

# CITY OF CITRUS HEIGHTS

## REACH OUT

Residents' Empowerment Association of Citrus Heights

VOLUME 2 ISSUE 5

MAY 2013



*A Monthly  
Publication to  
Keep Area  
Residents  
Informed of City  
Projects and  
Events*



**Inside this  
issue:**

Senior Health Fair	2
"Hot" Dog Reminder	2
May is Bike Month	2
Area 6 Revitalization Program	3
Safe Routes to School	3
Creek Corridor Trail Project	3
7515 Cook Avenue	3
Second Household Hazardous Waste Drop-off	4
Tennis Play Day	4
Art in City Hall	4
Ladies Auxiliary & Ladies in White Book Signing	4
Auburn Blvd Complete Streets Revitalization	5
May is Building and Safety Month	5
MarketPlace at Birdcage	5
Citrus Heights Community Center	6
Sylvan Community Center	6
Community Events	6
Road Construction Projects	7
Neighborhood Information	8
Relay for Life	8
Neighborhood Information	9
Senior Scam Stopper	10
Tennis Play Day Flyer	11
Senior Health Fair	12

## UPCOMING EVENTS



Saturday, May 4	9:00 am	6 <sup>th</sup> Annual Senior Health Fair
Monday, May 6	6:30 pm	R.E.A.C.H Monthly Meeting
Monday, May 6	6:00 pm	History and Arts Commission Meeting
Wednesday, May 8	7:00 pm	Planning Commission Meeting
Thursday, May 9	7:00 pm	City Council Meeting
Tuesday, May 14	6:00 pm	Creek Corridor Trail Project Workshop
Tuesday, May 21	3:00 pm	Citrus Heights Oversight Board Meeting
Wednesday, May 22	7:00 pm	Planning Commission Meeting
Thursday, May 23	7:00 pm	City Council Meeting
Monday, May 27		City Hall CLOSED—Memorial Day Holiday

These dates are subject to change: For up-to-date information about events please refer to the City website at: [www.citrusheights.net](http://www.citrusheights.net).

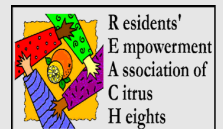
## City Hall Phone Directory

City Hall Offices	725-2448
Community Center	727-5400
Building Division	727-4760
Business Licenses	727-4907
Garbage/Recycling	725-9060
General Services	727-4770
Job Line	727-4900
TDD	725-6185
Animal Control	725-PETS
Planning Division	727-4740
Pothole Reporting	727-4770

## Police

General Business	727-5500
Non-Emergency Dispatch	727-5500
Watch Commander	727-5522
Crimes tip-line	727-5524
Narcotics tip-line	727-5523
Traffic hotline	727-5525
Code Enforcement	725-2845
Emergency from Cell Phone	726-3015
Emergency Services	dial 9-1-1

**R.E.A.C.H** represents the interests of the community and its citizens and encourages participation in neighborhoods to improve the quality of life in our city. **R.E.A.C.H** meets the 1st Monday of each month at 6:00 p.m. in the Trellis Hall (6237 Fountain Square Drive). Visit [www.citrusheights.net](http://www.citrusheights.net) or call (916)725-2448 to find out more about the neighborhood group that serves in your area.





# 6th Annual Senior Health Fair

## SOAR to HEALTHY HEIGHTS



Saturday, May 4th, 2013

9:00 a.m. to 1:00 p.m.

6456 Tupelo Drive, Citrus Heights  
(corner of Antelope Rd. & Tupelo Dr., off I-80)



Free admission, parking, screenings and entertainment. Over 50 exhibits dedicated to senior issues and concerns. Free tote bags and hand fans to the first 300 attendees. Special prize for the "Senior Senior", oldest attendee - register at the SOAR booth. For more information, call Dr. Jayna Karpinski-Costa at (916) 599-3647 or [vetlaw@drjayna.com](mailto:vetlaw@drjayna.com).

**"Hot" Dog REMINDER:** Sometimes people take their dogs along on errands but leave them in the car. But remember, this practice can be deadly. A little heat outside a car can quickly make it very hot inside. On a spring or summer day of only

85 degrees Fahrenheit, for example, even keeping the windows slightly open won't stop the inside temperature from climbing to 102 degrees in 10 minutes, and to 120 degrees in 20 minutes. A dog whose body temperature rises to 107-108 degrees will within a very short time suffer irreparable brain damage — or even death. So as we move into warmer weather, please do the right thing for your dog and yourself. Leave your dog safely at home if you will be running errands and leaving your dog for even a few minutes.



