

HOMETOWN HAPPENINGS

...Enriching the lives of our residents...

SPRING NEWSLETTER

March–June 2008

In this Issue:

- 2 City News & Community Calendar of Events
- 3-5 Community Events
- 6 Special Event Locations
- 7 Wish List Donations
- 8 Youth Classes & Afterschool Programs
- 9 Youth & Adult Classes
- 10 Adult Leisure & Exercise Classes, Tri-Cities Programs
- 11 Youth & Adult Sports, Sports Fields Information
- 12, 13 Older Adult Programs, Facilities For Rent, Excursions
- 14 Información en Español, Community Programs
- 15 Registration Form & Information
- 16 Community Organizations Listing

Spring



Visit the City's Web site: www.sanjuancapistrano.org

CITY NEWS

Community preparedness key

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services such as water, gas, electricity or telephones were cut off? What if a loved one or neighbor was injured? What would you do? Would you have the knowledge and skills to help protect your family and property or lend a hand to a neighbor in need? We often tend to think that when a disaster strikes – whether it's natural or man-made – that local officials and relief workers will be on the scene immediately to help us. Unfortunately, that is not always the case. After a disaster, they cannot reach everyone right away. Individuals and families can – and do – cope with disaster by preparing in advance. It is essential to have those skills and knowing what to do is your best protection and your responsibility. The city's free Community Emergency Response Team (CERT) could be just the resource to give you some peace of mind and helpful knowledge that could make the difference between life and death. The City's next Community Emergency Response Team (CERT) program begins Aug. 27. People who go through CERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to lessen the effects of these hazards. The free seven-week session covers everything from disaster preparedness, fire suppression and disaster medical operations to light search & rescue, disaster psychology, team organization, terrorism and disaster simulation. The City's Michael Cantor teaches the sessions with resident Tony Pointer, a former Orange County Fire Authority reserve firefighter. Classes, which hold about 30 people, are held on consecutive Wednesdays from 6:30 to 9 p.m. The classes fill up fast, so don't delay. For more information, a class schedule and application, contact Cantor at 234-4565 or mcantor@sanjuancapistrano.org

City Council, Commissions and Boards Meeting Dates and Times

City Council	1st & 3rd Tuesday	6:30 p.m.
Cultural Heritage Commission	4th Tuesday	5:00 p.m.
Design Review Committee	1st & 3rd Thursday	7:00 p.m.
Housing Advisory Committee	3rd Wednesday	7:00 p.m.
Open Space Committee	1st Monday	7:00 p.m.
Parks, Recreation & Equestrian Commission	3rd Monday	6:00 p.m.
Planning Commission	2nd & 4th Tuesday	7:00 p.m.
Transportation Commission	2nd Wednesday	7:00 p.m.
Water Advisory Commission	4th Tuesday	8:00 a.m.
Youth Advisory Board	2nd & 4th Monday	5:00 p.m.

All meetings are held monthly in the City Hall Council Chambers located in City Hall, 32400 Paseo Adelanto.

Community Calendar of Events

On-going	Farmers Market: held every Wednesday of the month from 3-7 p.m. on Yorba and El Camino Real streets. Info: 248-2296
March 15	Mission San Juan Capistrano Return of the Swallows Celebration. Info 234-1347
March 15	Fiesta Association El Presidente Ball. Info: 234-1347
March 19	Mission San Juan Capistrano St. Joseph's Day. Info: 234-1347
March 22	Rotary Club Easter Eggstravaganza. Info: 493-5911
March 26	Fiesta Association Fiesta Grande. Info: 493-1976
March 28	Fiesta Association Hoos'Gow Day. Info: 493-1976
March 29	Rotary & Women's Club Pancake Breakfast. Info: 496-9525
March 29	Fiesta Association Swallows' Day Parade. Info: 493-1976
April 19	City of San Juan Capistrano El Camino Real Planting Day. Info: 493-5911
April 24	City of San Juan Capistrano Earth Day. Info: 234-4414

To have your organization's events listed, call (949) 443-6392.

COMMUNITY EVENTS



It's the 6th Annual EGGSTRAVAGANZA

Saturday March 22, 2008

Historic Town Center Park

9:00am

Sponsored by the San Juan Capistrano Rotary Club & the City of San Juan Capistrano

Free
Ages 2-12

Marionette Show, Bounce House, Face
Painting, Easter Baskets, Egg Decorating
and other fun activities!



For information call (949) 493-5911



50th Anniversary Swallows' Day Parade Shuttle Bus Service

Saturday, March 29, 2008 8 am - 6 pm

PARK & RIDE LOCATIONS

Endevco - Fluidmaster - Capistrano Business Plaza
(Rancho Viejo Road, East of the I-5 Fwy.)

DROP OFF SITE

Old Fire Station Complex: corner of El Horno & La Matanza
Streets for a short walk into downtown San Juan Capistrano

RETURN RIDE

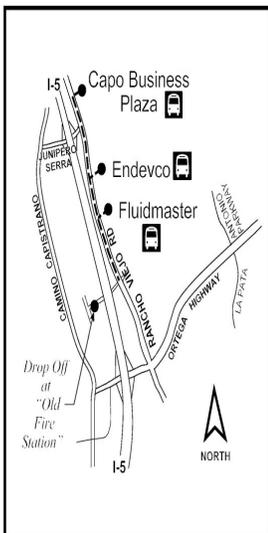
To the Old Fire Station Complex site for your bus ride back to
your Park & Ride location. (All day, up to 6 p.m.)

Just a reminder.....No Pets Permitted on Buses
Handicapped Accessible Buses Available



**Pancake
Breakfast**

**6 - 10:30 am
Women's Club
Adjacent to
the Old Fire
Station
Complex**



Sponsored by: The City of San Juan Capistrano, in association with Brighton Gardens, Del Obispo Terrace-Atria, Endevco, Fluidmaster, Capistrano Business Plaza, Capistrano Unified School District and Marbella Commerce Center
For additional information please call (949) 493-5911 or visit www.sanjuancapistrano.org.

