

# Rancho Life

PEOPLE • PARKS • PLAY





## **SAMLARC Business Office**

949.709.0010

### **Community Executive Officer**

Candice Fullenkamp - 949.709.0015

### **Assistant General Manager**

George Blair - 949.709.0014

### **Office Manager**

Tita S. Gervasi - 949.709.0025

### **Administrative Assistant**

Nicole Thel - 949.709.0011

### **Facilities & Operations Manager**

Jerry Corpuz - 949.709.4009

### **Beach Club Administrative Assistant**

Arlene Shutt - 949.709.4003

### **Park Use & Sports Field Manager**

Pat White - 949.709.4017

### **Park Maintenance Administrator**

Keith Shimaji - 949.709.4015

### **Lakeshore Administrator**

Louie Barrientos - 949.858.1390

### **Capital & Reserve Project Manager**

Jonathon Hill - 949.709.0018

### **Assistant Project Manager**

Emanuel Hernandez - 949.709.0022

### **Contracts, Insurance & Common Area**

#### **Landscape Coordinator**

Michelle Estrada - 949.709.0023

### **Community Services Manager**

Carla Galosic - 949.709.0016

### **Community Services Representatives**

Connie Garbutt - 949.709.0024

Ashley Tippet - 949-709-0026

### **Lifestyle & Communications Manager**

Marley Sansom - 949.709.0013

### **Community Lifestyle Coordinator**

Jordan Bates - 949.709.0027

### **Media & Communications Specialist**

Alexandra Kuhlmann - 949.709.0021

### **Finance Manager**

Brian Bednersh - 949.709.0029

### **Financial Coordinator**

Joyce Lussier - 949.709.0020

### **Amentities Access Cards**

949.858.1390

### **Sports Field Mudline**

949.448.6217

### **FirstService Residential Billing**

949.448.6000

### **ClickPay Billing Questions**

888.354.0135

### **24-Hour Customer Care Center**

800.428.5588



## **SAMLARC BOARD OF DIRECTORS**

Robert Dickson – President

Judy Vasquez – Vice President

Marty Groh – Secretary

Robert Louvar – Chief Financial Officer

Jeff Halbreich – Director

Paul Persiani – Director

Charles Villafana – Director

## **2020 BOARD OF DIRECTORS MEETINGS**

All Open Session Board of Directors meetings are held at 6:00 p.m. in the Lago Santa Margarita Beach Club Fiesta Room unless otherwise noted, and are open to SAMLARC Members only.

**June 23**

**July 28**

**August 25**

**September 1\***

**September 22**

**October 13\***

**October 27**

**November 17**

**December 15**

\*On September 1, the Board will hold the Board Strategic Planning Workshop.

\*On October 13, the Board of Directors will host the annual Budget Workshop beginning at 5:30 p.m.

## **2020 SUMMER ARCHITECTURAL REVIEW COMMITTEE SUBMITTAL DEADLINES**

The SAMLARC Architectural Review Committee (ARC) evaluates homeowner enhancement applications to ensure consistency in maintaining SAMLARC's Mediterranean community design. Before beginning a home enhancement project, please coordinate with a member of the SAMLARC Community Services team to complete a home enhancement application. To allow for processing, a complete application must be received at the SAMLARC Business Office no later than the posted deadline date. The application will then be reviewed by the Committee on the scheduled meeting date.

### **DEADLINES:**

**June 1**

**June 15**

**July 6**

**July 20**

**August 3**

**August 17**

### **MEETINGS:**

**June 8**

**June 22**

**July 13**

**July 27**

**August 10**

**August 24**

## **COMMUNITY LIVING AT YOUR FINGERTIPS**

Our members are always on the go - and so are we. The SAMLARC Life mobile lifestyle app is a great way to stay connected with news, events, amenities information, and more. Visit [SAMLARC.org/samlarclife](https://www.samlarc.org/samlarclife) to download and dive into SAMLARC Life. We also invite you to follow SAMLARC on Facebook and Instagram for daily doses of SAMLARC fun, and encourage you to tag @SAMLARC in your photos for a chance to be featured on our pages.