## May is Bike Month

May is Bike Month, a campaign that takes place in the six-county Sacramento Region each year. The focus of the campaign is to promote bicycle use as a mode of transportation whether for running errands, commuting, riding recreationally, or working. We encourage people to get out of their cars and on their bikes year-round, but we make it a big deal every May so that as more people become energized and comfortable on their bicycles they will be more likely to replace a car trip with a bicycle trip year round. Fewer cars on the road improves air quality and reduce traffic congestion; and as more bike trips replace car trips, we expect to see a greater demand for investment in bicycling infrastructure and facilities.

For more information and to see how you and your neighbors can participate, see the website at <http://mayisbikemonth.com/>.

This is a great time of the year to tune up your bike, dust off your helmet and get out and RIDE!!



## Area 6 Revitalization Program

Area 6 revitalization meeting was held on Tues., April 23 and the meeting was a success. It resulted with several people coming forward wanting to get involved in reviving the neighborhood association. The next meeting will be held on Tues., May 28 at 7:00 p.m. in Trellis Hall.

All of the Neighborhoods are part of R.E.A.C.H (Residents' Empowerment Association of Citrus Heights). R.E.A.C.H is a coalition that consists of a board of directors composed of a representative from each neighborhood. R.E.A.C.H represents the interests of the community and its citizens and encourages participation in neighborhoods to improve the quality of life in our city. R.E.A.C.H meets the 1<sup>st</sup> Monday of each month at 6:30 p.m. in the Trellis Hall (6237 Fountain Square Drive). These meetings are open to the public.



**Safe Routes to School: Walkability-Bikeability Project** – The Project team is scheduling a series of community meetings where the team will present findings and potential improvements to the community for input. Skycrest, Kingswood and Cambridge Heights will be rescheduled to the fall. Community meetings in May include Citrus Heights, Carriage and Sylvan schools on May 7th at 4:30 p.m. at Citrus Heights Elementary School. On May 14th at 6:00 p.m., Woodside and Mariposa schools' meeting will be held at Woodside K-8 school.

## Planning Division

### Creek Corridor Trail Project Community Workshop

On May 14th from 6:00 p.m. to 8:00 p.m., the City will be hosting a community workshop for the Creek Corridor Trail Project at the Citrus Heights Community Center. The workshop will include a presentation about the project and include information/comment stations with specific themes to provide feedback and ask questions. The community workshop will also be featured in the upcoming Connections article to encourage participation. Postcard workshop notifications will be mailed to all residents and property owners within 500 feet of the City's creek network in late April or early May.



### 7515 Cook Avenue

The Planning Department has received a request to develop a 5-unit, apartment project at 7515 Cook Avenue, approximately 270 feet east of Auburn Boulevard. The parcel is approximately 13,500 square feet in size and currently contains a single-family residence. The property is zoned for RD30 which allows for multi-family housing. The existing structure will be demolished and replaced with a two-story building approximately 3,980 square feet in size. The project proposes a contemporary building design for the new structure consisting of earthen colors, a pitched roof and a second floor that is set back from the edge of the first story. Other site improvements include landscaping, onsite parking and sidewalks. The project does not require Planning Commission approval and will be processed at staff level.

## Second Household Hazardous Waste Drop-Off Event

Saturday, June 15, 2013

8:00 a.m.—1:00 p.m.

Sunrise Mall Parking Lot (behind Women's Macy's)

Gather up your old paint, miscellaneous cleaning supplies, automotive fluids and fluorescent bulbs! The second Household Hazardous Waste (HHW) Drop-Off Event for 2013 is happening **Saturday, June 15 from 8:00 am - 1:00 pm**. This is the second of three (3) FREE Drop-Off events the City and Republic Services (formerly Allied Waste) will be hosting for residential Allied/Republic customers this year. The event will be held at the **back parking lot behind the Women's Macy's at Sunrise Mall**. Appointments are always encouraged but not required. Contact Republic Services at (916) 725-9060 or (916) 638-9000 to schedule an appointment or for more information.

Do you have old batteries, home-generated sharps and/or used oil to recycle? These items are collected **FREE** by Republic Services for residential customers. See your Customer Service Guide Calendar or call (916) 727-9060.