COMMUNITY EVENTS

El Camino Real Park Community Planting Day!

Volunteers
Needed!



Grand Opening &
Ribbon Cutting
at 12:30 p.m.
Light refresh-
ments provided!

Saturday, April 19, 2008

8 a.m.-11:30 p.m.

corner of La Zanja & Camino Capistrano

To kick off the week of Earth Day by volunteering to help beautify El Camino Real Park! Bring gardening gloves, hat & sunscreen.



For more info or to volunteer, call 493-5911.



Earth Day 2008



Date: April 24, 2008
Time: 9am to 3:30 pm
Where: San Juan Capistrano Gym
25925 Camino del Avion

Learn some-
thing new!

- Hands-On Displays • Fun and Games • Educational Displays • Giveaways

Please visit www.sanjuancapistrano.org for more information or e-mail environment@sanjuancapistrano.org

City of San Juan Capistrano Community Center

25925 Camino del Avion, San Juan Capistrano, CA 92675
949-493-5911

Hours: Monday—Thursday: 7:30 a.m.-5:30 p.m.; Friday: 7:30 a.m.-4:30 p.m.

COMMUNITY EVENTS



Join the City of San Juan Capistrano to Landscape City Hall with Native Plants!

**Saturday April 26 at City Hall
32400 Paseo Adelanto**

Learn about native plants-Learn about synthetic grass
Learn how native plants can save on your water bill

Bring Gloves and Sunscreen and Join the Planting!

Visit www.sanjuancapistrano.org for more information or
email environment@sanjuancapistrano.org



E-Waste and Light Bulb Exchange Event

Saturday, May 3 8 a.m.-12 p.m.

San Juan Capistrano City Hall, 32400 Paseo Adelanto

Bring your electronic waste to City Hall and get rid of it for free!

Bring your old incandescent bulbs and trade them
for new fluorescent bulbs. (5 per household)

Please visit www.sanjuancapistrano.org for more information or
email environment@sanjuancapistrano.org



UPCOMING EVENTS

San Juan Summer Nites

Concert Series



at

Historic Town Center Park

Concert begins at 6 p.m.

June 18	Rokit Scientists
July 16	The Jumpin' Joz Band
August 20	Doo Wah Riders
September 17	Ronny & the Classics

4th of July Celebration

Friday, July 4th

San Juan Capistrano Sports Park
25925 Camino Del Avion

3-9 p.m.: Demonstrations, Rides,
Family Games, Food & Exhibit Booths

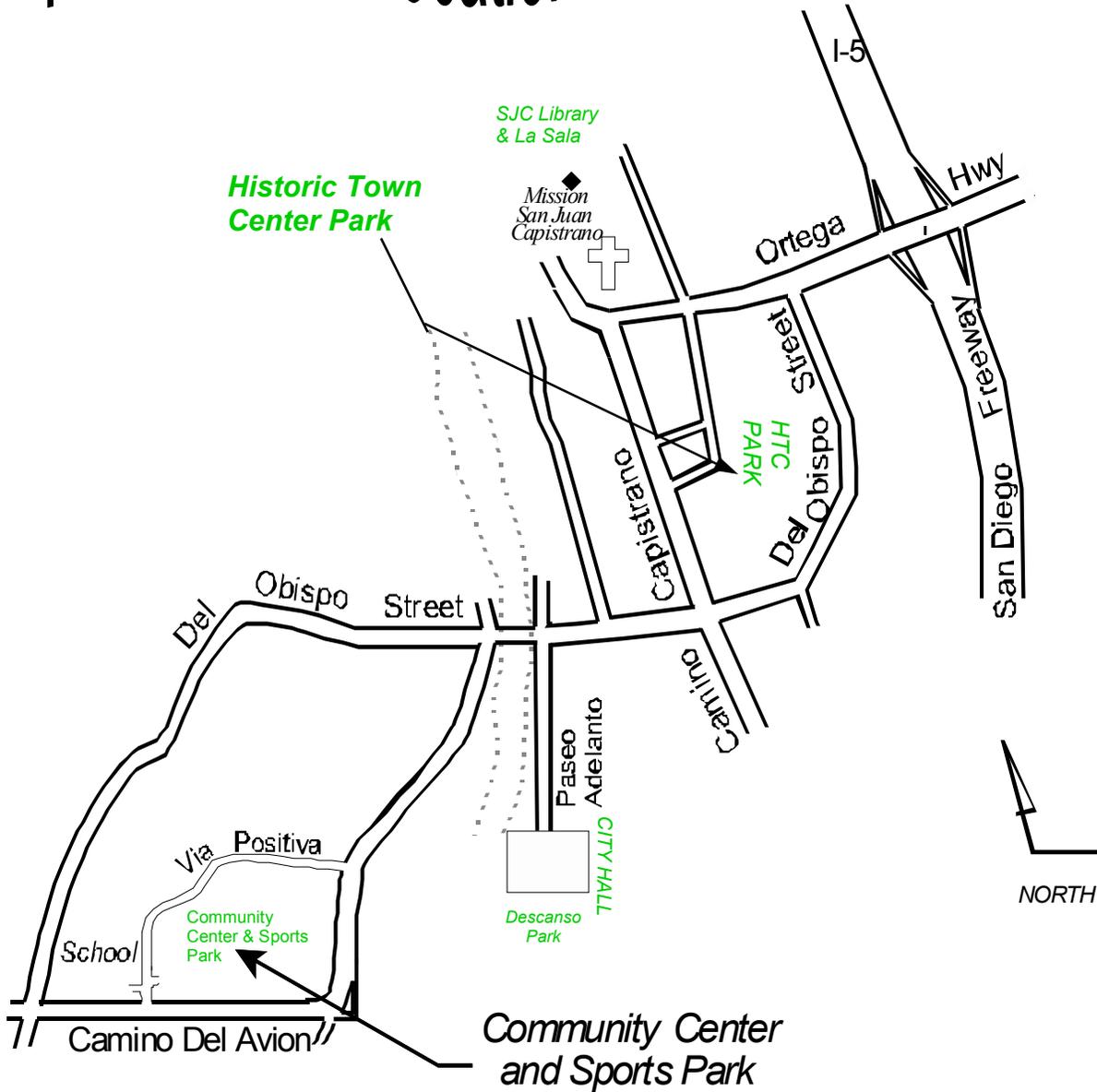
6 -9 p.m.– Concert: The Trip Band

9-9:30 p.m.: Fireworks

Pets, Barbeques and alcoholic beverages

NOT permitted.

