IT RESOLVED, by the Board of Directors of the Kenneth Grove Landscaping and Lighting Assessment District, County of Sacramento, State of California, that:

1. On February 19, 2026, this Board adopted Resolution No. 26-02-754, A Resolution Directing Preparation of the 2026-27 Engineer's Report for the Kenneth Grove Landscaping and Lighting Assessment District (the "Assessment District"). Pursuant to this resolution, SCI Consulting Group, the Engineer of Work, prepared a report in accordance with Article XIIID of the California Constitution and Section 22565, et seq., of the California Streets and Highways Code (the "Report"). The Report has been made, filed with the Clerk of the Board and duly considered by the Board and is hereby deemed sufficient and preliminarily approved. The Report shall stand as the Engineer's Report for all subsequent proceedings under and pursuant to the foregoing resolution.

2. It is the intention of this Board to levy and collect assessments within the Assessment District for fiscal year 2026-27. Within the Assessment District, the existing and proposed improvements, and any substantial changes proposed to be made to the existing improvements, are generally described as installation, maintenance and servicing of public recreational facilities and improvements, including, but not limited to, turf and play areas, landscaping, ground cover, shrubs and trees, irrigation systems, drainage systems, lighting, fencing, entry monuments, basketball courts,

tennis courts, gymnasium, running tracks, swimming pools, other recreational facilities, security patrols to protect the Improvements, graffiti removal and repainting, and labor, materials, supplies, utilities and equipment, as applicable, at each of the locations owned, operated or maintained by the Kenneth Grove Landscaping and Lighting Assessment District.

3. The Assessment District consists of the lots and parcels shown on the boundary map of the Assessment District on file with the Clerk of the Board of the Kenneth Grove Landscaping and Lighting Assessment District, and reference is hereby made to such map for further particulars.

4. Reference is hereby made to the Engineer's Report for a full and detailed description of the improvements, the boundaries of the Assessment District and the proposed assessments upon assessable lots and parcels of land within the Assessment District. The Engineer's Report identifies all parcels which will have a special benefit conferred upon them and upon which an assessment will be imposed.

5. The assessments are not proposed to increase from the previous year's assessments. The Board of Directors declares its intent to levy and collect assessments for the fiscal year 2026-27 within said district at an assessment rate of \$12.57 per month or \$150.78 per year per single family residential parcel, apartment unit and/or condominium as set forth in the benefit chart included in the Engineer's Report.

6. Notice is hereby given that on June 18, 2026, at the hour of 6:30 p.m. at the District offices of the Orangevale Recreation and Park District, 6826 Hazel Avenue, California 95662, the Board will hold a public hearing to consider the ordering of the improvements and the levy of the proposed assessments.

7. Prior to the conclusion of the hearing, any interested person may file a written protest with the Clerk of the Board, or, having previously filed a protest, may file a written withdrawal of that protest. A written protest shall state all grounds of objection. A protest by a property owner shall contain a description sufficient to identify the property owned by such owner. Such protest or withdrawal of protest should be mailed to the Orangevale Recreation and Park District, 6826 Hazel Avenue, California 95662.

8. The Clerk of the Board shall cause a notice of the hearing to be given by publishing a copy of this resolution once, at least ten (10) days prior to the date of the hearing above specified, in a newspaper circulated in the Kenneth Grove Landscaping and Lighting Assessment District.

PASSED AND ADOPTED this 21st day of May 2026

Signed: CLERK OF THE BOARD

**GIRL SCOUTS COURT OF AWARDS MEG CHO ERVIN, GIRL SCOUTS WINDING WAY SERVICE UNIT 141, OPERATIONS CO-LEAD**

At our May 18, 2026 Court of Awards, Girl Scouts Winding Way Service Unit 141 proudly celebrated our dedicated volunteers and the inspiring Girl Scouts who earned their highest awards.

Community service is at the heart of Girl Scouting and these awards honor projects that create meaningful, lasting impact beyond a Girl Scout's involvement. At the Girl Scout Silver Award level—the highest honor for middle school Girl Scouts – Isabella S., Madison D., Alyla P., and Kaitlyn B. of Troop 1988 each led a team in partnership with Sacramento County Bradshaw Animal Shelter to create a dog-walking vest program. Through their leadership, Isabella guided the proposal process and secured a mentor, Madison designed and oversaw the creation of the vests, Alyla raised awareness through social media, and Kaitlyn developed advertisements for the July 4th parade.