Acceptable Items	Items Not Accepted
Automotive Batteries, Automotive Fluids Gasoline, Pesticides, Household Cleaners, Household Chemicals, Paints, Solvents, Fluorescent Light Bulbs, Fluorescent Tubes	Ammunition, Explosives, Radioactive Materials, Pharmaceuticals, <b>Household Batteries*, Home Generated Sharps *, Used Motor Oil*</b> * Items collected curbside for residential customers (Call 638-9000 for more information)

## History and Arts Division

### Tennis Play Day for kids with Sacramento Capitals

The Sacramento Capitals will be hosting an event for the kids in the Community on July 12th; this event will be held within the Citrus Heights Stadium that is constructed for the summer within the parking lot at Sunrise Mall. All kids 10 & Under are welcomed! First 100 to sign up receive a free racket! Sign up details on page 12.

### Art in City Hall

The current Art in City Hall exhibit features artwork created by elementary school students from Arlington Heights, Carriage and Citrus Heights Elementary schools. The art display has a colorful variety of subject matter, using watercolor, crayon and color markers. The art show will remain on display until June 15th. If you are interested in showing your art in a future exhibit, e-mail [historyandarts@citrusheights.net](mailto:historyandarts@citrusheights.net) or call (916) 725-2448.

### Ladies Auxiliary and Ladies in White Book Signing Event

You are invited to the Ladies Auxiliary and Ladies in White book signing event with authors Teena Stern and Alice Fellows. The event is hosted by Sacramento Metropolitan Fire District on Wednesday, May 8, 2013 at Station 23 beginning at 3:00 p.m. (6241 Greenback Lane, Citrus Heights). Refreshments will be provided. For questions, call 916.727.4952.



## Auburn Blvd. Complete Streets Revitalization Project

Construction –SMUD installed the last of three new 69 KVA poles on Auburn Boulevard between Watson Way and Antelope Road on Thursday, May 2<sup>nd</sup>. Sidewalks, driveways and curb and gutter are almost complete on the east-side of Auburn from Antelope to Cripple Creek. Teichert will soon start working on the west-side of Auburn Boulevard.

Segment III Design – Staff and consultant team will be performing a project site walk to coordinate changes to the Segment II utilities and field review 100% plans. Final plans, specifications and estimates are expected early June.

Auburn Boulevard business and property owners are encouraged to attend weekly casual meetings on Wednesdays from 9:30 a.m. to 10:00 a.m. at Rusch Park, Conference Room #4. For more information on the ABCS Project, visit [www.abcupdate.net](http://www.abcupdate.net). To contact project staff, email [ABCTeam@citrusheights.net](mailto:ABCTeam@citrusheights.net) or call (916) 727-4770.



## Building and Safety Division May is Building and Safety Month

With May being Building Safety month, Susan and Greg continue to spread awareness. They attended Neighborhood 10's area meeting to discuss BSM. The Building Department kicked off BSM on Wednesday, May 1<sup>st</sup> at 1:00 p.m. in City Hall. For Building Safety Month, the Building Department will have a display with many helpful brochures and free items talking about the importance of safe and sustainable buildings. Come by City Hall Monday-Friday 8a.m. to 5p.m. to talk to the Building Department about Building Safety and how we all can get involved.



## MarketPlace at Birdcage

The MarketPlace at Birdcage has submitted for a Design Review Permit to demolish approximately 10,000 square feet of the former CVS building to allow for a new drive aisle perpendicular to Sunrise Boulevard. The project will demolish the liner shops along the western side of the existing building and reconstruct a portion to be remodeled and combined with the former CVS building resulting in a single tenant space approximately 38,575 square feet. The proposed drive aisle will provide improved access to Michaels, Best Buy and through access to Birdcage Street.





## Citrus Heights Community Center

The Citrus Heights Community Center is the perfect venue for your next event, large or small. The venue provides clients an elegant location with endless possibilities for weddings, birthday parties, baby showers, memorial or even your next office meeting. The Center has audio visual capabilities allowing you to make a statement with your next important presentation or simply tell a life-story with a picture slideshow from your laptop.

The Community Center is located at 6300 Fountain Square Drive in Citrus Heights (next to Sam's Club). The Center is accepting reservations up to one year in advance.

There are several options of available spaces at affordable prices for your next gathering – whatever it may be. Come see us today. For more information or availability of the facility, please call (916) 727-5400 or send an email to [dcarpenter@citrusheights.net](mailto:dcarpenter@citrusheights.net).