Special Event Locations



San Juan Capistrano City Hall
 32400 Paseo Adelanto
 San Juan Capistrano, CA 92675

San Juan Capistrano
 Community Center and Sports Park
 25925 Camino del Avion
 San Juan Capistrano, CA 92675

San Juan Capistrano
 Historic Town Center Park
 31806 El Camino Real
 San Juan Capistrano, CA 92675

WISH LIST DONATIONS

A big thank you to those that have donated to our programs.

BALLET FOLKLORICO PROGRAM
Admirable Works

SANTA MAKES HOUSECALLS
Polo Cleaners

SENIOR CITIZENS PROGRAMS
Mountain Green Landscape
Bristol Park Medical Group
San Juan Seniors, Inc.

KINDERGARTEN READINESS
American Color Express
Municipal Underground Services, Inc.
Jeff & Jill Quam
Jennifer Aswegan
Jose Vasquez

SCHOLARSHIP PROGRAM
Alice Swan
American Color Express
Jeff & Jill Quam
Jennifer Aswegan
Jose Vasquez
Municipal Underground Services, Inc.

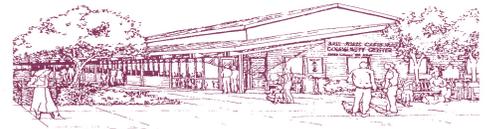
TREE LIGHTING
Birtcher Anderson Realty, LLC
V.F.W.: Les Blair

LETTERS TO SANTA
Hetherington Engineering Inc.

YOUTH ADVISORY BOARD
American Color Express
Jim & Carole Schenold

DEAR RESIDENT:

The City of San Juan Capistrano's Community Services Department invites you to join them in supporting a variety of programs offered to the public. Donations are 100% tax-deductible. Please complete this form, attach your check, and submit to the address below. Thank you for your donation!



Business Name (if applicable) _____

Name _____

Address _____

City & Zip _____

Phone (____) _____

Please make your check payable to:
Wish List – City of San Juan Capistrano
and mail your tax-deductible donation to:



City of San Juan Capistrano
Community Services
Department
25925 Camino del Avion
San Juan Capistrano, CA 92675

I WOULD LIKE TO DONATE TO THE:

Scholarship Program	\$ _____
Ballet Folklorico Program	\$ _____
Youth Advisory Board	\$ _____
Kindergarten Readiness	\$ _____
4th of July	\$ _____
Senior Citizens Programs	\$ _____
Total	\$ _____

For further information, call (949) 493-5911

We accept Visa and MasterCard

Thank You for Your Donation !

AFTER SCHOOL PROGRAMS

The City of San Juan Capistrano contracts to the following organizations to offer afterschool programs for youth. Please call for more information.

Boys & Girls Clubs of Capistrano Valley

(949) 240-7898
1 Via Positiva, SJC

CampCo

(949) 838-9991

Site Locations:

San Juan School
31642 El Camino Real, SJC

Ambuehl School

28001 San Juan Creek Rd.,
SJC

Ballet Folklorico Dance Lessons



Ages 7-17

This is a year-round program where students will learn the various folklorico dances of Mexico while building self-esteem. There are opportunities to perform at various city and community events. All costumes are provided. Students need to have dance shoes/boots. Registration taken at class.
Fee: \$35/ year (July 1-June 30)

Class days: Tues. & Thurs.
Ages 7-11: 5-5:45 p.m.
Ages 12-17: 5:45-6:45 p.m.
Nydegger Building,
31421 La Matanza, SJC
For more information, call
443-6392

YOUTH CLASSES & CLINICS

BABYSITTER'S TRAINING COURSE

Ages 11-15

Learn everything you need to be a great babysitter.

Learn how to handle first aid and safety, prevent and respond to emergencies, supervise children, and perform basic care routines including diapering, feeding, dressing infants & children, discipline and problem-solving. **Materials Fee:** \$15 payable to instructor for Babysitter's Handbook & Certificate.

Instructor: CampCo Staff

Location: Community Center Mtg Rm

Fees: \$40/ 1 day **Min. 5**

411801-01: Sat. 9 am-4 pm; April 26



KINDERDANCE

Ages 3-5

A developmental dance/movement and fitness program taught on three levels: the basis of ballet, tap, acrobatics, and creative movement while blending educational concepts. Leotards and ballet shoes required. \$20 lab fee payable to instructor at first class.

Instructor: Michelle DeLuna

Location: Community Hall

Fees: \$75/6 weeks **Min. 5**

FREE DEMO: April 10

410301-01: Thurs., 10-11 a.m.; April 17-May 22



KINDERGYM

Ages 3-5

A developmental floor gymnastics program with emphasis on social and gross motor development, physical fitness and movement education, while learning numbers, colors, shapes and songs. \$20 lab fee payable to instructor at first class.

Instructor: Michelle DeLuna

Location: Community Center

Fees: \$55/6 weeks **Min. 5**

FREE DEMO: April 10

410501-01: Thurs., 11-11:30 a.m.; April 17-May 22

BASIC HORSEMANSHIP

Ages 8-16

A complete beginning lesson program. Students will be taught safety rules and step-by-step on how to groom, tack up and properly lead a horse. Parts of the horse will be studied. Simple first aid will be covered as well as colors and markings of a horse. An excellent class to introduce your child to the world of horses.