Continuing this spirit of leadership and service, Kendayl T., Lily L., and Elizabeth C. of Troop 1988 each led a team in collaboration with SJUSD to organize community book drives and build a free book library at a school. Kendayl led outreach and market-



ing efforts to engage the community, Lily coordinated events and volunteers, and Elizabeth ensured the organization and delivery of donated books to schools and non-profits.

Culminating at the highest level of Girl Scouting achievement, the Girl Scout Gold Award was earned by Malak A. of Troop 10582. Demonstrating exceptional initiative, she independently fundraised and assembled wildfire preparedness backpacks for seniors in high-risk areas. In partnership with the American Red Cross, Malak also provided fire safety education and evacuation training—creating a sustainable program that empowers a vulnerable community with knowledge, resources, and confidence.

We are deeply grateful to our dedicated volunteers whose guidance and support make these remarkable achievements possible.

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Did you try the Beef Stroganoff from the last issue? Wow, it was amazing and it was just as delicious the next day! This week I have a recipe from the retired teachers from Coleman Elementary School. This dish is still served at the Coleman book club meetings! It was originally from teacher Laurie Susmilch, but Mary Thomas, first grade teacher, has adapted it. Enjoy! If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number

or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

### BROCCOLI CRUNCH SALAD

5-6 Cups of chopped broccoli  
3 cups of chopped celery  
½ cup of Craisins  
¼ cup of green onions, chopped (About 6)  
1 small can of water chestnuts, chopped

Mix ingredients together. You can make this ahead of time and let it sit in the refrigerator.

### Dressing:

1 ½ cup of mayonnaise  
½ cup of sugar (You can substitute Splenda)  
3 TBSP of vinegar (Balsamic is good)

Mix ingredients together and add to salad 1 hour before serving.

### Just before serving:

Add 6 strips of cooked, crisp bacon-crumbled or Bacon Bits from a jar and 1 cup of Spanish Peanuts Toss everything together and serve. Enjoy with family and friends!

### LOCAL VEGGIE BOX PROGRAM NOW OPEN FOR SIGN-UPS

Fresh, seasonal produce comes straight from the Orangevale-Fair Oaks Food Bank Farm to your table through the Veggie Box Program!

Community members can subscribe to receive a biweekly or weekly box of freshly harvested local produce from the Food Bank Farm. Each Veggie Box features a rotating mix of seasonal favorites, such as leafy greens, herbs, tomatoes, squash, cucumbers, peppers, and more. Every box is picked for peak freshness and reflects what is growing best on the Farm.

The Veggie Box Program is more than a convenient way to enjoy farm-fresh produce. Every subscription supports the Orangevale-Fair Oaks Food Bank Farm and helps

continue the mission of growing fresh food for neighbors in need through the Food Bank.

“I so appreciate that my family has the opportunity to enjoy your food boxes,” said a 2025 subscriber. “There is such a difference when you get your produce from a farm. We enjoyed being able to give back as well through our donation to another family. Keep up the wonderful work! I will continue to support the farm by visiting you often.”

Members sign up in advance and choose one of two bi-weekly pickup groups or both to get them weekly. Pickup Group A runs May 30 through September 19, and Pickup Group B runs June 6 through September 26. Both groups receive the same seasonal produce. Members will receive an email with their pickup reminder, a list of what’s in that upcoming Veggie Box, and a unique

recipe card.

Veggie Boxes are picked up every other Saturday from 8 AM to 11 AM at the Food Bank’s Farmstand, located at 6401 Main Ave in Orangevale.

“We have thoroughly enjoyed all the vegetables and enjoyed trying some new ones (to us). This is a great program for all the local people,” said a 2025 subscriber.

Sign-ups are now open! The cost is \$25 per Veggie Box, billed every two weeks or weekly. Members can also add a box to their subscription to help feed a local family in need through the Orangevale-Fair Oaks Food Bank.

Space is limited—reserve your spot! Visit [www.foodbank.farm/veggiebox](http://www.foodbank.farm/veggiebox) to register and learn more.