# MESSAGE FROM THE BOARD

This year, the SAMLARC community has come together to display unparalleled positivity; showcasing generosity, compassion, and a desire to truly nurture a “small town” feeling. SAMLARC is made up of individual members who each make a difference. Each day, they commit to truly caring for their friends, family, neighbors, and society as a whole in the face of adversity. Our “small town” has come together to support local businesses, care for those in need, give freely, and enjoy this newfound time with one another. The bold kindness of our Members is at the heart of what makes SAMLARC a wonderful home.

Our community has encouraged Hometown Heroes – those who work tirelessly to sustain the many essential facets of health, business, and safety in our town. Residents continue to support local businesses and volunteers are donating time and skills to serve those in need. Throughout this season, we have found new ways to connect with one another: through social media, virtual activities, video calls, and a puzzle or two. There is no doubt that the ripples of this time will reach far into the future, shaping our decisions not only as individuals, but also as neighbors and friends. We are confident that through it all, our SAMLARC community will stand strong. In this edition of Rancho Life, we invite you to learn more about SAMLARC’s collective engagement during this time, including SAMLARC’s ongoing response to the Coronavirus, a showcase of our hometown heroes, our SAMLARC Stars & Stripes July 4th Celebration, and ways to stay connected with SAMLARC’s exceptional lifestyle through virtual programming.

For each decision made as a Board, we are keenly aware of our responsibility to ensure that SAMLARC remains a vibrant Association in 2020 and beyond. We are dedicated to upholding the vivacious spirit that makes SAMLARC Members unique. At the same time, we are determined to safeguard SAMLARC’s amenities and services, fiscal health, and high property so that Members enjoy an excellent lifestyle experience for years to come. SAMLARC’s Coronavirus response measures are aligned with requirements from the Centers for Disease Control, White House, State of California, and County of Orange. These measures have been successful thanks to the patience and optimism of SAMLARC Members. Your flexibility and community-mindedness have been instrumental in cultivating community spirit. As Directors, family members, parents and friends, we recognize the value of re-opening the SAMLARC amenities in a safe and conscientious manner. Each Director looks forward to the day when, as a community, we can celebrate our shared strength in person. Thank you for your ongoing partnership as we navigate this season together.

Sincerely,

## *Your SAMLARC Board of Directors*

*Robert Dickson, Marty Groh, Charles Villafana, Robert Louvar, Jeff Halbreich, Paul Persiani and Judy Vasquez*



Robert Dickson



Robert Louvar



Judy Vasquez



# HOMETOWN Heroes

## HEROES FROM EVERY WALK OF LIFE HAVE EMERGED TO LEND A HELPING HAND DURING THE CORONAVIRUS (COVID-19) PANDEMIC.

SAMLARC Members from all essential industries have sustained the community during this crisis; from healthcare providers, caregivers, first responders, and law enforcement to those employed in the postal services, grocery stores, take-out restaurants, pharmacies, and convenience stores. The dedication of this essential workforce is what makes it possible for so many community members to stay home in order to help slow the spread of the virus.

As the physical and social impacts of the Coronavirus (COVID-19) have disrupted our everyday routines, the activities that we once took for granted have shifted as we adapt to our new "normal." Behind the scenes of this new reality is this essential workforce that bravely serves the community every day. The SAMLARC Board of Directors invited Members to share stories of Hometown Heroes who live and work within SAMLARC who are making a difference in the community. A few of their stories are below.

### *Victoria Carlos* *Neighborhood Librarian & Friend*

I'd love to nominate my daughter Victoria as a hero! Our Victoria is only 10 years old but her creativity, imagination and passion for helping her community is as big as the sun! After we got the announcement about our schools being closed, she asked my husband and I how the rest of her friends and peers at school could continue reading amazing books like the ones she loves. She said, "Mommy, if the libraries are closed how can we continue reading and learning and exploring if we won't have access to books?" The next morning she came up with an amazing idea: she created a Book on the Box project, which is basically a mini library that she created from old boxes which she used as shelves and a simple table. She gathered all the books that she had already read, and put together a table outside of our garage with the books, some hand sanitizer and a sign! The sign says: "Feel Free to grab 1-2 books; when you are done just bring them back to our porch in exchange, please help me by writing a note of encouragement to our elder neighbors so we can lift their spirits as they can't go out!" Neighbors, friends, and family walking by helped Victoria



making this project a success! She is also a Girl Scout. She felt so happy and full of confidence, knowing that her ideas matter and her big heart and kindness were so appreciated by our neighbors. - Carmen Carlos



## Athena Charis-Manning

### Volunteer Mask Maker

Athena is just one member of a large RSM network of seamstresses who are sewing PPE masks that are being distributed nationwide to health care facilities, hospitals, and first responders, including the U.S.S. Roosevelt. The group of local heroes are banded as the RSM Facemask Volunteers, and have donated more than 5,000 masks!

