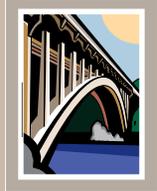


Folsom Rec Guide

PARKS AND RECREATION DEPARTMENT



CITY OF
FOLSOM
PARKS & RECREATION
DEPARTMENT



FALL
2020

SEPTEMBER
to
OCTOBER

Online Registration Always Open!

<https://webtrac.folsom.ca.us>

Update on novel coronavirus (COVID-19) in Sacramento County

THIS PAGE UPDATED SEPTEMBER 18, 2020

For status updates and news, visit the City of Folsom [website](#).

The Sacramento County Department of Public Health is the lead agency managing response to local novel coronavirus (COVID-19) testing, investigations, coordination with health providers, and public information. Comprehensive and up-to-the-minute Sacramento County Public Health information, including confirmed cases, about COVID-19 can be found at [Covid19.SacCounty.net](#).

Visit the City of Folsom at [folsom.ca.us](#) to learn more about the city's response to current county health orders, news updates, and resources for residents.

The programs and activities presented in this guide adhere to the current county public health Order.

Registration for each session of a program is limited to comply with current guidelines. All staff and participants are required to wear a face covering when indoors and at times when it is not possible to maintain a 6-foot minimum social distance. Verbal health and wellness screenings and temperature checks may be conducted at the start of each day of the program/activity. Any individual with a temperature reading at or above 100.5 degrees will not be admitted to the program. Anyone who has had a fever, cough, sore throat, shortness of breath, vomiting, diarrhea, or rash in the last 14 days will not be admitted. Anyone who has been exposed to someone who has been diagnosed with COVID-19 will not be admitted. Anyone that has traveled internationally in the previous two weeks will not be admitted. Staff will sanitize equipment and frequently touched surfaces throughout each session, and participants will be encouraged to practice frequent and thorough hand hygiene.

As of September 16, 2020, the following Folsom Parks & Recreation facilities remain closed:

- Folsom Art Center and the Gallery at 48 Natoma
- Folsom Senior Center
- Andy Morin Sports Complex
- Folsom Community Center
- Rotary Clubhouse

Parks and Recreation Field Use Requirements:

A Field Use Permit is required for all organized sports groups, teams, and leagues to use City of Folsom sports field/ball facilities for conditioning, skills, drills, camps, coaching, or other uses. If a sports field/ball facility is not reserved, it is available for casual play by the general public on a first-come, first-served basis, as permitted by and in compliance with the current Sacramento County Public Health Order. Unreserved sports field/ball facilities may not be used by organized sports groups, businesses, or individuals for training or conditioning purposes. Call 916-461-6651 for reservations and information.

Basketball Court Requirements:

No practices, scrimmages, or games are currently allowed at any time. Court rentals are allowed for conditioning only. Call 916-461-6651 for reservations and information.

Volleyball and Tennis Court Requirements:

If the tennis and volleyball courts are open and unreserved, you are allowed to drop-in and play volleyball or tennis while practicing social distancing and wearing a mask when you can't maintain 6-foot social distancing outdoors. Volleyball and tennis should be played with a maximum of four players per court (two players/side). No organized leagues or games are currently allowed.

Folsom's Parks and Recreational Trails

Going outside for some fresh air and a change of scenery can do wonders to improve our mood. The current Sacramento County Public Health Order allows residents leave their home to engage in outdoor activity; however, gatherings of individuals who are not part of your immediate household are prohibited. As of this time, all of Folsom's parks and recreational trails remain open for public use.

Bocce Ball, Pickleball, and Disc Golf

The outdoor facilities for these sports are open and available to the public on a drop-in basis. Appropriate social distancing must be maintained at all times, and wearing a mask is mandatory when you cannot maintain 6-foot social distancing.

Message from Folsom Parks & Recreation Director:
Lorraine Poggione

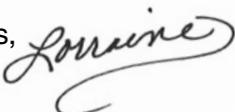


We are excited to offer an abbreviated guide of programming and activities that we anticipate offering over the next two months. Our team has carefully revamped or reinvented these programs and we are excited to share them with our community. From our new R.E.C. Club after-school program, to working with sports and athletics groups for conditioning on our fields, finding creative ways to welcome swimmers back to the aquatic center, and the much-anticipated reopening of our zoo sanctuary – we are continuously looking for ways to provide enrichment to our community during these fluid times.