Instructor: Katherine Holman

Location: Ortega Equestrian Center

Fees: \$40/4 weeks **Max.: 15**

440101-01: Sat. 12-12:30 p.m.; May 17-June 7



HORSEMANSHIP I

Must have taken Basic Horsemanship. Riding the horse is included. Boots and helmets required. Helmets may be purchased at Ortega Equestrian Center.

Fee: \$60/4 weeks **Max.: 5**

440102-01: Sat., 12:30-1 p.m.; May 17-June 7

HORSEMANSHIP II

For those who have taken Horsemanship I.

Fee: \$60/4 weeks **Max.: 5**

440103-01: Sat., 1:30-2 p.m.; May 17-June 7

KINDERGARTEN READINESS

Ages: 3.5 by Sept. 1, 2008

Names are now being accepted for the waiting list for this pre-school program for the Fall 2008 session. For more information, call program instructor Susan Walter at (949) 443-6375.



San Juan Community Center

25925 Camino Del Avion
San Juan Capistrano
(949)493-5911

Hours: Monday-Thursday
7:30 a.m.-5:30 p.m.
Friday: 7:30 a.m.-4:30 p.m.

www.sanjuancapistrano.org

YOUTH & ADULT CLASSES

MARTIAL ARTS:

TaeKwonDo

Ages 4 & older

Prepare to have a different experience in martial arts focusing on building confidence and discipline for your kids. TaeKwonDo, the ancient Korean Martial Art, which means "Foot, Hand, Art" is much more than kicking and punching. It is a non-violent art form that physically conditions the entire body and teaches the peaceful way of life. Course objectives are self-discipline, self-control, confidence, respect, weight-control, stress-relief, self-defense and self-esteem.

Instructor: Rafael Sanchez

Location: Black Belt TaeKwonDo Academy
31921 Camino Capistrano #20

Fees: \$60/first four weeks

Beginners 4-6: Tues., Thurs., Fri., 3:30-4:10 p.m.

Beginners 4 & older: Mon., Tues., Thurs., 6-6:50 p.m.

To register, call (949) 493-6365 or
www.tkdcapistrano.com



MUSIC TOGETHER

Newborn-4 years with Adult

Music Together is a popular nationally acclaimed children's music and movement program. Activities are developmentally appropriate for children and easy for parent-caregiver regardless of their musical ability. Families participate together in songs, rhythmic chants, movement and instrument play. Songbook, CD and tape for that session are included for continued learning and fun at home! Sibling discount of \$15. No charge for siblings under 8 months of age.

Director: Marek Johnson Cantor

Fee: \$130/8 weeks + \$35 material fee payable to instructor at first class.

Location: Community Meeting Room

FREE DEMO: Tuesday, April 8
9:00-10:00 a.m.

Class dates: April 15-June 3

410803-01: Tues., 9-9:45 a.m.

410803-02: Tues., 10-10:45 a.m.

410803-03: Tues., 4-4:45 p.m.

NO CLASS APRIL 29.



DOG OBEDIENCE

Dogs 16 wks & older

This class teaches dogs to sit, stay, come, lie down and heel utilizing a "Reward & Praise" method. Owners will learn how to control problems like jumping and nipping. Bring dogs to first class along with soft treats. Handlers ages 14-18 must have a parent with them. Proof of vaccinations required at first class. Do not bring extending leads. No aggressive dogs please. Instructor has 30 years of experience and has been featured in many TV shows as well as animal magazines.

Instructor: Vickie Marx

Location: Descanso Park

Fees: \$100/6 wks

Days: Wednesdays **Min. 4/Max. 15**

441901-01: 2-3 p.m.; April 9-May 14

441901-02: 6-7 p.m.; April 9-May 14



BEG. WEST COAST SWING

Ages 18 & older

Come join the fun and learn basic footwork for one of today's most popular dances. This class will teach you basic footwork and technique, enough to survive on the dance floor. No partner required; group classes rotate.

Instructor: Cindy of Cindy's Dance

Location: San Clemente Recreation Center
100 N. Seville, San Clemente

Fee: \$60/6 weeks

Days: Mondays

420302-01: 7-8 p.m., April 14-May 19

COUNTRY WESTERN DANCE

Ages 18 & older

This class is for beginners. Come learn some of country's most popular dances that will get you out dancing around the floor. Country Two Step, Cowboy Cha Cha, Queens Waltz, and the Barn Dance. Couples ONLY, please no rotation.

Instructor: Cindy of Cindy's Dance

Location: San Clemente Recreation Center
100 N. Seville, San Clemente

Fee: \$60/ 6 weeks

Days: Mondays

420301-01: 8:15-9:15 p.m., April 14-May 19

For more info visit www.cindysdance.com



Class Location Key

Black Belt Tae Kwon Do

31921 Camino Capistrano #20

Community Center

25925 Camino del Avion, SJC

City Gymnasium

Adjacent to the Community Center, enter on 1 Via Positiva

Dana Point

Community Center

34052 Del Obispo, Dana Point

Descanso Park

End of Paseo Adelanto, behind the Hot Springs Dance Hall.