– Timothy Manning



## LeAnn Hubbard

### Grocery Crew Member

My wife has been working at Trader Joe's for nearly three years and she is one of the most dedicated crew members. She has worked more hours during the current crisis to ensure Trader Joe's is ready and able to handle any situation. She always has a smile on her face (even behind the mask), treats every customer with respect and lends a hand whenever possible. She is also doing the grocery shopping for a few of the immune-compromised people we know in our community and ensures everything is sanitized before delivery. She is our captain at home and one of the best crew members at Trader Joe's.

– Brian Hubbard

## Trauma Intervention Program

### SAMLARC Citizen Volunteers

Prior to the virus pandemic, volunteers from the nonprofit Trauma Intervention Program (TIP) personally responded 24/7/365 to first-responder requests asking for assistance with Orange County residents who have been affected by a traumatic event (death of loved one, accident, hospital emergency, etc.) at a residence, Emergency Department or accident scene. Five of the 100 Orange County TIP volunteers are SAMLARC members. During the pandemic, the in-person calls were modified to telephonic emotional first aid. This included emotional support, practical support, and outside professional referrals. These five SAMLARC members and their forty-five associates responded 24/7 to calls within RSM and the surrounding south county area.

– Local TIP Volunteer.



These are just a few of the stories that showcase the strength of our hometown heroes.





## Anna Kaku

### Senior Community Mask Maker

Anna Kaku has been tirelessly sewing masks to donate to the residents and staff at her community, Overture Rancho Santa Margarita. Since the CDC guidelines recommended wearing masks in public places, she has sewn close to 200 colorful masks. Using her personal supply of fabric, with her sewing machine on her kitchen table, Anna has created fun patterns and designs. She has given our residents and staff a happy and much-needed surprise. Residents agree that her masks have certainly lifted everyone's spirits and helped her neighbors feel more connected to one another. Because of elastic shortages, Anna became creative. By using materials from t-shirts to make straps, she made sure everyone could have a mask! Anna's positive attitude and love for her community certainly make her a hometown hero worth recognizing. - Anita Povich

## Sherri Lex

### Volunteer President of RSM Cares

As a resident of RSM for more than 28 years, Sherri Lex truly has a heart for community. In addition to her professional career as a real estate agent, Sherri is the volunteer President of RSM Cares (the Bell Tower Foundation). Through RSM Cares, Sherri leads a dedicated group of individuals to provide much-needed services in the community, such as the RSM Cares Food Pantry, meals and programs for our Seniors, RSM Arts, Breakfast with Santa, and RSM Zero Trash. RSM Cares has exponentially increased its efforts to respond to the impacts of COVID-19 in our community, with Sherri at the helm.



In April alone, RSM Cares served 1,600 individuals in need through the Food Pantry, delivered meals to more than 60 home-bound seniors and partnered with more than 20 restaurants and local businesses to host food and toiletry drives. Sherri brings her optimism and kindness with her wherever she goes. Along with coordinating Food Pantry initiatives, Sherri has been visiting five local Starbucks locations daily collecting these coffee shops' food donations, often storing the items in her own freezer until distribution days. She has been able to build partnerships with a wide variety of businesses, volunteer organizations, faith organizations, and community figures in order to make a positive difference in the community. Sherri is constantly on the lookout for opportunities to serve, and encourages the community at large to volunteer in impactful ways. - Anonymous



## Jenn Paige & RSM Face Mask Volunteers

I would like to bring to your attention the great work being done by a group of citizens in Rancho Santa Margarita and our neighboring communities. Specifically, Jenn Paige and her group, RSM Face Mask Volunteers. Just a month ago, when the reality of the COVID-19 virus and the quarantine situation was facing us, Jenn Paige put out a request for help in making fabric masks for health care workers. Her call was answered! Volunteer work began collecting fabric and elastic for the masks, volunteers to cut, package and distribute the mask kits, and then distributing these masks to those in need. Jenn's group is now 200 strong, and through the donations of time, materials, and the wish to help, her group has donated close to 27,000 masks in one month alone. Her dedication is remarkable and should be recognized.

