



January 2018

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**City Manager's Message**

Happy New Year! It was great to see so many of you at the "Celebrating Family & Friends" event on New Year's Eve. It was a wonderful community gathering under a nearly full super-moon, and I'd like to thank the volunteers, sponsors, and of course our awesome vendors and entertainers for making it another memorable event. My staff and I

look forward to providing you with another full year of programs and services. Watch for the Spring issue of the Rancho Santa Margarita Community Living Magazine in your mailbox soon detailing upcoming events. We'll also continue to keep you informed throughout the year of the many events, classes, resources and activities by way of our website, this newsletter, and of course our social media platforms. I wish you and yours a healthy and safe 2018.

Sincerely,

Jennifer Cervantez



**Low-Cost Pet Care Clinic**  
**Wednesday, January 3<sup>rd</sup>**  
**Bell Tower Regional Community Center**  
**22232 El Paseo**

**6:30 p.m. - 7:00 p.m. (Cats only)**  
**7:00 p.m. - 8:30 p.m. (Dogs & Cats)**

**INFO: (714) 993-9193**  
[www.heart4pets.org](http://www.heart4pets.org)

Healthcare & Emergency Animal Rescue Team (HEART) provides vaccinations, deworming, microchipping, flea and tick control and if time allows, nail trims. Please visit their [website](#) for detailed information. *Cash or credit card (\$3 processing fee) only; checks are not accepted.*

If you have a cat or have pre-paid for your vaccines, you do not need to wait in line and can go immediately to the cashier table. All others will be taken on a first-come, first-served basis (with the exception of those who are physically unable to stand in line).

### **Important Rabies Information**

Please bring a prior Rabies Certificate and other vaccination records with you. A 3-year Rabies Certificate can only be issued if you provide a prior Rabies Certificate. Otherwise, you will receive a 1-year Rabies Certificate.

### **Vaccines for dogs include:**

Rabies - \$7.00  
DHP/DHPP - \$20.00  
Bordetella - \$15.00  
Lyme - \$22.00  
Microchip - \$30.00  
\$2.00 hazardous materials disposal fee per pet

### **Vaccines for cats include:**

Rabies - (killed virus) Purevax - \$20.00 (1 yr) \$48.00 (3 yr)  
FVRCP "3-in-1" - \$20.00  
FELV - \$22.00  
Microchip - \$30.00  
\$2.00 hazardous materials disposal fee per pet

"HEART" (aka "SCVVC") is a Non-Profit 501(c)(3) organization dedicated to saving lives and improving pet and wild animal health, safety, and welfare.

Prices are subject to change; clinic will cancel in the event of rain.

## **ZeroTrash RSM**

### **Saturday, January 6<sup>th</sup>**

ZeroTrash Rancho Santa Margarita is a volunteer group that meets on the "Zero T First Saturday" of each month to rally together to rid the community of litter. All are welcome; parents, children, students, friends, neighbors – anyone interested in keeping RSM clean!



Volunteers meet in front of Cinepolis/ Panera at 10:00 a.m. and fan out from there. ZeroTrash provides the pickers and bags; volunteers are asked to closely supervise young children at all times, stay on trails and to keep a look out for snakes! Return pickers and trash at noon behind the Bell Tower Community Center and obtain sign-offs for certification of community service hours or badge requirements.

Follow ZeroTrash RSM on [Facebook](#) for more information.



## Crime Prevention

### Fraud and Cyber Crimes Workshop Wednesday, January 24, 2018 6:30 - 8:00 p.m. Norman P. Murray Community and Senior Center

Rancho Santa Margarita residents are invited to attend the upcoming **Fraud & Cyber Crimes Workshop** in neighboring Mission Viejo. Part of the Orange County Sheriff Department's "Stay Safe OC" Partners in Crime Prevention Workshop series, the program will take place from 6:30 p.m. to 8 p.m. at the Norman P. Murray Community and Senior Center, [24932 Veterans Way](#). The workshop series is geared to help residents learn valuable information on current crime trends and safety practices that can help deter crime in the community.

Fraud and Cyber Crimes are currently some of the most common, fastest growing crimes. Today's connectivity to the worldwide web and access to advanced technology have simplified life in many ways. However, technology has also opened up a criminal dark side in which thieves lurk, seeking to steal financial and personal information causing financial duress for members of the community. Don't miss this opportunity to gain valuable information and become vigilant on ways to avoid the web of thieves.