La Sala Auditorium

Behind the San Juan Capistrano Regional Library

31495 El Camino Real, SJC

Ortega Equestrian Center

27252 Calle Arroyo, SJC

Nydegger Building

Old Fire Station Recreation Complex
31421 La Matanza, SJC

Sports Park

25925 Camino Del Avion, SJC

Yoga Bungalow

32382 Del Obispo, B-5, SJC



CITY HOLIDAY: City offices closed!
May 26-Memorial Day

TRI-CITIES PROGRAMS

The City of San Juan Capistrano has joined the cities of Dana Point and San Clemente to share activities in which everyone can participate. For more information on these activities, please call the hosting agency:

CITY OF DANA POINT (949) 248-3530

Dana Point Festival of Whales

March 1, 2, 8, 9
For info call (949) 472-7888 or www.festivalofwhales.org

American Cancer Society Relay of Life of Dana Point

April 19– 9 am-12 pm
Lantern Bay Park
For info call (949) 212-7180 or <http://events.cancer.org/rfldanapointca>

Dana Point Earth Day Clean Up & Fiesta

April 19– 9 am-12 pm
La Plaza Park & Dana Point Harbor

Dana Point Arts Festival

May 4–11am-6 pm
La Plaza Park, 34111 La Plaza St.
Cultural arts festival with entertainment, music and fun for the whole family. For info go to www.dpcoastalarts.org.

Adult Summer Sport Leagues

Co-ed Kickball
Co-ed Softball
Co-ed Chicago Ball
Registration begins Feb. 4
Call (949) 248-3530.

The Craft of 3-D Art

Create beautiful art using the elements of paper, cutting tools, resin, glaze and epoxy. Classes held at the Dana Point Community Center. For information (949) 248-3530.

ADULT LEISURE & EXERCISE CLASSES

WATERCOLOR PAINTING

Ages 18 & older

Have fun learning to be comfortable with color and a brush! You will learn different watercolor techniques while creating beautiful paintings to decorate your home or give as gifts. Instructor will cover florals, still lifes, animals, landscapes and seascapes. You will also learn about color, value, composition and techniques as you paint. Pick up a supply list at time of registration.

Instructor: Myoung Park

Location: Community Center Meeting Room

Fee: \$85/7 wks

Min. 3 **Max.** 12

420401-01: Wed., 9 a.m.-12 p.m., April 9-May 21



MAT PILATES

Ages 18 & older

This class focuses on core stabilization, concentration, breathing, control and flowing movement performed in a precise manner. Please bring a mat and towel. No classes May 26, Memorial Day.

Instructor: Yoga Bungalow staff

Fees: \$125/10 weeks

Location: Yoga Bungalow

420701-01: Mon.; 8:30-9:30 a.m.; Mar. 31-June 9

420701-02: Mon., 5-6 p.m.; Mar. 31-June 9

420701-03: Thurs., 5:30-6:30 p.m.; April 3-June 5



SAN JUAN CAPISTRANO CITY HALL

32400 Paseo Adelanto
San Juan Capistrano
(949) 493-1171

SAN JUAN CAPISTRANO COMMUNITY CENTER

25925 Camino del Avion
San Juan Capistrano
(949) 493-5911

VISIT THE CITY'S WEB SITE AT:

www.sanjuancapistrano.org

YOGA-BEGINNING

Ages 18 & older

An easy steady paced class perfect for everyone. No flexibility or yoga experience required. We will cover simple poses, breath work and quiet contemplation to give you a relaxing and refreshing experience.

Instructor: Yoga Bungalow staff

Location: Yoga Bungalow

Fees: \$125/10 weeks

420603-01: Fri., 9-10:30 a.m.; April 4-June 6



INTERMEDIATE YOGA

Ages 18 & older

A stimulating, energetic and dynamic yoga class where you'll stretch and strengthen the body as you calm the mind; develop strength, flexibility, stamina and breath-work. Class is appropriate for strong beginners or continuing students. Please bring mat and towel.

Instructor: Yoga Bungalow staff

Fees: \$125/10 weeks

Location: Yoga Bungalow

420604-01: Wed., 6:15-7:45 p.m.; April 2-June 4

PILATES YOGA BLEND

Ages 18 & older

A fusion class combining pilates mat-based floor exercises and yoga stretches. You'll tone and strengthen without building bulk and stretch to gain flexibility and learn proper breathing.

Instructor: Yoga Bungalow staff

Fees: \$125/10 weeks

Location: Yoga Bungalow

420702-01: Wed., 10:45-11:45 a.m.; April 2-June 4

YOGA-STRETCH

Ages 18 & older

Yoga teaches breathing techniques, relaxation and concentration as it incorporates the 12 basic Yoga postures into each physical movement. This is excellent for release of everyday tension and pressures.

Instructor: Jean Cotner

Fees: \$70/10 weeks

Location: La Sala Auditorium

320606-01: Mon., 6-7 p.m.

April 14-June 23 (No class May 26)



YOUTH & ADULT SPORTS

SUPERKID SPORTS

Baseball/T-ball

Ages 3-5

We are ready to play T-ball! This program will make your child a super player in a short time. Fun and safe games are introduced to celebrate one of America's most famous sport. A T-shirt will be given out to all participants. Parent involvement is encouraged.

Instructor: Fabian Grassini Tennis & Sports

Fees: \$69/8 weeks

Location: Descanso Park

411504-01: Mon., 3-4 p.m.; March 31-May 19

411504-02: Sat., 9-10 a.m., April 5-May 24



SUPERKID SPORTS

Soccer

Ages 3-5

Come and join this great program especially designed for your superstar child. Your little ones will have the time of their lives learning to play the world's most popular game. Beginning games and drills are introduced before moving into match play. There is an optional \$10 T-shirt fee payable to instructor at first class. No cleats or shin-guards required. Parent involvement encouraged!

Instructor: Fabian Grassini Tennis & Sports

Fees: \$65/8 weeks

Location: Descanso Park

411505-01: Mon., 2-2:30 p.m.; March 31-May 19

411505-02: Mon., 2:30-3 p.m.; March 31-May 19

411505-03: Sat., 10-10:30 a.m.; April 5-May 24

411505-04: Sat., 10:30-11 a.m.; April 5-May 24



INSTRUCTORS WANTED!

The Community Services Department is always looking for new classes to offer. If you are interested in teaching a class through the Contract Instructor program, call (949) 493-5911.



WEDNESDAY NIGHT RECREATION MEN'S BASKETBALL LEAGUE

Spring League begins in late April!