Although we had to forego our usual grand opening celebration, we opened the new Broder Family Homestead Park to the public this summer. This five-acre park, located at 1215 Harvest Loop (off E. Natoma Street), was generously gifted to the city by Vera Broder-Silberstein. The park includes a vineyard and orchard, covered picnic area, kiddie corral play area with farm animal sculptures, walks and pathways, and other amenities. We're seeking community stewards or groups to assist with seasonal harvesting at the park; call 916-461-6684 for details and to volunteer.

Fall is a great time to get outside and enjoy Folsom's beautiful recreational trail system. The trails are being used more than ever this year, and many new cyclists, runners, and walkers are just becoming aware of trail etiquette practices and may not be entirely familiar with them yet. Cyclists should stay to the right of the center line on the trail, maintain a safe speed, and pass on the left side of fellow cyclists. Walkers and runners should keep to the left side of the trail center line, facing oncoming bicycle traffic – this allows you and oncoming cyclists to see one another. All trail users should maintain social distancing. You can find trail maps and informative trail safety and etiquette videos at www.folsom.ca.us.

We so appreciate you playing with us and I always look forward to your input and feedback. Please feel free to reach out to **me** with your ideas or thoughts.

Best regards,


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INCLUSION SERVICES: The City of Folsom encourages and supports the participation of individuals of all abilities in meetings, facilities, activities, and programs. Please let us know if you or a family member needs additional support to participate by contacting Brittany Simon, Certified Therapeutic Recreation Specialist, at 916-461-6685 or by **email**. Requests will be determined on an individual basis and in accordance with the Americans with Disabilities Act (ADA). Please allow at least three weeks for processing.

STANDARDS OF BEHAVIOR: The City of Folsom strives to provide a safe and positive environment to ensure the enjoyment of everyone when participating in our Parks & Recreation Department programs and activities. Our expectation is that all participants treat people and facilities with respect and follow the rules provided by staff. The City of Folsom reserves the right to deny service to anyone for failure to abide by these behavior standards.

The R.E.C. Club

IN-PERSON ENRICHMENT PROGRAM

The R.E.C. Club: Recreation • Enrichment • Community

Kids will enjoy socializing with friends while engaging in fun and age-appropriate activities such as crafts, games, and outdoor play in this afternoon enrichment program.

AGES 6-12

314620-02 M-F 9/08-10/02 1:00-5:00P

LOCATION: Folsom Community Center

FEE: \$421 / \$361 resident discount

314620-03 M-F 10/05-10/30 1:00-5:00P

LOCATION: Folsom Community Center

FEE: \$440 / \$380 resident discount

314620-05 M-F 11/30-12/18 1:00-5:00P

LOCATION: Folsom Community Center

FEE: \$330 / \$285 resident discount

LEARN MORE AND REGISTER

We are committed to providing opportunities to kids of all abilities. If your child needs additional support to participate, **email** Brittany Simon, CTRS, or call 916-461-6685.



Register online at <https://webtrac.folsom.ca.us>

Virtual Programs with Intellibricks

Introduction to Coding with Scratch

This coding language with a drag and drop interface and colorful sprites will help kids make their first program.

AGES 7-12

310083-01 F 9/18-10/23 9:30-11:00A

LOCATION: Personal Residence (virtual class)
FEE: \$157 / \$150 resident discount
LEARN MORE AND REGISTER

Game Design with Scratch

Use your coding skills to learn how to make games, custom sprites, custom backgrounds, and keep scores.

AGES 7-12

310075-01 W 9/30-11/4 3:00-4:30P
 310075-02 F 10/30-12/11 9:30-11:00A

LOCATION: Personal Residence (virtual class)
FEE: \$157 / \$150 resident discount
LEARN MORE AND REGISTER

Animation with Scratch

Once you have learned Animation with Scratch, you can learn to make a birthday card, a firework show, and work on creating your own stories.