The Community Center is seeking qualified volunteers to work at the front counter; answering phones; data entry; providing tours to potential clients; light cleaning; and/or event set-up. For more information on volunteer opportunities, please call (916) 727-5400 or send an email to [msaario@citrusheights.net](mailto:msaario@citrusheights.net).



## Sylvan Community Center

The Sylvan Community Center located at 7521 Community Drive in Citrus Heights recently opened in November 2012. The City is accepting rental applications for one-time use events and recurring meetings. The Sylvan Community Center facility is furnished with tables and chairs and includes a full kitchen and bathroom facilities. Parking is also available on site. The maximum building capacity for a meeting or general assembly is 65 people or 50 people for a dinner or banquet. The Sylvan Community Center is an alcohol and smoke free venue. To check for availability and pricing, call (916) 727-5400 or email [sylvancommunitycenter@citrusheights.net](mailto:sylvancommunitycenter@citrusheights.net).



## Community Events

**2013 Red, White and Blue Parade** – The Parade Committee met on Thursday, April 11<sup>th</sup> and is currently working on ideas for entertainment as well as potential entries. “101.9 The Wolf” will be broadcasting live at the event. Sunrise Mall has confirmed a “Fun Zone” area in the mall parking lot after the parade with Zippy (battery powered ride-on animals), train rides, pony rides, bounce houses and more! Entries are starting to filter in. Citrus Heights Rotary Club will once again host the Pancake Breakfast from 8:00 a.m. to noon for \$5.00 per ticket.

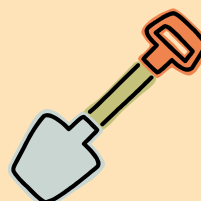


**Summer Concert Series in the Park** – This FREE event will be held at Rusch Park, and Sunrise Recreation and Parks District is in the process of confirming the bands. The dates for this year's concerts are:

Sunday, June 9<sup>th</sup>, 6:00 pm - 8:00 pm – AZUAR  
 Saturday, June 29<sup>th</sup>, 6:00 pm - 8:00 pm – Joe Getty and the Dead Flowers  
 Sunday, July 21<sup>st</sup>, 6:00 pm - 8:00 pm – Prophecy  
 Sunday, August 18<sup>th</sup>, 5:30 pm - 7:30 pm – The One 80's

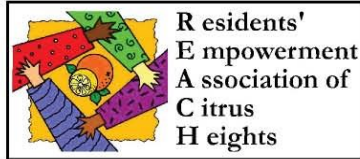
# Road Construction Projects

Project	Status
Sunrise Blvd Complete Streets Phase I – Oak Ave to Antelope Rd	Teichert has completed installation of the new median planter curbs and is currently working on landscaping the medians and installing the colored/textured crosswalks. Over the next 2-3 weeks, Teichert will complete the crosswalk stamping, re-stripping of the roadway, miscellaneous landscaping and new signage. Staff will work with the contractor mid-April to prepare a punch list in anticipation of project completion.
Sunrise Blvd Complete Streets Phase 3 - Antelope Rd to north City Limits-west side only	On April 4, 2013 the City received authorization from Caltrans to start the right-of-way acquisition process for the project. The consultant team will begin the property appraisal process immediately. Staff will schedule the first public information meeting in May 2013 to advise the residents of the right-of-way process and seek initial input on the project.
Watson Way Drainage Improvements Project (Area 6&7 Master Plan Implementation)	Final plans and specifications are being prepared, and staff plans to advertise the project in May.
Antelope Rd Accessibility and Safety Improvements Project	In accordance with SMUD required changes to the electrical service connection for the new street lights, staff has negotiated a contract change providing for the additional work to modify the electrical service. The contractor has tentatively scheduled (weather permitting) the resurfacing of Antelope Road and Lauppe Lane for the week of April 22-26. The contractor expects to finish the re-stripping, electrical service modifications and all punch list clean-up work by early May. Project final acceptance is anticipated in May.
Safe Routes to School: Walkability-Bikeability Project	The Project team is scheduling a series of community meetings where the team will present findings and potential improvements to the community for input. The meeting focusing on Skycrest, Kingswood and Cambridge Heights schools will be re-scheduled to the fall. The next community meetings are as follows: May 7 at 4:30 p.m. at Citrus Heights Elementary School: Citrus Heights, Carriage and Sylvan schools will be the focus. May 14 at 6:00 p.m. at Woodside Elementary School: Woodside and Mariposa schools will be the focus. All are welcome to attend.
2012 Bus Stop Improvements Project, Phase II	The design consultant, Dokken Engineering, is working on the final plan set. The project team has negotiated Right-of-Way (ROW) for 3 of the 4 parcels adjacent to the bus turnouts. Construction will occur in the spring of 2013.
Sunrise/Sungarden Intersection Safety Improvement Project	Staff is currently reviewing first design submittal and will provide comments to the design consultant in April. Staff is also reviewing the draft environmental documents for the project prior to submittal (in May) to Caltrans for approval.
Old Auburn Multi-use Trail	A contract amendment was approved by City Council on April 11th. Staff will work with the consultant to finalize the plans, specifications and estimate.