Article Credit: Orangevale-Fair Oaks Food Bank Farm



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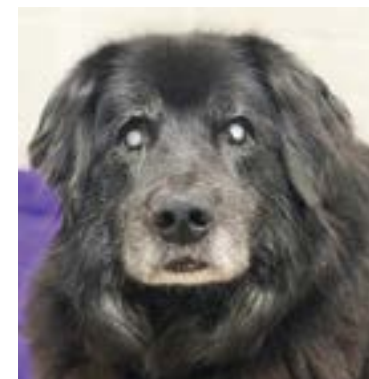
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# PETACULAR



"Our goal is to create a positive space where veterans can build confidence, strengthen their bond with their dogs, and connect with others who understand the importance of support and companionship," said Founder, Susan Aimes. "The outdoor setting gives us the opportunity to work on real-life situations while also



Name: Shep  
 Animal ID: 60858754  
 Breed: Border Collie  
 Age: 10 years  
 Gender: Neutered Male  
 Adoption Fee: \$110

## BATTLE BUDDY PROGRAM RETURNS THIS SPRING FOR VETERANS AND THEIR DOGS

After a seasonal pause due to winter weather, local nonprofit Stars and Stripes Dog Rescue is excited to announce the return of its outdoor "Battle Buddy Program" this spring. Designed to support veterans and strengthen the bond with their dogs, the program combines training, wellness, and community connection in a supportive outdoor environment.

Because the program relies heavily on outdoor activities, training sessions are offered during the months with more dependable weather conditions. The four-week program will take place on Sunday mornings and is intentionally limited to eight veterans and their dogs to provide individualized support and meaningful participation. The program is provided free of charge to veterans. Each weekly session runs for two hours and focuses on building communication, confidence, structure, and trust between veterans and their canine companions. Participants will work on foundational obedience, socialization, relationship-building exercises, and real-world skills designed to benefit both the handler and the dog.

enjoying the healing benefits of being active and connected as a group."

The organization's mission centers around rescuing dogs and helping veterans through the powerful connection between humans and animals. Through programs like Battle Buddy, the nonprofit continues working to reduce isolation, improve emotional wellness, and create lasting support systems for veterans in the community.

Due to limited space, early registration is encouraged. Veterans interested in participating should be prepared to commit to all four Sunday sessions to ensure consistency and success throughout the program.

The organization is also seeking volunteers, sponsors, and community support to help provide training supplies, wellness resources, and ongoing program opportunities for veterans and their dogs.

For more information about the Battle Buddy Program or to apply for one of the eight available spots, visit [starsandstripesdogrescue.org/our-program/battle-buddy-application/](http://starsandstripesdogrescue.org/our-program/battle-buddy-application/) or follow the organization on social media for updates and announcements.

"Every veteran deserves a battle buddy — and sometimes that buddy has four legs."

Susan Aimes Founder/CEO

Shep is a 10 year old and 112 pound dog who is looking for his forever home. He's an absolute love who enjoys leaning into you for brushing and rolling over for belly rubs. If you're looking for a chill dog who's friends with everyone he meets, then look no further!

Shep is blind, but that doesn't stop him from loving life! He loves to go on sniffy walks, but needs an attentive walker who will help him get some much needed exercise without bumping into obstacles.

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# OV CONNECTION

← Informing, Empowering & Engaging Readers With Their Community →



Patsy McGavock  
JustServe.org  
Rebuilding America's Skill  
Set:  
A Mentoring Minded  
Community  
By Patsy McGavock

Over recent months, we've explored how building bridges across difference spreads ripples of connection through a community. Generations can connect like gears turning strain into strength. The literate can lift those learning to read toward the independence literacy unlocks.

As I've interviewed others, one theme repeatedly emerges: people flourish when knowledge, encouragement and opportunity move freely between them.

What other skills can ripple through a community, filling gaps in our collective foundation so more people can lift, grow and share with others? How do we rise together?

Regarding literacy and community involvement, Raj Rai said, "You keep it top of mind. Start small. Show up in small things." And speaking about adult literacy mentors, Cassandra Keitges reflected: "We could become a mentoring-minded community." That phrase stayed with me.

A mentoring-minded community.

Where we move beyond transactional networking to cultivate community — helping more people become capable, connected and independent together.

The skills we share become the communities we build.

This is not structural, but cultural.

A mindset.

While communities do need structures that connect people beyond the capacity of individuals alone, no system can manufacture community on its own.

For generations, people often learned practical skills simply by being around capable adults in ordinary life. Knowledge moved naturally through conversations, workplaces, churches, garages, libraries, civic groups and neighborhood projects. Young people absorbed work ethic and problem-solving through shared community spaces.

An offered — and accepted — "Could I help you with that?" can pass along skills, perspective and confidence.

As we explored in November, many of those shared spaces and rhythms have weakened over time. Increasingly, we live in isolated lanes divided by schedules, distance, specialization and technology. Life happens more privately — at home, online or among narrowly defined groups.

The knowledge and goodwill still exist. But the pathways between people have become thinner and intersect less often.

Rebuilding those pathways requires something increasingly rare: social trust.