AGES 7-12

310076-01 M 10/26-11/7 3:00-4:30P
 310076-02 Tu 10/27-12/8 3:00-4:30P

LOCATION: Personal Residence (virtual class)
FEE: \$157 / \$150 resident discount
LEARN MORE AND REGISTER

Web Development with HTML, CSS, and JavaScript

Learn how to use HTML (Hyper Text Markup Language), CSS (Cascading Style Sheets), and JavaScript to create you first website!

AGES 11-15

310077-01 F 9/25-12/4 3:30-5:00P

LOCATION: Personal Residence (virtual class)
FEE: \$267 / \$260 resident discount
LEARN MORE AND REGISTER

Introduction to Digital Drawing and Design – Level 1

Students will learn about layering, perspective, and shading to apply to their art for the day.

AGES 9-14

310078-01 F 10/9-11/13 1:00-2:30P

LOCATION: Personal Residence (virtual class)
FEE: \$157 / \$150 resident discount
LEARN MORE AND REGISTER

Digital Drawing and Design – Level 2

Students will learn brushes, how to edit their drawings with advanced settings, and ways to improve their shading and weight lines.

AGES 9-14

310079-01 Th 11/5-12/17 4:00-5:30P

LOCATION: Personal Residence (virtual class)
FEE: \$157 / \$150 resident discount
LEARN MORE AND REGISTER

Virtual Program with Mad Science of Sacramento

Crazy Chemworks

Shake up a flask of science fun in the lab as a junior chemist – all things chemical are packed into hands-on experiments using actual lab tools.

AGES 6-12

214541-02 F 10/2-11/6 3:00-4:00P

LOCATION: Personal Residence (virtual class)
FEE: \$109 / \$99 resident discount
LEARN MORE AND REGISTER



Virtual Programs with Skyhawks



STEM Sports: Multi-Sport

Our passionate instructor will use sports as the real-life application to drive STEM-based, hands-on learning, instilling curiosity, and a passion for learning in each child.

AGES 5-7

330090-01	W	9/23-10/21	1:00-1:45P
330090-02	W	11/4-12/9	1:00-1:45P

LOCATION: Personal Residence (virtual class)

FEE: \$69 / \$59 resident discount

LEARN MORE AND REGISTER

STEM Sports: Multi-Sport

Our passionate instructor will use sports as the real-life application to drive STEM-based, hands-on learning, instilling curiosity, and a passion for learning in each child.

AGES 7-12

330091-01	Tu	9/22-10/20	4:00-4:45P
330091-03	Tu	11/3-12/8	4:00-4:45P
330091-02	F	9/25-10/23	1:00-1:45P
330091-04	F	11/6-12/11	1:00-1:45P

LOCATION: Personal Residence (virtual class)

FEE: \$69 / \$59 resident discount

LEARN MORE AND REGISTER

Esports & Play: Rocket League

This new program combines a high energy, game-based physical education program with a unique and exciting gaming experience.

AGES 7-12

330092-01	M	9/21-10/19	1:30-3:15P
330092-02	M	11/2-12/7	1:30-3:15P

LOCATION: Personal Residence (virtual class)

FEE: \$109 / \$99 resident discount

LEARN MORE AND REGISTER



Esports & Play: Fortnite

This exciting program combines a high energy, game-based physical education program with a new, one-of-a-kind gaming experience.

AGES 10-14

330093-01	Th	9/24-10/22	4:00-5:45P
330093-02	Th	11/5-12/10	4:00-5:45P

LOCATION: Personal Residence (virtual class)

FEE: \$109 / \$99 resident discount

LEARN MORE AND REGISTER

PhysEd Fun

This class will offer children a wide variety of activities that involve locomotor, non-locomotor, manipulative skills, and fitness development exercises.

AGES 6-12

330094-01	M	9/21-10/19	2:30-3:15P
330094-04	M	11/2-12/7	2:30-3:15P
330094-02	Tu	9/22-10/20	12:00-12:45P
330094-05	Tu	11/3-12/8	12:00-12:45P
330094-03	Th	9/24-10/22	4:00-4:45P
330094-06	Th	11/5-12/10	4:00-4:45P

LOCATION: Personal Residence (virtual class)

FEE: \$59 / \$49 resident discount

LEARN MORE AND REGISTER

PLAYRS Program for Local Assistance Youth Recreation Scholarships

Folsom Parks & Recreation has developed a financial assistance/scholarship opportunity for children of Folsom families in financial need to participate in recreation activities.