- Catherine Kelley



“... her group has donated close to 27,000 masks” (wow!)

# THE SAMLARC BOARD OF DIRECTORS

Thanks the many community members who tirelessly serve our community. We invite you to visit [SAMLARC.org/heroes](https://SAMLARC.org/heroes) for more portraits of the essential workforce that supports our community and society as a whole. In addition, we invite you to “Clap for a Cause” with us every Tuesday evening. From 7:00 p.m. to 7:02 p.m. we encourage you to step outside onto your porch or balcony and applaud the efforts of these brave men and women.

**SAMLARC WOULD LIKE TO HEAR ABOUT AND SHARE STORIES OF THE EFFORTS OF HOMETOWN HEROES THAT ARE MAKING A DIFFERENCE IN OUR COMMUNITY.**

We encourage you to share stories of the efforts of your family members, friends, and neighbors in essential fields such as these, so that we may honor their service and courage.





# PROTECTING THE COMMUNITY

## SAMLARC & COVID-19 RESPONSE MEASURES

SAMLARC as a Master Homeowner's Association holds unique responsibilities in slowing the spread of COVID-19 and maintaining the Association's long-term stability and success. As the federal and state governments have recognized SAMLARC's functions and services as essential, the SAMLARC Board of Directors is leading SAMLARC's operations in alignment with recommendations from public health officials, federal and state mandates, and its legal obligations to the Association as a whole.

One of the earliest actions taken by the Board was the formation of the Executive Committee, which enacts response measures to the Coronavirus as it impacts the SAMLARC community and common areas. Under the Committee's guidance, SAMLARC has adapted its services and operations, including: modification of amenities access to uphold social distancing requirements; temporary suspension of events; digital administrative support for homeowners; and the creation of brand-new virtual lifestyle programming to ensure Members feel connected. In addition to these measures, SAMLARC staff continues to orchestrate the maintenance of amenities, landscape, and infrastructure to sustain the community through and beyond this crisis.

The services above are part of the legal duties and obligations articulated by SAMLARC's governing documents, through which the Board of Directors supports the preservation and protection of property values, as well as the health and welfare of all Members. To ensure these duties and obligations can be met, the Board adopts an annual budget that includes the non-discretionary costs of

insurance, management, professional services, maintenance, as well as repair and replacement of assets and amenities. In addition to these budgeted expenditures, the unforeseen costs for security, water/irrigation, and fire mitigation have exceeded previously budgeted amounts. SAMLARC must continue to pay these costs to fulfill its Member obligations and comply with federal, state, and local mandates – despite the economic burdens triggered by COVID-19, SAMLARC has not been excused from compliance. To remain fiscally sound, SAMLARC must continue with assessments in the amounts needed to meet all legal obligations. The Board of Directors recognizes that during this time, some homeowners may find it difficult to pay the monthly assessment. Though SAMLARC is not the type of entity to fully render financial assistance, the Board may on a case-by-case basis negotiate payment plans with owners who may find themselves unable to pay assessments. In making decisions, the Board must act in good faith, in the best interests of the entire association.

The SAMLARC governing documents are the foundation of not only the association's obligations to its Members, but also the forward-thinking spirit with which the Board of Directors guides the community. The Board is working to protect SAMLARC's present and future viability during this time so that Members may take pride in their community, now and in the years to come.