It requires willingness to step outside our comfort zones on both sides — to offer guidance humbly and receive help without shame. It asks whether we see the opportunity at all.

Do we see others and how we might help? Then offer graciously?

As receivers, do we assume goodwill and accept the gift offered?

That kind of community culture cannot be manufactured through institutions. It grows through repeated small habits: encouragement, introductions, shared knowledge, invitations, patience and generosity.

There is a well-known biblical phrase: "Love thy neighbor as thyself." Illustrated in the Good Samaritan, the "neighbor" was specifically someone viewed as different, unwanted or outside one's social circle. The larger principle underneath it is striking: upon this kind of love hangs everything else.

And perhaps much of what we hope for in community hangs there too.

To care about another person's flourishing as connected to our own.

To love their success as part of our success.

Their stability as part of our stability.

Their independence as part of our shared future.

This is more than kindness. It is sustainable civic infrastructure. As artificial intelligence and automation continue reshaping work and society, communities where people help each other build skills, adaptability and confidence may prove far more socially and economically resilient.

That resiliency may be closer than it feels.

Small acts already surround us: sharing knowledge, opening a door, offering guidance or noticing another person's potential.

The invitation is simple: keep it top of mind.

Start small.  
Show up in small things.  
Share what you know.  
Ask someone what they're learning.  
Invite someone alongside you.

A mentoring-minded community is not built all at once.

It is built one lifted person at a time — and by the many who follow their example.

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### ORANGEVALE WOMAN'S CLUB AWARDS \$12,500 TO LOCAL HIGH SCHOOL SENIORS

ORANGEVALE, Calif. — 2026 marks a major community fundraising milestone for the Orangevale Woman's Club. On May 7, the organization awarded college and trade school scholarships to five local high school seniors, marking two additional scholarships this year.

"Seeing those extra scholarships approved was exciting and humbling," said OVWC member Patsy McGavock. "Under the Woman's Club leadership, watching the generosity of our community come full circle."

Each student will receive \$2,500 to help defray the expenses of trade school, college and university attendance.

This year's scholarship recipients are Matthew Choi and Zoey Brasier from Bella Vista High School, Kamila Alvarado Borroel from San Juan High School, and Lydia Chechourka-Price and Mason Percy from Casa Roble High School.

Awardees have been accepted into higher education programs across the country, ranging from the U.S. Military Academy at West Point to the Rochester Institute of Technology. Their applications showcased an incredible dedication to challenging themselves academically, a willingness to serve the community, and the persistence to reach their goals. They look forward to pursuing careers as teachers, physicians and mechanical engineers. The scholarships will assist with tuition, books and other costs.

"This scholarship means a lot to me because it allows me to go to college and not have to work as much as I

was planning to, and it lessens the debt I'm bound to get into," noted Brasier.

Chechourka-Price is excited about the opportunity to attend college and said, "The Woman's Club is awesome. It's something I would consider joining when I'm in the position to do so."

All of the recipients expressed heartfelt gratitude to the Woman's Club for raising funds and to the community for participating in fundraising efforts. Club leadership

emphasized that local community support for their annual fundraising efforts makes all the difference in their ability to continue — and over time increase — the number of scholarships available to area youth.

Fundraising efforts include biannual bunco events with silent auction and raffle prizes, the annual yard sale, and participation in community craft events, to name just a few. The Woman's Club members volunteer at the Orangevale Community Tree Lighting, the Orangevale-Fair Oaks Food Bank, menstrual product and leggings drives, Adopt-a-Street cleanup events, and many others.

Percy commended the club, saying, "I think the Orangevale Woman's Club is a super organization. I didn't know much about it, but sitting here today, it's obvious that it helps out quite a lot."

The Orangevale Woman's Club meets the first Thursday of each month, September through May, at the Orangevale Grange. Visitors are welcome at all meetings, and more information is available at orangevalewomansclub.org.



### HELPING HANDS OV AWARDS FIRST-EVER \$1,000 BLUE COLLAR TRADE SCHOOL SCHOLARSHIP

ORANGEVALE, Calif. — Helping Hands OV has awarded its first-ever \$1,000 Blue Collar Trade School Scholarship to Preston Schweiger, recognizing his commitment to the skilled trades and his dedication to serving the community through his work as an electrician.

Schweiger, a graduate of Casa Roble High School, currently works for Irish Electric and is continuing his education through required state apprenticeship schooling while pursuing his Journeyman certification.