Interested participants should call Folsom Parks & Recreation at 916-461-6601. You can read more about this opportunity and download an application on our website: www.folsom.ca.us—use search keyword “scholarships.”

Youth/Teen Sports & Fitness

IN-PERSON OUTDOOR PROGRAMS

Intramural Sports: Football

with Assist Intramural Sports

Participants in this 12-week program will learn and develop football fundamentals while building life skills through team sports.

AGES 4-13

330040-01 Th 10/8-12/10 2:30-4:00P

LOCATION: Hazel McFarland baseball field

FEE: \$190 / \$180 resident discount

LEARN MORE AND REGISTER



USA Jr. Tennis Workout

with Bryan Solem

Intermediate to advanced players only. Competitive tournament training, drills, conditioning and match prep.

AGES 10-17

330361-02 W/F 10/2-10/23 4:00-5:30P

330361-03 W/F 11/6-12/6 4:00-5:30P

LOCATION: Ed Mitchell Park tennis courts

FEE: \$144

LEARN MORE AND REGISTER

USA Jr Tennis Lessons

with Bryan Solem

Improve your skills and gain confidence in your game with individualized instruction and plenty of practice time.

AGES 6-9

330100-02 Tu 9/29-10/20 4:00-5:00P

330100-03 Tu 10/27-11/17 4:00-5:00P

LOCATION: Ed Mitchell Park tennis courts

FEE: \$75 / \$65 resident discount

LEARN MORE AND REGISTER

USA Jr Tennis Lessons

with Bryan Solem

Join our certified tennis professional for this class that is sure to improve your strokes, footwork, and overall knowledge of the game of tennis.

AGES 10-16

330101-02 Tu 9/29-10/20 5:15-6:15P

330101-03 Tu 10/27-11/17 5:15-6:15P

LOCATION: Ed Mitchell Park tennis courts

FEE: \$75 / \$65 resident discount

LEARN MORE AND REGISTER



Youth Assistance Scholarship Fund

The Folsom Athletic Association (FAA), in cooperation with their youth sports group members, has developed an assistance program to provide scholarships for Folsom youth to participate in youth sports programs. Scholarship forms should be submitted directly to the youth sports organization in which there is interest. More details and links to these organizations can be found at folsomathleticassociation.org.

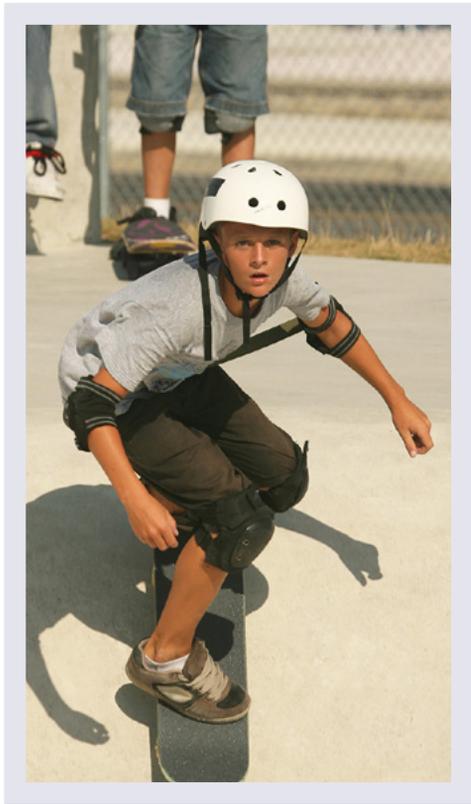
The FAA is a local non-profit organization chartered to promote the improvement of quality youth sports and athletic facilities in Folsom. Tax-deductible donations, earmarked for the Youth Assistance fund may be sent to: Folsom Athletic Association, P.O. Box 835, Folsom 95763

REGISTER TODAY!
Online registration is open 24/7

<https://webtrac.folsom.ca.us>

Accepted online payment methods:
VISA, MasterCard, Discover Card, and American Express.

You may also pay with a Folsom Parks & Recreation gift card.



Folsom Skate and Bicycle Park at Cummings Family Park, 1775 Creekside Drive

Daily operating conditions: 916-817-2767 • General info: 916-461-6601

HOURS OF OPERATION

Monday through Friday 3:30 to 7:30 p.m.