**FOR MORE INFORMATION REGARDING SAMLARC'S  
RESPONSE MEASURES TO THE CORONAVIRUS, PLEASE  
VISIT [SAMLARC.ORG/CORONAVIRUS](https://samlarc.org/coronavirus).**



# CONNECTING OUR VIRTUAL COMMUNITY

Though the Coronavirus has disrupted our everyday routines, this time presents a valuable opportunity for the SAMLARC community to thrive, proving that a great community is not tied to physical space. The SAMLARC Board of Directors is excited to help Members grow as they "Stay Home," expand their curiosity, and showcase the community spirit that makes SAMLARC strong. SAMLARC is curating daily home activities for all ages! With new adventures planned for each day, we invite you to follow the fun on SAMLARC's Instagram and Facebook pages as well as through the SAMLARC Life mobile app. As we move through this season together, we invite you to tag @SAMLARC in your photos so we can showcase the ways you're staying #SAMLARCstrong!



## MONDAY

### Movie Madness Monday

Every Monday, SAMLARC will recommend a family-friendly movie to stream that evening. Members with access to Netflix, Hulu or Amazon Movies can stream together at 7:30 p.m. and tag @SAMLARC for a chance to be featured! Cozy up and take a photo with your snacks, PJs, and maybe even forts.



## TUESDAY

### Two Minute Tuesdays

**CLAP FOR A CAUSE!** Join SAMLARC for two minutes every Tuesday evening from 7:00 p.m. to 7:02 p.m. to applaud the essential workforce that is serving the community at large. Step out on your driveway, balcony, or patio to applaud out loud with your neighbors, while maintaining a safe distance.

## WEDNESDAY

### What You Have Wednesdays

Take what you have in the kitchen and create! SAMLARC will be sharing a fun recipe that you can try using common items found in the kitchen pantries. Share your creation and tag @SAMLARC for a chance to be featured.

## THURSDAYS

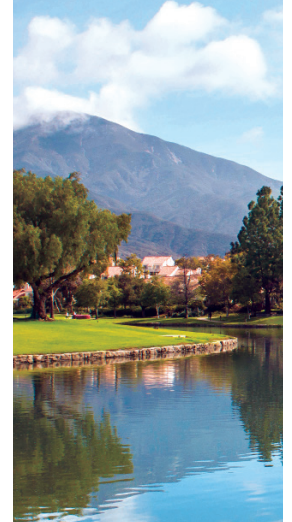
### Thoughtful Thursdays

Take a moment to think of a neighbor or friend that you are thankful for. Schedule a video call and screenshot a photo of you as you chat virtually while practicing safe social distancing. Tag @SAMLARC in your photo for another chance to be featured.

## FRIDAYS

### Feature Photo Friday

Share a photo of something beautiful that brings you joy within the SAMLARC community — flowers, pets, or other things make you smile! SAMLARC will feature each photo on the SAMLARC Facebook page each Friday-Sunday for a vote! Send a photo to the email below to participate. All submissions must be made by 3:00 p.m. every Thursday to participate in that weekend's competition. The photo with the most likes will win a \$10 virtual Visa gift card and a feature on SAMLARC's social media! Please submit all photos to Marley Sansom, SAMLARC Lifestyle & Communications Manager, at [marley.sansom@fsresidential.com](mailto:marley.sansom@fsresidential.com).



## SATURDAYS

### Scavenger Hunt Saturdays

Join SAMLARC for a scavenger hunt around the house and yard! Every Saturday at 11:00 a.m., SAMLARC will post three (3) items to find around your house or yard. The SAMLARC Member that posts a photo of each item and tags @SAMLARC first (either on Facebook or Instagram) wins and will be featured on both pages.



## SUNDAYS

### Sunshine Sundays

Head outside for some fun in the sun! Every Sunday, SAMLARC will post a fun game or activity to do in your yard, patio or balcony. Share a photo of your fun in the sun and tag @SAMLARC for a chance to be featured as well.

*We'll be back soon!*

Though events are an important facet of SAMLARC's exceptional community lifestyle, the ongoing developments of the Coronavirus outbreak have impacted SAMLARC's ability to host the activities that Members enjoy. Based on the recommendations and requirements of public health officials, as well as local and federal government, SAMLARC's 2020 event calendar has been modified to protect the health of our Members and their families. The SAMLARC Community Lifestyle Committee and staff are working to bring virtual programs and activities to SAMLARC Members of all ages. As official guidance on events and gatherings emerges, updates to the 2020 and 2021 event calendars will be published on [SAMLARC.org](http://SAMLARC.org) and through the SAMLARC Life mobile lifestyle app. Thank you for your understanding as we do our part to "flatten the curve" and protect our community.