The scholarship marks a major milestone for Helping Hands OV, which created the program to support local students entering trade careers as well as those already in the trades and continuing or expanding their education, and to address the growing need for skilled tradesmen and women in the region.

"Tradespeople are the backbone of our communities," said Helping Hands OV Treasurer, Vanessa Jacobsen. "Electricians, plumbers, mechanics, welders and other skilled workers keep our homes, businesses and infrastructure functioning every day. This scholarship was created because we believe these careers deserve more recognition, support and investment."

Schweiger's application essay stood out for its honesty, passion and understanding of the importance of skilled labor.

"Becoming an electrician means more to me than just a job," Schweiger wrote. "Keeping lights on, refrigerators running and power flowing when people need it most drives me to pursue a life in this field."

He credited a former wood-shop teacher at Casa Roble as one of



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# CONTINUED - A COMMUNITY GEM IN THE MAKING



once defined our landscape. The Grove embraces that history while creating something designed for today's families, working professionals, pet lovers, and residents at every stage of life.

The vision behind the property is clear: create a welcoming place where people can live comfortably, gather with neighbors, enjoy outdoor spaces, and feel connected to the Orangevale community. Every detail of the revitalization reflects that purpose.

Residents will find fully renovated homes featuring upgraded mini-split climate systems replacing outdated heating and cooling units, in-unit washers and dryers for everyday convenience, and modern stainless-steel appliances including refrigerators, stoves, and microwaves that elevate each living space.

In addition to interior upgrades, The Grove's exterior and amenities are also starting to shine. A remodeled pool, featuring shaded seating areas and dedicated spaces for relaxation and connection provide residents with a sense of community and comfort. Newly built decks and porches, dual pane vinyl windows and a fresh color scheme featuring citrus accents really make this peaceful cul-de-sac pop!

And in a community known for loving four-legged family members, one of the standout additions is the dog run—creating a place where pets and neighbors alike



can enjoy time outdoors together. But perhaps what stands out most is the intentional effort to create housing opportunities that serve multiple generations. Whether it's a young professional looking for a first home, a family wanting room to grow, or residents seeking a comfortable and updated lifestyle in Orangevale, The Grove is creating options that remain attainable while delivering quality and comfort.

Alex Galvan, President and COO of BCGK Communities, shared the company's vision: "At BCGK Communities, our goal is never simply to renovate buildings—we invest in communities. At The Grove, we wanted to create a place that reflects Orangevale's heritage while providing modern, comfortable living that brings people together. By honoring the area's history, creating spaces for families and pets, and delivering quality housing that people can

truly enjoy, we hope to contribute something lasting to the future of Orangevale." That commitment is visible throughout the project.

In a time when communities across California continue searching for ways to preserve local character while addressing housing needs, The Grove offers a reminder that growth and community identity do not have to compete—they can strengthen one another.

Orangevale's orange groves may have evolved over time, but the values that built this community—family, connection, pride, and welcoming spaces—remain firmly rooted.

And at The Grove, those roots are growing again.

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It's clear that the transformation taking place on Benning Street represents more than a typical property renovation. The work underway at The Grove reflects a broader investment in the community—one that blends modernization with an appreciation for

the character, history, and neighborhood values that make Orangevale unique. For generations, Orangevale has been known for its rural charm, strong neighborhood connections, and rich agricultural heritage rooted in the citrus groves that

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## FROM THE EDITOR

### DIFFERENT NAME. SAME HEART. SAME COMMUNITY.

Folks, I'll be honest—it's been a crazy couple of months.

Losing longtime friend and community supporter Brad Tatum brought a whirlwind of emotions and unexpected change. Before making the decision to move forward with the Orangevale Times, I spent a lot of time praying, seeking legal counsel, and leaning on family and trusted friends for guidance.

When I finally took that leap, something incredible happened.

The emails started coming. Messages of encouragement. Words of gratitude. People thanking me for keeping community news alive in Orangevale. One resident even picked up the phone just to tell me how excited he was to see the first issue. We ended up having the most wonderful conversation. It was exactly what my heart needed.

Readers, contributors, advertisers—you all rallied behind me. It filled my cup in ways I can't fully explain.

I even received positive feedback about the name change. People understood why it had to happen. They may not have chosen it, but they understood that sometimes change isn't about what we want—it's about what's necessary.

And that got me thinking...

Why is it that some in our community are still struggling with the name change from Pow Wow Days to Orangevale Summer Palooza?

After reading dozens of social media comments and receiving a not-so-kind voicemail (probably from a cell phone... lol), I found myself reflecting on a moment from six years ago.

Back then, this event was facing the possibility of disappearing.