Saturday 1 to 8 p.m.

Sunday 1 to 6 p.m.

Participants must maintain 6-foot social distancing at all times; city staff are on site to enforce safety regulations.

At this time, only skating activities are permitted in the skate park; bicycles are only allowed in the bike park.

Hours are subject to change dependent upon weather conditions. Elbow pads, knee pads, and helmet are required at all times to utilize skate park. BMX park requires helmet, pads are strongly recommended.

Folsom Parks & Recreation Seeking Name Submittals for Future Parks

Folsom Parks & Recreation is seeking names to include in the Suggested Park Names list. It is city policy that all park sites exceeding two acres in size must be named after an individual or family who has made a significant contribution to Folsom, or after an important landmark or historical aspect of the area.

A suggested park name submittal is limited to no more than two pages and should include background information (landmark/historical aspect), biography and contact information (individuals/family), and contact information for the submitter. Incomplete submittals shall be cause for rejection.

Submitted names will be reviewed by the Parks & Recreation Commission Park Naming Ad Hoc Committee. Qualifying names and a name recommendation for Neighborhood Park #3 – the first park being planned for the Folsom Plan Area – will be forwarded to the Parks & Recreation Commission. The Commission will take action to add the names to the list and dedicate a name for Neighborhood Park #3, and will forward their recommendation to the Folsom City Council for final approval.

Submittals are due by September 30, 2020.

Send completed submittals by email to avanka@folsom.ca.us or mail to Folsom Parks & Recreation, Attention: Aparna Vanka, 50 Natoma Street, Folsom, CA 95630. Emailed submittals must be received by 5 p.m. September 30; mailed submittals must be postmarked September 30.

Steve Miklos Aquatic Center



Lap Swimming Program

Enjoy the aquatic center year-round and get into shape with our lap swimming program. The water is always heated to a comfortable 80 degrees!

FALL LAP SWIM HOURS

11 a.m. to 2 p.m. Monday through Friday
 5:30 to 7 p.m. Monday through Friday
 11:30 a.m. to 1:30 p.m. Saturday

Swimmers can purchase a new Lap Swim Pass for \$50 that can be used for 10 swim sessions; passes are valid for sixty days from date of purchase. The pass saves swimmers \$20 compared to the drop-in rate, and pass holders are granted touchless entry to the aquatic center. Lap swim is also available at the drop-in rate of \$7 per session.

Lap swim is available on a first-come, first-served basis. In accordance with Sacramento County public health guidelines, swim lanes are limited to allow for social distancing. If all lanes are full when you check in at our front entrance, our staff will take your cell phone number and request that you wait in your car until you are notified that a lane becomes available.

Arrive at the aquatic center prepared to swim. As soon as you are finished with your swim session, please exit the facility through the signed exit gate.

Swim Lessons

At this time, we are not offering any swim lessons. As public health guidelines continue to evolve, our programs and services may change as well.

Please note that the instructional pool and family play pool will not reopen in 2020 due to a planned renovation.



New safety protocol is in place at the aquatic center and must be followed at all times:

- Social distancing of at least 6 feet must be maintained when waiting in line, using the restroom, in the water, or walking inside the facility/around the pool deck.
- Only one swimmer per lane is permitted. Swim in the center of the lane to maintain 6-foot social distancing.
- Follow directional signage posted around the facility to indicate entry and exit points for locker rooms.
- Note that locker room lockers and showers are not available. Access to restroom stalls, urinals, and sinks will be staggered and closed to maintain social distancing.
- Deck chairs will not be available; you may bring your own lawn chair to place at the end of your swim lane to hold your towel and other swim equipment.
- Please note that chairs may not be used for loitering before or after swimming.

Folsom City Zoo Sanctuary



403 Stafford Street
 Located in Folsom City Lions Park
 (corner of Natoma and Stafford streets)
 916-461-6629

www.folsom.ca.us

FALL HOURS AND ADMISSION: Through September 2020

9 a.m.-1 p.m.

Friday, Saturday, and Sunday

October–December 2020

10 a.m.-2 p.m.