Keep in shape and hone your skills by participating in our basketball leagues! To reserve a team spot, request a registration packet, join a team or for more information, call Sports Coordinator Mike Jaramillo at 443-6388.



OPEN GYM FOR SENIORS

BASKETBALL

(ages 50 & over)

Mon., Wed., & Fri. 12-2 p.m.
Tues. & Thurs. 12:30-2 p.m.

Fee: \$1 per person

Open gym for those who want to keep in shape or just exercise.
For more information, call 493-5911.

SPORTS FIELDS INFORMATION

FIELD CONDITION HOTLINE

For information on fields being open or closed during rain or inclement weather, call (949) 487-4318. Please help us keep our fields in top shape by acknowledging the **Field Closed** signs posted on the fields.

FIELD RESERVATION INFORMATION

Applications are now being taken for field rentals for all spring sports in 2008. Priority is given to San Juan-based organizations. Applications may be obtained at the San Juan Capistrano Community Center or from Sports Coordinator Mike Jaramillo. Call (949) 443-6388 for more information and a fee schedule.



ROLLER HOCKEY LEAGUE

Ages 6 -Adult

Leagues forming for kids & adults of all skill levels. Capo Sports Rink is located at Marco Forster Middle School. For information, call (949) 465-6777.

NUTRITION PROGRAM
SPONSORED BY SOUTH COUNTY SENIOR SERVICES: 493-5921

Meals: hot lunch served Monday- Friday, \$3.50 suggested donation. **Reservations required two days in advance.**

Transportation to lunch available for seniors residing in San Juan Capistrano. Call 493-5921 for information.

Home-Delivered Meals: "Meals on Wheels" for those unable to cook or shop.

Volunteers are needed to deliver meals. Call 493-5921 if you would like to help.

Birthdays are celebrated the last Friday of the month.

Commodities: 9:00 a.m. Thursdays after the 3rd Wednesday of each month.

Reservations required for the following:

St. Patrick's Day Lunch
 Friday, March 17
 Time: 11:30-12:30 p.m.
 Entertainment

Easter Lunch
 Thursday, March 20
 Time: 11:30-12:30 p.m.
 Entertainment

Cinco de Mayo Lunch
 Friday, May 5
 Time: 11:30-12:30 p.m.

Mother's Day Lunch
 Friday, May 9
 Time: 11:30-12:30 p.m.
 Entertainment

Father's Day Lunch
 Friday, June 13
 Time: 11:30-12:30 p.m.
 Entertainment

OLDER ADULT PROGRAMS

San Juan Capistrano Community Center: 25925 Camino del Avion

SAN JUAN SENIORS CLUB

Membership Fee: \$15 per year. Club Meetings are held the first Wednesday of the month (except Jan., July & August), includes a monthly social with light refreshments, entertainment and door prizes. Call 443-6358 to join.

Call 493-5911 for appointment.

Estate Planning: 2nd Tues. of every other month with Attorney Judith Hurst Jamroz by appointment

Medicare-HMO & HICAP Insurance Assistance:
 1st Tuesday and 2nd Wednesday of each month by appointment

Older Adults Legal Assistance:
 3rd Tues. of each month by appointment

LEISURE ACTIVITIES:
 Location: Community Center



Kitchen Klatter Band:
 2nd & 4th Mondays; 2-4 p.m.

Needlecraft Pals: Wed., 12-2 p.m.

Card Games: 1-4 p.m.
 Mondays: Bridge
 Fridays: Canasta, Rummy, Pinochle

AARP Driver Safety Program
 Tues. & Wed., May 6 & 7
 9 a.m.-1 p.m.
 AARP-trained volunteers conduct an older adult drivers' training program. Successful completion of this eight-hour course **can help reduce auto insurance rates.** Registration is \$10 in advance paid with a check made out to AARP. Classes are held at the San Juan Community Center. Call 493-5911 to register and for more info.



FREE On-going Exercise Classes

Location: Community Center

Stretch & Tone Exercise
 Mon., Wed., Fri., 8:30-9:30 a.m.
 Bring an exercise mat.

Passive Exercise
 Mon., Wed., Fri., 10:15 - 11:15 a.m.

To register for the following classes call 493-0658.

Balance & Mobility: Tues., 10:30-11:30 a.m.

Tai Chi Class: Tues., 9:30-10:30 a.m. or 11:30-12:30 p.m.
 Location: City Gymnasium

Computer Classes for Older Adults
 Mon. & Tues. at Adult Education Center on Camino Capistrano.

Current Events Class
 Mon., 10-11:30 a.m.
 Location: Community Center

Line Dance Class
 Thurs., 11:30-12:30 p.m.
 Location: Nydegger Bldg.

Mental Fitness Expanding Your Mind
 Fri., 1-3 p.m.
 Location: Community Center Mtg. Rm.

Physical Fitness Classes
 To sign up call Saddleback College at (949) 582-4535. Classes are held in the City Gymnasium, next to the Community Center, 25925 Camino del Avion. **Please enter through the 1 Via Positiva entrance.**

TAI-CHI CH'UAN
 Thurs., 9-9:50 a.m.
Beg./Intermediate



YOGA
 Fri., 10:00 a.m.-10:50 a.m.

LOW IMPACT AEROBICS
 Mon. & Wed., 10:30 a.m.-11:20 a.m.

PILATES CONDITIONING CLASS
 Tues. & Thurs., 11-11:50 a.m.
 La Sala Auditorium: 31495 El Camino Real (behind S.J.C. Library).

OLDER ADULT PROGRAMS CONT.



Spring Fling Dinner Dance Thursday, April 24, 2008

6:00 p.m.-9:00 p.m.
San Juan Capistrano Community Center
\$15 per person

Music by Frank Ray and "Smoothies"
Dressy Attire-Catered Dinner

Advance ticket sales only. Purchase your tickets by mail, by phone at 493-5911 or in person at the Community Center, 25925 Camino Del Avion.