As a local resident, business owner, and volunteer, I couldn't imagine Orangevale losing something that had created so many memories for my family and so many others. Pow Wow Days gave us traditions, laughter, reunions, and stories we still talk about today.

But change is inevitable.

To keep this community tradition alive, some things had to evolve—including the name.

The layout is still familiar. The event format remains rooted in what people love. Heck—even the carnival vendor is still the same.

But the reality is this isn't the same

world it was decades ago.

Pow Wow Days came from a simpler time—fewer permits, fewer insurance requirements, less security, and significantly lower costs.

Today, if we want to gather safely and responsibly, there are requirements: fencing, security, permits, staffing, and infrastructure. As a small local business owner helping make this happen, charging a modest admission became part of keeping the event sustainable.

The goal was never to change the heart of the event.

The goal was to keep our community together.

To give people a place to run into old friends. To enjoy our beautiful park. To listen to music. To let kids make memories. To feel safe gathering as a community. To create experiences that carry into the next generation.

That's what my family and I continue to do every year.

So call it what you want—but come.

Come support local.

Come make memories.

Come with kindness.

And if you choose not to come, that's okay too—but please keep the hateful phone calls and inappropriate comments to yourself.

That behavior doesn't represent who we are. Orangevale is better than that.

And this community tradition is worth preserving—whatever name is on the banner.

Kindly,

Lisa Montes

OV Times & OV Summer Palooza

#### The Bridal Shower

The bridal shower happened right after the bachelorette party;

so the bachelorette party must have been very dirty (like a stained jersey, wild like roller derby, with folks acting flirty, quenching those who are thirsty,

and making moments for a worthwhile journey)...

While a party may have dancing

(a fun form of cardio), a shower may sound giving and cleaning (with warm free flow)...

-Z.F. Thrimej

## HELPING HANDS OV AWARDS CONTINUE FROM PAGE 13

the major inspirations behind his career path.

"Without skilled and thoughtful electricians, nobody's houses would have lights at night or heat in the winter," Schweiger wrote. "This drove me toward a career in the electrical field without a doubt."

Schweiger also shared that pursuing a blue-collar career represents a new direction for his family.

"In my family, stepping into a blue-collar job isn't common," he wrote. "My career opens a new door for my family tree and generations to come."

Helping Hands OV said the scholarship is about more than financial support. It is also about investing in individuals whose skills directly improve the quality of life within the community.

"Skilled trades create lasting impact," organizers said. "These careers allow people not only to build successful futures for themselves, but also to use their talents to strengthen and support the community around them."

Since beginning work shortly after graduation, Schweiger said he has already found fulfillment in the field.

"Every time the lights come on for the first time, the smiles on the owners' faces make it worth the work," he wrote.

The \$1,000 scholarship will help offset the cost of required schooling associated with a career in the electrical trade.

Helping Hands OV plans to continue growing the scholarship program in future years to support additional students pursuing careers in the trades.

To find out more about Helping Hands OV or support their mission, visit [helpinghandsov.org](http://helpinghandsov.org).

Article and photo provided by Helping Hands

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## YARD SALE

Lake Natomas Heights Yearly Community Yard Sale. Save The Date /// Friday June 12th & Saturday June 13th. Hazel Ave. & La Serena/// Starting At 8:00am. Join The Fun And Enjoy Our Wonderful Neighborhood. Follow The Signs For Great Shopping.

Gigantic yard sale at the Orangevale Seventh-Day Adventist Church, located at 5810 Pecan St. The sale will take place from 8:00 am to 4 pm each day, June 11, 12, and 14, (none on Saturday, the 13th). All proceeds go for the needs of the students.

# INSIGHTS AND OUTTAKES

## ADD FLAVOR — AND BETTER HEALTH — WITH HERBS, SPICES AND FUNGI

By Betty Albert

By the time most people reach for the salt shaker, they've already missed a big opportunity.

A sprinkle of rosemary, fresh basil, smoky paprika, earthy mushrooms, or fragrant cinnamon can completely change a meal — and quietly improve health at the same time.

I learned that early while watching my parents grow herbs and cook with whatever was fresh and seasonal. They respected food not just for flavor, but for wellness. Today, science supports what traditional cultures have known for centuries: herbs and spices do far more than season food.

Researchers now link many plants to better digestion, healthier blood sugar, reduced inflammation, stronger immunity, and support for the microbiome.

Herbs usually come from leafy plants like parsley, thyme, oregano, dill, basil, rosemary, and mint. Spices come from seeds, bark, roots, or pods — cinnamon bark, ginger root, cumin seed, cloves, and cardamom.