Due to limited seating, reservations are required. Please click [here](#) to register.

Follow Rancho Santa Margarita Police Services on Facebook and Instagram and Twitter:

Twitter-[@OCSDRanchoSM](#)

Facebook - [@OCSDRanchoSM](#)

Instagram - [ocsdbranchosm](#)

**REPORT SUSPICIOUS PERSONS AND ACTIVITIES!**  
**Orange County Sheriff's Department Non-Emergency (949) 770-6011**  
**Emergency 911**

## Senior Activities at the Bell Tower Regional Community Center

The mission of Age Well Senior Services is to promote and improve the quality of life and independence of the senior community.



### January

- Art Club
- [Bingo](#)
- Blood Pressure Check (Free on Tuesdays from 10 a.m.- noon)
- [Bocce Ball](#)
- [Chat with Jenn](#) (Health Insurance specialist) - Tuesday, January 2<sup>nd</sup>
- Congregate Lunch - Weekdays - 11:45 a.m. (excluding holidays) [Menu](#)
- [Golden Age Yoga](#)
- Meals on Wheels - [Menu](#)
- Movie Days - [Wednesday, January 3<sup>rd</sup>](#) and [Friday, January 19<sup>th</sup>](#)
- [Smartphone Tutorial](#)
- Tai Chi
- Total Body Fitness

Visit our Senior Activities [webpage](#) for more information, follow Age Well RSM on [Facebook](#) or contact Lindy Kehler at (949)216-9700, ext. 257.

### SAVE THE DATE!

UC Irvine and Age Well Senior Services invite you to attend

### ***Where did I put my keys? Tales from the hippocampus for anyone over the age of 30***

**Monday, March 19, 2018  
9:30 a.m.  
Bell Tower Regional Community Center**



## Where did I put my keys? Tales from the hippocampus for anyone over the age of 30



**Craig Stark, PhD**  
Professor of Neurobiology & Behavior  
**Shauna Stark, MS**  
Research Scientist, Neurobiology & Behavior

We'll discuss how changes in the brain as we get older affect our memory and which changes are part of the normal aging process and which ones signal dementia. Then, we'll talk about the current state of treatments to improve memory, from approved medications to supplements to environmental enrichment.

**Date: Monday, March 19<sup>th</sup>, 2018**  
**Time: 9:30am**  
**Location: The Bell Tower Community Center**  
**22232 El Paseo, RSM, CA**



Craig Stark: [cstark@uci.edu](mailto:cstark@uci.edu) Shauna Stark: [starks@uci.edu](mailto:starks@uci.edu) Phone: 949-824-4230

[Click here to view flyer](#)



## January Recreation Highlights

**Tunes & Tales**  
**\$53/ 5 Classes**

Let's get the wiggles out! Tunes & Tales is a Music and Movement class for children ages 2 to 4 years. Sing-alongs and finger play songs start off this fun-filled class followed by musical activities using bean bags, rhythm sticks, instruments, a parachute and more. Children have a great time while developing their listening and social skills. Parent/adult participation required. Ages: 2-4 yrs.

Instructor: Vivian Stapleton

410913 01	Th	Jan 11 - Feb 8	9:45-10:40 am
410913 02	Th	Feb 22 - Mar 22	9:45-10:30 am

**After School Sewing for Kids & Teens**  
**\$148/ 4 Classes**

Learn sewing basics, fabric selection, how to follow a pattern and complete amazing projects in class. No prior experience is needed. All fabric, notions, and sewing machines are supplied. Ages: 7.5-17 yrs.

What to Bring: \$35 cash materials fee

Instructor: Linda Rush

420501 01	T	Jan 9 - Jan 30	3:30-6 pm
420501 02	T	Feb 6 - Feb 27	3:30-6 pm

**Computer Coding with CodeSpeak Labs**  
**\$200/ 10 Classes**

With Code Speak Labs, students will learn computational thinking through multiple languages: Google's Blockly (puzzles), MIT's Scratch (games/animations), web development (HTML/CSS) and JavaScript (web apps). Ages: 6-12 yrs.