Sponsored by: San Juan Seniors, Inc.



FACILITIES FOR RENT

Please call 493-5911 for more information regarding availability of facilities and for a Facilities Rental application. Applications require a 2-week processing period.

ATHLETIC FIELDS are available for local family or company picnics, youth organizations and adult sports.

GYMNASIUM is available for youth sports organizations, basketball and volleyball activities and practices.

BUILDINGS can accommodate groups both large and small and any size in between. Most have kitchens, tables and chairs available. A courtyard with a lovely outdoor setting is also available.

PARKS are available for family picnics, birthday parties, etc. Most locations include tables and barbeque areas.

ASSOCIATED SENIOR ACTION PROGRAM (ASAP) 443-6369

Volunteers are needed to assist the Police Services Department to ensure safety in the community. Volunteers will also assist at many city events such as 4th of July, San Juan Summer Nites and the Tree Lighting Ceremony. Please call for information regarding the programs or to become a volunteer.

ADULT EXCURSIONS

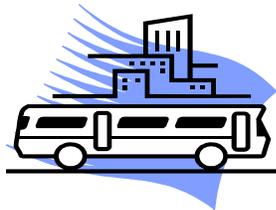
Advance Reservations Required. **ALL** trips depart from San Juan Community Center in San Juan Capistrano. Call (949) 443-6358 for more information.

MARCH 25 SANTA BARBARA SUNSET
Depart: 8 a.m.; Return: 9 p.m.
Fee: \$75, includes gratuity

April 6-8 LAS VEGAS-Golden Nugget
Depart: 8 a.m.; Return: 6 p.m.
Fee: \$165/dbl. occ.; \$245/sngl. Occ.
Includes gratuity.

APRIL 10 SHOWTIME CABARET IN BURBANK
Depart: 10:30 a.m., Return: 4:30 p.m.
Fee: \$76, includes gratuity and lunch at the Castaways Restaurant in Burbank

MAY 27 LAWRENCE WELK "KING & I"
Depart: 10:30 a.m., Return: 6:30 p.m.
Fee: \$89, includes gratuity and lunch at the Lawrence Welk Resort



Register early-as trips fill up quickly!



BALLROOM DANCE

Have fun learning new dance steps. No partner required. Flat leather sole shoes recommended.

Instructor: Candis Davis

Location: Nydegger Bldg., Old Fire Station

Fee: \$36/6 weeks; Thursday, 10:00-11:00 a.m.

430301-01; April 10-May 15

430301-02; May 22-June 26

Register at the San Juan Capistrano Community Center.

YOUTH ADVISORY BOARD

The city's Youth Advisory Board serves as a direct link to the City Council and teens of the community. Terms are for one year: August-July. Applications are available in May for the upcoming year. The Board encourages local teens to attend the meetings and get involved. Meetings are held the 2nd and 4th Monday of the month at 5:00 p.m. in the City Hall Council Chamber. For more information, call the Community Services Department at (949) 493-5911.



COMMUNITY GARDEN

The community garden is located next to the Sports Park complex on Via Positiva. There are parcels of land in a variety of sizes that can be rented to grow your favorite flowers & veggies. Although there is a waiting list for parcels right now, you are welcome to have your name added to the list. The waiting list is limited to San Juan residents. For information, call 493-5911.

Parks & Recreation
The benefits are endless!

INFORMACIÓN EN ESPAÑOL

Información sobre la ciudad y organizaciones públicos de San Juan Capistrano.

BIBLIOTECA DE
SAN JUAN CAPISTRANO
493-1752

CENTRO DE CONSEJOS
PARA LA COMUNIDAD
493-7333

CENTRO DE ENTRENAMIENTO
VOCACIONES DE LA
REGION
496-3118

CENTRO DE RECURSOS
PARA LA FAMILIA: DISTRITO ESCOLAR
234-5597

CHEC: CENTRO DE RECURSOS
489-7739

CLASES DE BALLE
FOLKLORICO
443-6392

CLINICA COMUNITARIA DEL
SUR DEL CONDADO
240-2030

DEPARTAMENTO DE
SERVICIOS COMUNITARIOS
493-5911

ESCUELA PARA ADULTOS
DE CAPISTRANO
493-0658

ESCUELA PRE-ESCOLAR
HEAD START DE CAPISTRANO
661-5243

LA MISIÓN DE SAN JUAN
CAPISTRANO
234-1300

OFICINA DE CORREOS
1-800-275-8777

OFICINA ESOLAR DEL DISTRITO DE
CAPISTRANO
489-7000

PALACIO MUNICIPAL DE
SAN JUAN CAPISTRANO
493-1171



COMMUNITY PROGRAMS

San Juan Capistrano Regional Library

31495 El Camino Real
493-1752

Hours: Monday - Wednesday:
10 a.m.- 8 p.m.
Thursday: 10 a.m.-6 p.m.
Friday: closed
Saturday: 10 a.m. - 5 p.m.
Sunday: 12 p.m. - 5 p.m.

First Friday Film Program
7:00 p.m., La Sala Auditorium

Preschool Story Time
Ages 3—6

Tuesdays; 11:00 a.m.

Visit the library Website at:
www.ocpl.org

C.A.F.E. Adult Beginning English
Classes & Family Counseling
496-3064

Capistrano Unified School
District Family Resource Center
Services for Families
234-5597

Community Enrichment Programs
Community Counseling Center
493-7333

CHEC
Family Resource Center
489-7739

Visit the City's web site at:
www.sanjuancapistrano.org

Registration

General Policies

1. The City reserves the right to substitute instructors as necessary.
2. Class fee does not include lab fee. Lab fee is due to instructor first day of class.
3. No classes held on: May 26, Memorial Holiday.
4. Individuals registering for class must meet age requirement prior to first class meeting.
5. A receipt acknowledging your registration will be mailed to you.
6. All participants, or their parent or guardian, must sign a City liability waiver form.
7. If you need special accommodations, please note in designated space on the registration form.
8. Registration will not be taken in class.
9. Register early to ensure the class will meet its minimum enrollment.
10. Make checks payable to: CITY OF SAN JUAN CAPISTRANO.