Mushrooms deserve mention too. Since antiquity they've been valued for healing and nutrition. Even the famous "Ice Man" found frozen in the Alps carried medicinal mushrooms believed to fight infection.

Today mushrooms add rich umami flavor to soups, rice dishes, eggs, and stews while helping reduce excess salt and meat.

One of the pleasures of herbs and spices is experiencing global flavors at home.

Mediterranean cooking relies on rosemary, oregano, basil, thyme, sage, parsley, mint, and fennel. Indian cuisine layers turmeric, cumin, coriander, ginger, mustard seed, and garam masala. Moroccan dishes often feature cumin, saffron, paprika, cinnamon, and ras el hanout. Middle Eastern cuisine highlights parsley, dill, cilantro, mint, za'atar, and baharat.

Plants contain powerful compounds including antioxidants, anti-inflammatory substances, and antibacterial oils. Turmeric paired with black pepper is espe-



Betty Albert

cially popular because pepper improves turmeric absorption.

Using more herbs and spices is simple:

- Add fresh herbs to soups and salads
- Stir mushrooms into eggs or pasta
- Replace extra salt with garlic, dill, basil, or rosemary
- Use cinnamon, ginger, cloves, or cardamom to reduce sugar in recipes

Edible flowers like nasturtiums, chive blossoms, chamomile, and marigolds can even brighten salads and summer drinks.

The next time dinner feels ordinary, skip the extra salt and experiment with flavor instead. Your taste buds — and your health — may thank you.



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**ORANGEVALE WALMART  
CELEBRATES GRAND  
RE-OPENING**

By MaryAnne Povey

The newly remodeled Orangevale Walmart is complete and ready to serve the community. To celebrate, the Walmart team welcomed community members, Walmart leadership, local elected officials, the Sheriff's

Department, the Marines, and local organizations for a special re-grand opening celebration highlighting the store's major remodel and continued commitment to the Orangevale community.

The Orangevale Chamber of Commerce was there to commemorate the occasion with an

official ribbon-cutting alongside community leaders and supporters. Other highlights of the celebration included changing out the old flag, recognizing long-time Walmart employees and giving a few local charities donation checks during the event.

After months of remodeling, the updated store is officially open with redesigned departments, a fresh new layout, and improvements throughout the building.

"Our Chamber is excited to welcome Walmart back as a Chamber member," said Chamber President Anthony Garcia. "They provide jobs, affordable products, and important support to our community. We look forward to continuing to work with them and building a strong partnership here in Orangevale."

If you haven't stopped by yet . . . be sure to check out the new look for yourself.

Thank you to Cathy Kurtz for the photos!

**SERENITY HAVEN SENIOR LIVING OPENS  
NEW ORANGEVALE  
LOCATION**

By MaryAnne Povey

Serenity Haven Senior Living rolled out the red carpet in Orangevale as family, friends, community leaders, and supporters gathered to celebrate the facility's grand opening and official ribbon-cutting at 8725 Pathfinder Ct.

The celebration was filled with energy, music, fantastic food and drinks, and a warm welcoming atmosphere as owner Christina Andreasyan introduced the community to her beautiful new assisted living and memory care home.

The Orangevale Chamber of Commerce was proud to help welcome Serenity Haven to the community and celebrate Christina's growing passion for senior care. This marks her second facility following the suc-

cess of her Citrus Heights location.

"I want everyone to feel very safe and loved," Christina shared during the celebration. "I treat them like my own family. I've always had a passion for being around seniors."

Christina explained that the demand for quality senior care in Orangevale inspired her to open a second location here. She also emphasized the importance of experienced ownership, proper licensing, and 24/7 staffing when families are searching for care for their loved ones.

Congratulations to Christina and the entire Serenity Haven team on creating a beautiful new home for seniors and families in our community.



For more information about Serenity Haven Senior Living, call (916) 796-3621.

Special thanks to Cathy Kurtz for the photos.



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Friday 10AM–6PM  
Saturday 10AM–6PM

Heirloom Seeds Available at the Orangevale Library The Orangevale Library has heirloom seeds to start your own garden. Grow a variety of herbs, ornamentals, and edible plants. Save money and reduce your carbon footprint by growing nutritious food at home. The seed library is completely free of charge and available to anyone.

## KIDS

Family Storytime Thursdays, 10:30 a.m. - 11:30 a.m. Jane Wise Community Room Join us for songs, rhymes, movement activities and

stories all designed to support the early learning skills of young children.