# COME JOIN YOUR NEIGHBORS!



## Your Local Neighborhoods Help Make Citrus Heights a Great Place to Live!

### *Get involved and make a positive impact in your neighborhood!*

Congratulations! As a resident of Citrus Heights, you are a member of a Neighborhood Association! You are invited to join your neighbors at their regular meetings, to volunteer in local events and make a difference in your community! The Neighborhoods are here to help you. Best of all, you don't have to pay dues or own your home in order to belong.

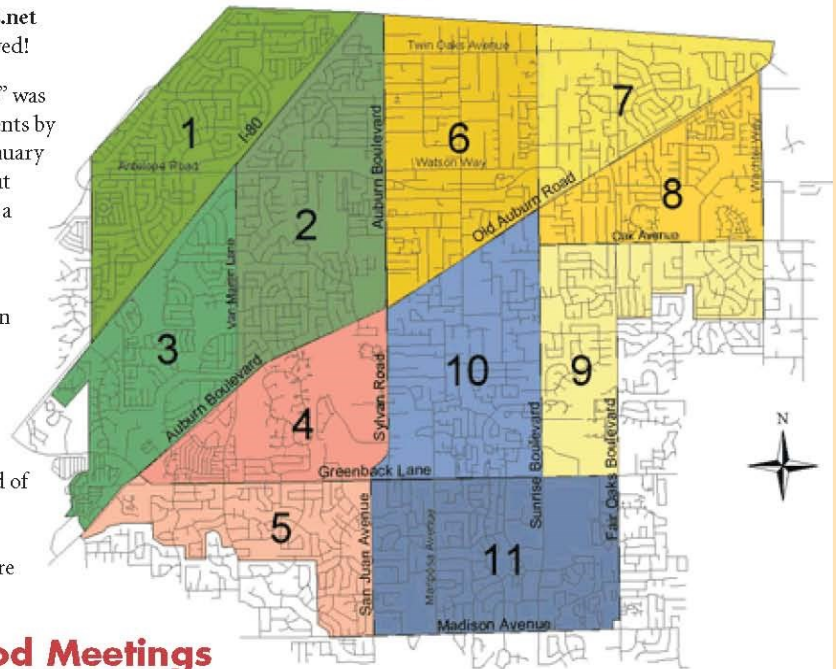
Anyone who lives, rents, or owns property or a business in Citrus Heights can get involved! Citrus Heights is divided into 11 Neighborhoods, and each Neighborhood is represented by a Neighborhood Association (Areas 7 & 8 are combined). Visit the City's website [www.citrusheights.net](http://www.citrusheights.net) and find out more information about how to get involved!

Did you know that the creation of the "Neighborhoods" was voted by the public as one of the Top 10 Accomplishments by the City of Citrus Heights since its incorporation in January 1997? You owe it to yourself and your family to find out why so many think the Neighborhood Associations are a wonderful benefit for residents of Citrus Heights!

The area groups usually meet once a month to solve neighborhood issues such as traffic or crime, to work on various projects, to host City information sessions, to network, have fun and much more.

All of the Neighborhoods are part of REACH (Residents' Empowerment Association of Citrus Heights). REACH is a coalition that consists of a Board of Directors composed of a representative from each neighborhood. REACH meets the 1<sup>st</sup> Monday of each month at 6:30 p.m. in Trellis Hall (6237 Fountain Square Drive - behind the General Services Building).