**For more information on SAMLARC Lifestyle and Programs, please visit [SAMLARC.org/lifestyle](http://SAMLARC.org/lifestyle) or contact Marley Sansom, Lifestyle & Communications Manager, at [marley.sansom@fsresidential.com](mailto:marley.sansom@fsresidential.com).**



# CRAFT CORNER

Here are a few activities to make your day special! When you've completed your project, take a picture and tag @SAMLARC for a chance to be featured on our social media pages!

## SQUIRT GUN ART

This season is perfect for outdoor art adventures! This easy art project combines the fun of squirt guns with bright colors to make a dynamic piece of art.

### Supplies:

- Squirt guns (one gun per color)
- Ziploc bags (sandwich size)
- Water
- Washable tempera paint
- Watercolor paper
- Easel (or a sturdy backdrop) and clips
- Drop cloth (or plastic tablecloth or an old sheet)

### Instructions:

1. Place the drop cloth on the ground, then set the easels up and clip the paper to the easels.
2. In one Ziploc bag, mix 1-part paint with 1-part water so that the mixture can easily be sprayed through the squirt gun. Carefully cut one corner of the bag and pour the mixture into the chamber of the squirt gun. Repeat this step for each color.
3. Let the art begin! Point the squirt gun at the paper and spray away. Experiment with spraying from different distances and angles.
4. Let the paper dry flat, then hang or frame to display your one-of-a-kind art!

Activity adapted from Fireflies & Mud Pies



## SUMMERTIME RASPBERRY ICE CREAM

This easy ice cream treat is the perfect afternoon activity combining both sweets and science! Using just ice, salt, and a pair of hands (or two), you'll be able to enjoy delicious home-made ice cream in just 15 minutes. This recipe makes 1 cup of ice cream – portioned just right for a little dish of happiness!



### Ingredients:

- 1 cup half-and-half cream
- 1/2 cup fresh raspberries
- 1/4 cup sugar
- 2 tablespoons evaporated milk
- 1 teaspoon vanilla extract
- 4 cups coarsely crushed ice
- 3/4 cup salt

### Special Equipment:

- 2 plastic storage bags, 1-quart size
- 1 plastic storage bags, 1-gallon size
- Mittens or gloves (optional)

### Instructions:

1. Mix the half-and-half, raspberries, sugar, evaporated milk, and vanilla extract in one of the 1-quart bags. Seal the bag carefully, pressing out as much air as possible.
2. Place the first bag into the other 1-quart bag and seal that bag, pressing out as much air as possible.
3. Place the 2 bags in a gallon-size resealable plastic freezer bag. Add ice and salt into the big bag and seal, pressing out as much air as possible.
4. Shake and knead the cream mixture until thickened, about 10 minutes. Mittens may help protect your fingers from the cold, and you can add some fun into your ice cream making by playing a gentle game of catch!
5. When the cream mixture has solidified, dish into a small bowl and enjoy! We recommend adding sprinkles, marshmallows, or any other toppings you like.

### HOW DOES IT WORK?

**Salty Science:** Plain ice will not lower the temperature of the ingredients enough to make a solid mixture. However, adding salt to the ice creates an extra-cold environment that cools the ingredients enough to harden them. By lowering the freezing temperature of the ice, the "heat" from the cream mixture is drawn out and the ingredients freeze and solidify as the bag equalizes temperature.

**What's Shaking?** Shaking (or gently tossing) the bag creates smoother ice cream by moving warmer areas of the mixture into contact with the ice. Shaking also breaks up large ice crystals and allows the ice cream to freeze uniformly.

Recipe by Taste of Home



# SAMLARC

## Stars and Stripes Celebration

### Patriotic Home DECORATING COMPETITION

We invite you to celebrate Independence Day with your friends and neighbors and participate in SAMLARC's Patriotic Home Decorating Competition, as we practice social distancing.

July 4<sup>th</sup> activities might look slightly different this year, but this competition is a great way to bring the community together and celebrate our great nation #SAMLARCstrong.