Instructor: CodeSpeak Labs

420774 01	Th	Jan 4 - Mar 8	4-5 pm
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**Beginning Guitar**  
**\$98/ 5 Classes**

Playing the guitar is an enjoyable and relaxing way to enrich your life with music. Experience interaction with other beginning guitarists in a supportive, small group environment. The aim of the class is to transform the novice into a self-reliant musician. Learn to play easy chords, fun melodies, strum styles and many popular songs. Instructor Ron Gorman has enjoyed teaching this class for the city of RSM for twelve years. Have a blast and bring your own guitar to class. Ages: 10 yrs. & up.

Instructor: Ron Gorman

420901 01	T	Jan 9 - Feb 6	6-7 pm
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**Beginning Ukulele**  
**\$98/ 5 Classes**

Just one strum of the ukulele brings on a smile. Enjoy learning how to play the world's easiest string instrument in a supportive, small group setting. This class will provide all the fundamentals to be able to play songs on your own. Learn simple chords, easy melodies, strum styles, fingerpicking and a wide assortment of great songs. Instructor Ron Gorman has enjoyed teaching music classes for the city of RSM for twelve years. Bring your own ukulele to class and let's have some fun! Ages: 10 yrs. & up.

Instructor: Ron Gorman

420916 01	T	Jan 9 - Feb 6	7-8 pm
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**New Year, New You!**  
**\$13/ 1 Class**

Get the body that you want using daily strategies, habits and nutritional support. All of the best intentions won't change your life... but embracing new strategies and natural solutions give you a lifetime of results - because they are easy to incorporate and they work! We will learn how to prioritize your health, give you ways to manage hunger, and teach you how to support your health from the inside out! Ages: 18 yrs. & up

What to bring: \$5 cash materials fee

Instructor: Maureen Amirault

440838 01

W

Jan 10

6:30-8 pm

Click [here](#) to access the City's online registration system.

## Christmas Tree Collection

Christmas trees will be collected curbside at no charge on the customer's regular trash pickup day on service dates through **Monday, January 15<sup>th</sup>**. Residents do not need to call for pickup. CR&R will collect trees using a separate truck driving the route. Any tree must be less than six feet tall for it to be taken by CR&R. If a tree is taller than six feet, CR&R requires customers to cut the tree so that no piece is longer than six feet.



For more information call CR&R at [\(877\) 728-0446](tel:8777280446) or visit their [website](#).



**RSM Food Pantry**  
**Tuesday, January 2<sup>nd</sup>**  
**Thursday, January 18<sup>th</sup>**

The RSM Food Pantry is every first Tuesday and third Thursday of the month from 2 to 5 pm. There are no minimum or financial qualification required. Come by and get a box for your family, or for a neighbor in need.

The RSM Food Pantry is located in the parking lot behind The Bridge Church. 30162 Tomas, Rancho Santa Margarita. Contact [RSM Cares](#) to learn about how you can volunteer time or donate to this great program. The RSM Food Bank is now registered with [211OC](#).





Support RSM Food Pantry  
 Donate Online at [www.BellTowerFoundation.Org](http://www.BellTowerFoundation.Org)

## Trauma Intervention Program seeks volunteers

The Trauma Intervention Program is currently recruiting volunteers. No experience is necessary and training begins Thursday, January 18. TIP volunteers provide immediate support to survivors of traumatic events and make a difference in someone's life when they need it most. For more information, or to register, visit [tiporangecounty.org](http://tiporangecounty.org) or call (714) 314-0744.





### Become a TIP Volunteer in 2018

Make a difference in someone's life when they need it the most

Called out by police, fire and hospital ER personnel, TIP volunteers respond to scenes of a sudden death or other traumatic incident. Our caring and compassionate volunteers are trained to provide emotional and practical support to victims and their families in the first few hours following a tragedy.


**Volunteer Training Academy Begins January 18, 2018**  
**For more information or to register, visit our website:**  
<http://tiporangecounty.org>




## **Rancho Santa Margarita City Council**

**Michael Vaughn, Mayor**  
**Jerry Holloway, Mayor Pro Tempore**  
**L. Anthony Beall, Council Member**  
**Carol Gamble, Council Member**  
**Brad McGirr, Council Member**

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