Friday, Saturday, and Sunday

**NOTE: admission is only available
 by advance **online ticket purchase.****

Online tickets are \$5 per person
 for ages 2 and older.

Children under 2 years of age are
 free (no ticket required).

Tickets are not sold at the gate.

**Fisher's Bestro and the Gift Shop
 are closed until further notice.**



Fall Hours and Admission:

The Folsom City Zoo Sanctuary reopened to the public mid-summer. Our current hours of operation through the end of September are 9 a.m. to 1 p.m. Friday, Saturday, and Sunday. Starting in October, our hours change to 10 a.m. to 2 p.m. Friday, Saturday, and Sunday.

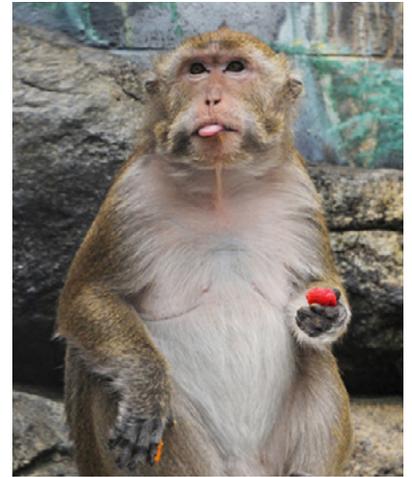
Admission is only available through **online ticket purchase in advance. Tickets are not available at the gate.**

Online ticket sales open at noon each Monday for that week's block of tickets.

Online tickets are \$5 per person for ages 2 and older; ages under 2 years are free (no ticket required).

Friends members need to reserve their admission tickets **online** as well. The number of available tickets is limited each day to allow visitors to maintain social distancing.

Please rest assured that even on the days we are closed, our zookeepers remain on the job to continue the daily care of the animal residents.



Free admission for a year! That's just one of the great benefits of becoming a member of the nonprofit Folsom Zoo Sanctuary Friends.

Our mission is to preserve and enhance a city treasure by assisting in the enrichment of the lives of

the animals living at the zoo sanctuary. Various membership, donation and sponsorship programs are available. Double your impact by applying for a matching gift through your employer's program.

The Board of Directors volunteer their time and are active in sponsoring Friends core programs and committees to support the needs of the Folsom Zoo Sanctuary. We are always on the lookout for passionate individuals with skills in any of the following areas: accounting, communications, event planning, fund development, marketing and social media, and web development.

Join today at www.FolsomZooFriends.org or call 916-226-5445.

About the Folsom City Zoo Sanctuary: Since 1963, the Folsom Zoo Sanctuary has been dedicated to enriching the lives of the animals living at the sanctuary facility. This is not your typical zoo! Our rescued domestic and wild animals come to live here for a variety of reasons: they're orphaned, have sustained life-threatening injuries, were illegal or discarded pets, or were victims of abuse or neglect. Our animal residents include black bears, cougars, and other native species, as well as exotic species like tigers and kinkajous. The zoo sanctuary provides a caring, forever home for these amazing creatures. Our educational focus is to promote responsible and appropriate behavior toward all animals. Learn more about us at www.folsom.ca.us.



Limited Edition Logo Masks Available for Purchase

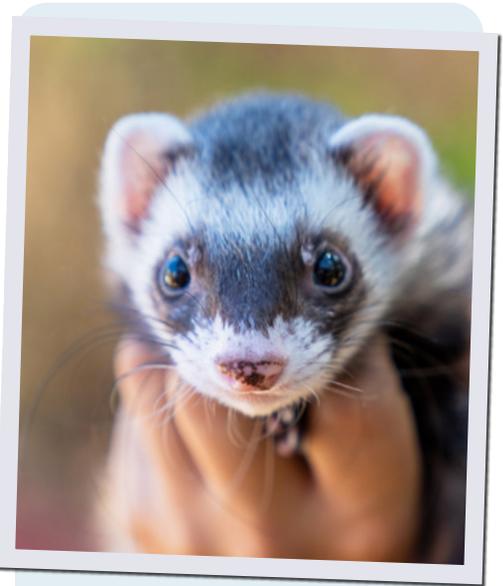
Show your love for the Folsom Zoo Sanctuary when you wear one of our new face masks! Available for purchase at the ticket booth during our hours of operation Friday through Sunday (an admission ticket is not required to purchase a mask). Youth and adult sizes are just \$5 each (sales tax included) and proceeds help support the care and feeding of our amazing zoo sanctuary animals.