Each participating house must decorate with an Independence Day theme filled with red, white, and blue! Each participant must submit their address to the SAMLARC team by Friday, June 26. Once all entries have been submitted, a map will be posted to provide directions for the community to take "spirit rides" to visit each home, then go online to vote for your favorites afterwards! An Independence Day playlist will also be posted to enjoy.

SAMLARC American Spirit Week will launch on Monday, June 29 and will run through Sunday, July 5. The homes that receive the most online votes by the end of the day on Sunday, July 5 will win a \$100, \$75, or \$50 virtual visa gift card for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. The winning homes will also be featured on Facebook and Instagram.

**Voice of SAMLARC: Auditions open through June 26.**



### Join the Show! INDEPENDENCE DAY MEMORY REEL

July 4<sup>th</sup> is filled with special memories for SAMLARC Members. Though we will miss this year's fireworks display due to government-mandated gathering restrictions, we hope to bring joy to the community! We invite you to share a short video of the 2018 or 2019 fireworks display so that we can share the 4<sup>th</sup> of July spirit with your SAMLARC friends and neighbors. Please submit your video clips by Friday, June 26, to [SAMLARC.org/july-4th](https://SAMLARC.org/july-4th).

The video will premiere at 7:00 p.m. on July 4<sup>th</sup>! Tune into SAMLARC's Facebook page to watch with your family and friends.

## VIRTUAL PROGRAMS

Connect with your favorite SAMLARC programs through the web! These popular programs are great for staying active at home. During this time, these virtual programs are being offered for free to support SAMLARC Members as they "Stay Home" and stay fit!

### SAMLARC PAINTING CLASSES

Celebrate your inner Picasso and create a masterpiece from the comfort of your own home! Join SAMLARC and Pinot's Palette for a VIRTUAL painting experience! You will be able to create a custom piece of art to beautify your home - all while maintaining safe social distancing. No art experience required - an experienced art instructor will guide you to create your painting in 2 hours. The virtual class will be hosted through Zoom and will be recorded for participants to review four (4) days after the event.

#### ADULT WORKSHOP: SERENITY ON THE LAGO SANTA MARGARITA

**DATE/TIME:** Saturday, June 20 | 1:00 p.m. - 3:00 p.m.  
**COST:** \$35 per person with supplies\*  
\$25 per person without supplies (virtual class only)

#### CHILDREN'S WORKSHOP: CHEERS FOR THE RED WHITE & BLUE

**DATE/TIME:** Saturday, June 20 | 1:00 p.m. - 3:00 p.m.  
**COST:** \$26 per child with supplies\*  
\$15 per person without supplies (virtual class only)

\*Supplies include: a canvas, all necessary paints and brushes. (easels are not included but are recommended, not required). The supply kits will be individually packaged for pick-up at the Beach Club from 12-5 p.m. the day before the event.

### LIVING ROOM YOGA

This gentle, but deep stretch, yoga class is appropriate for anyone who is looking for a kinder, gentler, and safer form of yoga. The class is designed for both beginners and intermediate students who want to increase their flexibility, balance, range of motion, and strength by combining breath with movement. Participants of all ages and fitness levels are welcome to learn and practice yoga in this fun, digital course to reconnect with their minds and bodies.

**DATE:** Every Tuesday and Thursday  
**TIME:** 9:00 a.m.  
**CONTACT:** Jeannette at [gentlyyogafortherestofus@gmail.com](mailto:gentlyyogafortherestofus@gmail.com)

### STROLLERSTRIDES

SAMLARC's Stroller Strides program is moving to an online platform and offering at home workouts! This is the perfect way for parents to keep active and spend time with their kids.

**DATE/TIME:** Classes will go live Monday - Friday at 9:00 a.m.  
**CONTACT:** Instructor Cathy Rude at [cathyr@fit4mom.com](mailto:cathyr@fit4mom.com).





Rancho Santa Margarita  
Landscape and Recreation Corporation  
22342A Avenida Empresa, Suite 102A  
Rancho Santa Margarita, CA 92688



*Community Living at  
Your Fingertips*

## SAMLARC Life Mobile App

Available Now!



[samlarc.org/samlarclife](https://samlarc.org/samlarclife)