### Check the map for the Neighborhood Group covering your area:



## Citrus Heights Neighborhood Meetings

*You're invited to attend a meeting in your neighborhood! All meetings start at 7:00 p.m.*

Area #1 - Northwest	Sierra Meadows Mobile Estates (7600 Daly Ave.)	3 <sup>rd</sup> Tuesday
Area #2 - Rusch Park	Ascension Lutheran Church (7607 Garden Gate)	3 <sup>rd</sup> Thursday
Area #3 - CHANT	Trellis Hall (6237 Fountain Square Dr.)	2 <sup>nd</sup> Tuesday
Area #4 - Arcade Creek	Trellis Hall (6237 Fountain Square Dr.)	1 <sup>st</sup> Tuesday
Area #5 - Park Oaks	Advent Lutheran Church (5901 San Juan Ave.)	3 <sup>rd</sup> Thursday
Area #6 - Sunrise Ranch	Twin Oaks Ave Baptist Church (7690 Twin Oaks)	4 <sup>th</sup> Tuesday
Areas #7/8 - CHASE	Big Oak Mobile Home Park (8300 Old Auburn Rd.)	3 <sup>rd</sup> Tuesday
Area #9 - Sunrise Oaks	Sun Oak Baptist Church (7227 Canelo Hills)	1 <sup>st</sup> Wednesday
Area #10 - Sylvan Old Auburn	Citrus Heights Community Club House (6921 Sylvan Rd.)	4 <sup>th</sup> Monday
Area #11 - Birdcage Heights	Skycrest School (5641 Mariposa Ave.)	3 <sup>rd</sup> Wednesday





AMERICAN CANCER SOCIETY RELAY FOR LIFE

**Celebrate.****Remember.****Fight Back.**

## Relay For Life of Citrus Heights 2013

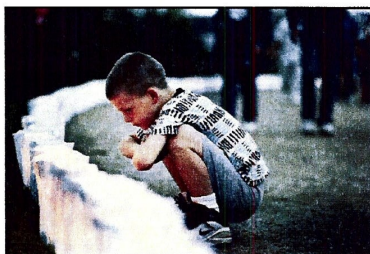
**Saturday, June 8th, 9:00 am – Sunday, June 9th, 9:00 am**

**[www.relayforlife.org/citrusheightsca](http://www.relayforlife.org/citrusheightsca)**

Relay For Life, a 24-hour team event to fight cancer, is the signature fundraising activity of the American Cancer Society. Each Relay is made up of teams of 10-15 participants who take turns running or walking around a local track to raise money for research, cancer education, patient service programs, and advocacy. In 2005, more than 4,300 communities nationwide hosted a Relay and with the help of people like you, Relay For Life has become the largest activity of its kind, raising more than \$375 million in 2006! But more than a fundraiser, Relay For Life is:

**A time to honor cancer survivors:** At every Relay For Life, all cancer survivors in the community are honored for their courage and strength by kicking off the event in the Survivors' Lap. Survivors are celebrated throughout the day with complimentary breakfast, a free t-shirt, games and more!

**A community united:** Few events bring together all components of a community like Relay For Life. Games, food, fun, music, and activities fill the air of every Relay For Life as everyone unites to help eliminate cancer!



**A ceremony of hope and remembrance:** Survivors and those who are no longer with us are honored at this one-of-a-kind ceremony. Paper bags bearing the names of loved ones are filled with sand and a small candle that is lit at dusk. These bags line the track and are left burning throughout the night. This moving, memorable ceremony is often the most powerful time of the entire Relay For Life.

***You're invited to join the local fight against cancer!***

**To form a team, please contact our  
Team Development Chair: Cheri Sadler at (916) 517-8507 or  
via email at [Smilesforhope2010@yahoo.com](mailto:Smilesforhope2010@yahoo.com)**

**To join the planning committee or for other questions,  
please contact the Event Chair: Tamika Stove at (916) 807-1875  
or via email at [Tamikastove@gmail.com](mailto:Tamikastove@gmail.com)**



# SENIOR SCAM STOPPER<sup>SM</sup>

CONTRACTORS STATE LICENSE BOARD



**Thursday, May 23, 2013**

1:00 p.m. – 3:00 p.m.

Citrus Heights Community Center  
6300 Fountain Square Drive  
Citrus Heights, CA 95621



**Assemblymember  
Ken Cooley and the  
Contractors State  
License Board** invite you  
to attend a free Senior  
Scam Stopper<sup>SM</sup> seminar.

For more information or to  
RSVP, contact Assembly-  
member Cooley's office at  
916.464.1910.