Online Shoppers: Donate to the Folsom Zoo Sanctuary— It's FREE and Easy!

Did you know that you can donate to the Folsom Zoo Sanctuary every time you make a purchase on Amazon, at no cost to you?

Here's how it works: simply make your purchase at AmazonSmile (www.smile.amazon.com) – it's the same Amazon you know, with the same products, same prices, and the same service; and you can use your existing Amazon account.

Select the **Friends of the Folsom Zoo Sanctuary** as the charitable organization you'd like to benefit, and the AmazonSmile Foundation will donate 0.5% of the price of your eligible purchases at no cost to you. Every donation counts, so help spread the word to family, friends and co-workers.



Adopt An Animal!

When you sponsor a Folsom Zoo Sanctuary animal for one year, you can help provide the special care that our animals require. You can complete the animal adoption **online** or by mail – call 916-461-6629 for more details.

ANIMAL ADVOCATE—\$25

Adoption Benefits Include

- Certificate of Adoption
- Animal Information Sheet
- 4 x 6 photo of your adopted animal
- Your name on the Adoption Parent Board

ANIMAL PROTECTOR—\$50

Adoption Benefits Include

- Everything in \$25 package
- Two zoo passes

ANIMAL GUARDIAN—\$100

Adoption Benefits Include

- Everything in \$25 package
- Four zoo passes

ANIMAL BENEFACTOR—\$250

Adoption Benefits Include

- Everything in the \$25 package
- Six zoo passes
- Plaque placed on animal exhibit for one year

ANIMAL CHAMPION—\$500

Adoption Benefits Include

- Everything in the \$25 package
- 12 zoo passes
- Tour for up to 10
- Plaque placed on animal exhibit for one year

@FOLSOMCITYZOOSANCTUARY



Connect with us!



Adult Fitness & Sports

IN-PERSON OUTDOOR PROGRAMS

Adult Tennis Lessons

with Bryan Solem

This class is intended for the player that already has the basic strokes down and looking to improve their game.

AGES 18+

335091-01 Tu 9/29-10/20 7:00-8:00P
335091-02 Tu 10/27-11/17 7:00-8:00P

LOCATION: Ed Mitchell Park tennis courts

FEE: \$78 / \$68 resident discount

LEARN MORE AND REGISTER

@FOLSOMPARKSANDREC



Connect with us!



Senior Resources

The City of Folsom is closely monitoring the impacts of the COVID-19 virus and its effects on Folsom's senior citizens and vulnerable populations.

For senior resource information and assistance, contact us at 916-461-6618 or email seniorassistance@folsom.ca.us. For emergencies call 9-1-1, non-emergency 916-355-7231. Find details about a variety of resources and information available for seniors at www.folsom.ca.us.

Nutrition Assistance Programs

Twin Lakes Food Bank

916-985-6232

Drive up to receive food in the Mt. Olive Lutheran Church parking lot (320 Montrose Drive) during regular distribution hours. Clients remain in their vehicles.

If you know a senior citizen or others who are unable to pick up their food, you can pick it up for them. Bring a current piece of their mail and a note giving you permission.

Twin Lakes Food Bank will offer grocery delivery to any senior citizen, 60 or older, who is housebound due to self-quarantine and does not have the support to pick up their food. Email info@twinlakesfoodbank.org to schedule a delivery.