Explore and Learn Playgroup Tuesdays, 11:00 a.m. - 12:00 p.m. Jane Wise Community Room Join us for Explore and Learn, a program with fun learning activities for young children and their caregivers to meet others and play together.

Minecraft Gaming Thursday, June 4, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game on our own library server! Participants should be aged 6 - 17; Registration is encouraged at [www.saclibrary.org/events](http://www.saclibrary.org/events).

Family Movie Night Wednesday, June 10, 3:30 p.m. - 5:30 p.m. Jane Wise Community Room We will be showing a family movie for all ages in our community room. Check our website for more details.

Read to a Dog Friday, June 12, 3:30 p.m. - 4:30 p.m. Jane Wise Community Room Kids are invited to practice their skills by reading aloud to a certified therapy dog (and their handler). Attendees may bring a book to read or choose one from the library.

STEAM - LEGO® Robotics Saturday, June 20, 10:30 a.m. - 12:00 p.m. Jane Wise Community Room Led by a team of student instructors, kids ages 9 to 14 will work in groups to design, build and program a LEGO® robot and learn STEAM skills with this fun, hands-on project.

Family Art Lab Saturday, June 27, 3:00 p.m. - 5:00 p.m. Jane Wise Community Room We bring the art supplies, you bring the creativity! Families, kids and teens are welcome to join us as the library puts out a variety of art supplies and let

everyone make whatever art they want!

## ADULTS

Genealogy: Getting To Know You Saturday, June 6, 1:30 p.m. - 3:00 p.m. Jane Wise Community Room Learn more about genealogy with our volunteers from the Root Cellar Genealogical Society. Age group: Adults

Genealogy: Book a Genealogist Saturday, June 6, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Need help with your family history? Root Cellar volunteers are ready to help with free individual 30-minute sessions at the Orangevale Library. Reserve your session at [www.saclibrary.org/events](http://www.saclibrary.org/events) Age group: Adults

Mixed Media Art Journaling Saturday, June 13, 10:00 a.m. - 1:00 p.m. Jane Wise Community Room Use your imagination and all kinds of

mixed media to create a free-style art journal. Both inexperienced and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too. Age group: Adults

Orangevale Adult Book Group - James Saturday, June 20, 2:00 p.m. - 3:00 p.m. Jane Wise Community Room Join us in-person for a lively and engaging discussion and make new friends! This month we will be reading James by Percival Everett. Starting one month before the meeting you can pick up a copy of the book from the front desk of the Orangevale Library or check our library catalog for available copies of the books and ebooks.



Orangevale Recreation & Park District  
6826 Hazel Avenue  
Orangevale, CA 95662  
Office Hours:

Monday-Friday - 8:30am-4:30pm  
Phone Number:  
(916) 988-4373

## Youth Programs

Baby Ballet (Ages: Walking- 3y) Mondays at 9:00am  
Pre-Ballet (Ages 3-6y) Mondays at 9:30am

Zumbini (Ages 2 Months-4years) Wednesdays at 10:00am

Mini Ninja (ages 3-6) Mondays at 3:15pm and Tuesdays at 9:15am Kids Ninja (ages 6- 12) Mondays and Wednesdays at 4:45pm

Robothink and Robothink Jr. Thursdays at 4:30pm

Amazing Athletes and Amazing Athletes Tots Tuesdays at 4:30pm

Skyhawks Soccer (ages 6-12) Mondays at 4:45

Skyhawks Track and Field (ages 6-13) Fridays at 3:50pm  
Skyhawks Beach Volleyball (ages 7-13) Tuesdays at 3:50pm

Skyhawks Pickleball (ages 6-13) Wednesdays at 3:50pm  
Skyhawks Tennis (ages 6-13) Wednesdays at 5:00pm

Basic Horsemanship (Ages: 8-15) Fridays 4:00-5:15pm

Skyhawks Beginning Golf

Camp (Ages: 4-10) Mon-Fri at 9:00am

## Adult Programs:

Chen Tai Chi (ages 17 and up) Tuesday and Thursday at 7:00pm

Cardio Kickboxing (ages 18 and up) Tuesday, Thursday & Saturday at 9:15am

Jazzercise (ages 18 and up) Mondays, Wednesdays, Fridays & Saturdays

Orangevale Ukelele Fretters (ages 18 and up) Mondays at 1:00pm

Artist Studio (ages 35 and up) Mondays at 11:30am

Men's 3 on 3 Hoops (ages 35 and up) Wednesdays at 7:00pm

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