Experts will provide fraud information  
relating to home repair, auto repair,  
telecommunications, identity theft,  
Medicare, and more. Seniors, their  
families, and caregivers are welcome to  
attend this **FREE** seminar.



[www.cslb.ca.gov](http://www.cslb.ca.gov) • [CheckTheLicenseFirst.com](http://CheckTheLicenseFirst.com) • [SeniorScamStopper.com](http://SeniorScamStopper.com)





## Sign-Up for a 10 & Under Tennis Play Day with the Sacramento Capitals on Community Night!

Kids, be a part of the excitement of World TeamTennis by participating in a 10 and Under Tennis Play Day.

**WHEN:** July 12, 2013

**TIME:** 3:00 P.M. to 5:00 P.M.

**WHAT:** USTA Tennis Play Days are events that give kids a chance to play tennis and have fun with other kids in a comfortable, non-threatening environment.

- For kids who are just learning to compete or who are already playing competitively
- Provides a fun atmosphere with refreshments, prizes, and awards
- Takes place over a 2 hour period

**WHERE:** 6023 Sunrise Mall, Citrus Heights, CA 95610

**COST:** Free for all Kids who participate

**1<sup>st</sup> 100 signed up receive a Free Racquet**  
(unless part of Sac Caps JTT)

**Play Day package includes:**

Racquet (1<sup>st</sup> 100 signed up)  
Event

Lite Dinner and Drink

Ticket to the Sacramento Capitals match night of July 12th

**Register for the event at:**

**<http://www.norcal.usta.com/playdays>**



**FREE 1 Year USTA 10 and Under Membership!\***



\*FOR NEW MEMBERS ONLY. Offer valid from 12:01 a.m. ET 4/15/11 through 11:59 p.m. ET 12/31/13. Must be ages 10 or under to qualify. Individual may not turn 11 before 11:59 p.m. 12/31/13.



THIS IS A PROGRAM OF THE SACRAMENTO COMMUNITY TENNIS ASSOCIATION, A NONPROFIT ORGANIZATION, IN COOPERATION WITH THE SUNRISE RECREATION AND PARK DISTRICT. "THIS IS NOT A PROGRAM OF THE CENTER JOINT UNIFIED SCHOOL DISTRICT, THE DRY CREEK JOINT ELEMENTARY SCHOOL DISTRICT, THE ROSEVILLE JOINT UNION HIGH SCHOOL DISTRICT, THE TWIN RIVERS UNIFIED SCHOOL DISTRICT, OR THE SAN JUAN UNIFIED SCHOOL DISTRICT, AND CENTER, DRYCREEK, ROSEVILLE, TWIN RIVERS, AND SAN JUAN ACCEPT NO LIABILITY OR RESPONSIBILITY FOR THIS PROGRAM."



## 6th Annual

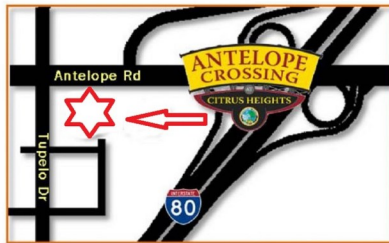
# Senior Health Fair

SOAR to HEALTHY HEIGHTS

Saturday, May 4

9 a.m. to 1 p.m.

6456 Tupelo, Citrus Heights  
(corner of Antelope & Tupelo, off I-80)



Wellness  
Walk & Roll  
0.5 miles  
Leisurely hike  
10:30 a.m.  
Hikers, wheelchairs  
& walkers welcome



Free Admission, Parking, Screenings and Entertainment

Over 50 exhibits dedicated to senior issues and concerns

Free Tote Bags and Hand Fans to the first 300 attendees

County Supervisor Roberta MacGlashan  
Honorary Chair



Special Prize for the  
"Senior Senior"  
(oldest attendee)  
Register at SOAR booth



For more information, call  
Dr. Jayna Karpinski-Costa  
(916) 599-3647  
vetlaw@drjayna.com

Vision  
Screening  
Lions Mobile Van  
Dr. Scott Nygard



## SPONSORS & PARTNERS

SOAR Neighborhood Assn - Antelope Crossing Business Assn  
City of Citrus Heights - CH Lions - Delta Restaurant & Supply Rentals  
Dignity Health (formerly Mercy San Juan Medical Ctr)  
Northwest Neighborhood Assn - Republic Services (formerly Allied Waste)  
SMUD - Sunrise Recreation and Park District - Walmart