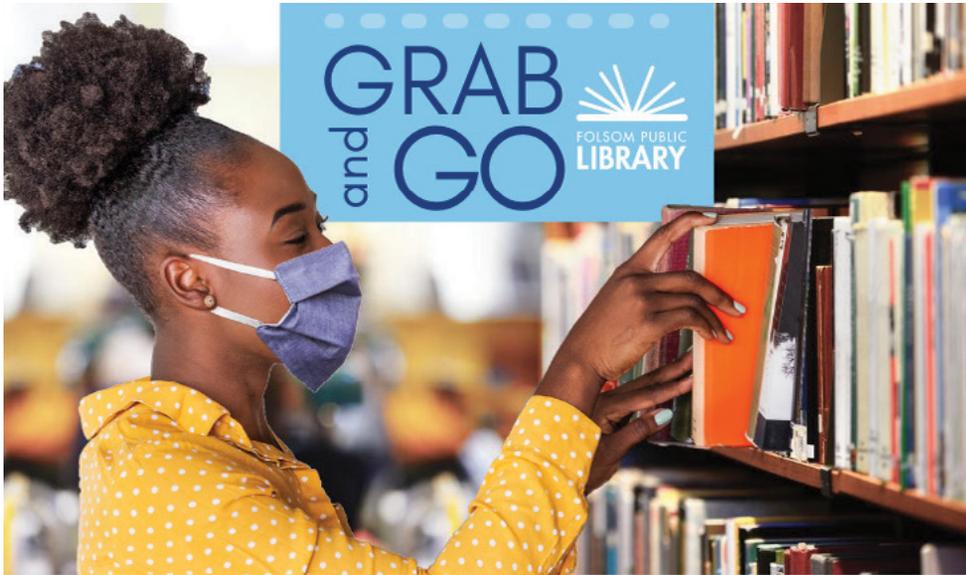
Meals on Wheels Home Delivery Sacramento

The Home Delivery Meal (HDM) program has suspended daily deliveries made by volunteers until further notice. HDM will reopen registration to new recipients and volunteers when the Stay at Home order is lifted. Questions about current services can be directed to 916-444-9533.

CalFresh

This program can add to your food budget to put healthy and nutritious food on the table. The program issues monthly electronic benefits that can be used to buy most foods at many markets, food stores, and some farmers' markets. For additional information on CalFresh, please call 916-874-3100.

Folsom Public Library



Folsom Public Library is now open

The Folsom Public Library building has reopened to the public for “Grab and Go” services.

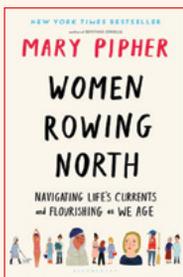
Grab and Go is designed to let people make short, safe library visits. And since the health and safety of our community is our top priority, the library will look and feel a bit different when you come in.

Services available:

- Get a library card
- Browse the library collection
- Library computers & printers
- Pick-up holds
- Free Wi-Fi
- Personalized help from librarians

Visits will be limited to one hour and the number of library guests will be limited to ensure safe social distancing. Face coverings are required at all times.

The Folsom Public Library will be open Noon to 6 p.m. Tuesdays and Wednesdays, and 10 a.m. to 4 p.m. Thursdays through Saturdays. The book return is open 24/7.



Women Rowing North: Navigating Life's Currents and Flourishing as We Age by Mary Pipher - October 15, at 1 p.m. via Zoom. Please visit the library website on the day of the meeting for a Zoom meeting link.



Join the Back-to-School Reading Challenge

The Folsom Public Library challenges students to read their way into the school year and join the Back-to-School Reading Challenge September 1 – 30.

Reading is one of the learning areas most impacted by summer slide and students of all ages will benefit from some additional independent reading practice as they transition from summer back into the school year.

Register through the Library's website. Prizes will be awarded to the three student readers recording the most minutes read.



CITY OF
FOLSOM
PARKS & RECREATION
DEPARTMENT

FOLSOM



GLASS PUMPKIN PATCH

Join us for our 2nd annual
glass pumpkin patch featuring
TWO thousand hand-blown
glass pumpkins by local
artisans!

**PUMPKINS WILL BE AVAILABLE
IN A RANGE OF SIZES,
PRICES AND COLORS, PROVIDING A RARE
OPPORTUNITY TO PURCHASE A ONE-OF-A-KIND
GLASS ART PIECE.**



FREE ENTRY
COVID-19 PROTOCOLS IN PLACE



**OCT 10 & 11
10AM - 5PM
48 NATOMA ST.**

FOLSOM ART CENTER

**PROCEEDS
FROM THIS EVENT
WILL ALSO BENEFIT
FOLSOM PARKS &
RECREATION'S COMMUNITY
ARTS EDUCATION
PROGRAMS AT 48 NATOMA
PUBLIC ART CENTER.**

2B
Glass



Hosted by 2B Glass and Folsom Parks & Recreation

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