How to Register

 **By Phone 493-5911**
24 Hours a Day. Please clearly state all information on the registration form, spelling all names, adult and participant. Include type of credit card, card number and expiration date.

 **By Fax 661-6660**
24 Hours a Day. Please use ink pen and form provided. Use VISA or MasterCard only. Include card number, expiration date and V#.

 **In Person**
Office hours, Monday to Thursday,
7:30 a.m. -5:30 p.m.;
Friday: 7:30 a.m.-4:30 p.m.

 **By Mail**
City of San Juan Capistrano
Community Services Department, 25925
Camino del Avion, San Juan Capistrano,
92675

 **Drop Slot:** For after office hours convenience there is a drop slot located to the right of the front entrance of the Community Center.

Payment Policy

Payment is due at the time of registration and may be made by the following:

1. Checks payable to: **City of San Juan Capistrano**
2. Credit Card: **VISA or MASTERCARD**, include card number, expiration date and V-code

Refund Policy

Cancellation: If a class is cancelled by the City, an automatic refund will be mailed to you within 3-4 weeks. Classes will be subject to cancellation if minimum enrollment is not met and may be changed or cancelled without public notice.

Notification must be received by City seven days prior to first class meeting for refund. No refund requests will be accepted after current class session ends. An administrative fee of \$10 will be charged for all refunds. Fees will be charged for any classes attended.

Activity Registration Form PLEASE PRINT AND FILL OUT COMPLETELY

Please check box if this is a change of address

Adult Last Name _____ Adult First Name _____
Address _____
City _____ State _____ Zip Code _____
Phone Day _____ Night _____ Emergency _____

CLASS #	CLASS NAME	FEE	PARTICIPANT FIRST NAME, LAST, M.I.	DOB	SEX

E-Mail: _____

How did you hear about our programs?: Web site Newspaper Newsletter Other _____
 Friend Flyer Street Banner

In consideration of your accepting this registration, I hereby agree to indemnify and hold harmless the City of San Juan Capistrano and any of its officers, agents, or employees from any liability or claim or action for damages resulting from or in any way arising out of the participation in this program by the person registered.

Signature _____ Date _____

Make checks payable to: CITY OF SAN JUAN CAPISTRANO

Do you have any special needs? If yes, please describe*

*A minimum of 48 hours advance notice is required to best meet special needs. Doctor's release may be required.

FORM OF PAYMENT

Amount Enclosed \$ _____
 cash
 check *V-code _____ (3 or 4 digit # on back of credit card)
 VISA*
 MC* below signature)
Credit Card # _____
Expires _____

Signature _____



Community Organizations



Alcoholics Anonymous	800-993-3670	Habitat for Humanity of O.C.	714-434-6200
American Heroes Tribute	800-983-HERO	Historical Society of S.J.C.	949-493-8444
American Legion	949-428-3440	Homefront America	949-248-9468
Animal Control	949-249-5160	Indian Council	949-488-3484
Assistance League of Capistrano Valley	949-492-2800	Kiwanis Club of Capistrano Valley	949-661-3379
AYSO (soccer)	949-795-8855	J. F. Shea Therapeutic Riding Ctr.	949-240-8441
Blas Aguilar Adobe Foundation	949-493-4933	Laura's House	949-361-3775
Boys & Girls Clubs	949-240-7898	Library: San Juan Capistrano	949-493-1752
Business Licenses	949-443-6304	Mission San Juan Capistrano	949-234-1300
Camino Health Center	949-240-2030	O.C. Adult Health Care Agency	949-248-2220
CampCo	949-643-9008	O.C. Philharmonic Society	949-417-1388
Capistrano Unified School District	949-489-7000	Sheriff Dispatch (non-emergency)	949-770-6011
Capistrano Girls Softball	949-481-8098	Regional Occupation Program	949-496-3118
Capistrano Toastmasters	949-716-4119	Registrar of Voters	714-567-7600
C.A.R.E. (Capistrano Animal Rescue Effort)	949-240-1735	Capo Sports Rink	949-465-6777
Chamber of Commerce	949-493-4700	Rotary Club of SJC	949-493-7475
Charity's Best	040-661-2241	San Clemente Girls Softball	949-388-7881
CHEC Family Resource Center	949-489-7742	O.C. Youth	949-347-0030
City Administration/City Hall	949-493-1171	San Juan Little League	949-661-0339
Community Counseling Center	949-493-7333	Senior Citizens Programs	949-493-5911
Community Services/Recreation	949-493-5911	South Orange Amateur Radio Association	949-496-8020
COX Communications	949-240-1212	SOC/CSC	949-248-8900
CUSD Family Resource Center	949-234-5597	South Orange County Community Theatre	949-248-0808
Department of Motor Vehicles	800-777-0133	TIP: Trauma Intervention Program	949-583-1638
Emergency	911	Veterans of Foreign Wars	949-496-9464
Evelyn Lobo Villegas Head Start	949-661-5243	Volunteer Center of O.C.	949-249-8511
Fiesta Association	949-493-1976	Woman's Club of S.J.C.	949-493-9077
Fire Authority (non-emergency)	714-573-6000	YMCA: Beach Cities	949-496-1609
For You NAFE Women's Network	888-244-4420		

To have your organization listed call (949)493-5911.

City of San Juan Capistrano
Community Services Department
25925 Camino del Avion
San Juan Capistrano, CA 92675

PRESORTED STANDARD
U.S. POSTAGE PAID
SAN JUAN CAPISTRANO CA
PERMIT #2



POSTAL PATRON LOCAL

SPRING 2008
March, April, May & June

Visit the City's Web site at:
www.sanjuancapistrano.org