

RecScape

Escape thru Play, Exercise and Creativity

What's Happening...

Recreation Month
We are Parks & Recreation

**Las Palmas Golden
Fun Club**
Virtual Activities for Older Adults

Camp at Home
Activities for Kids

**Virtual Fitness &
Classes**
Stay Active

**Virtual Recreation &
Community Services**

p. 818-898-1290

e. recreation@sfcity.org

a. 208 Park Ave., San Fernando, CA

w. www.sfcity.org/sfrecreation

 **SFRecreation**
 **OfficialCityOfSanFernando**

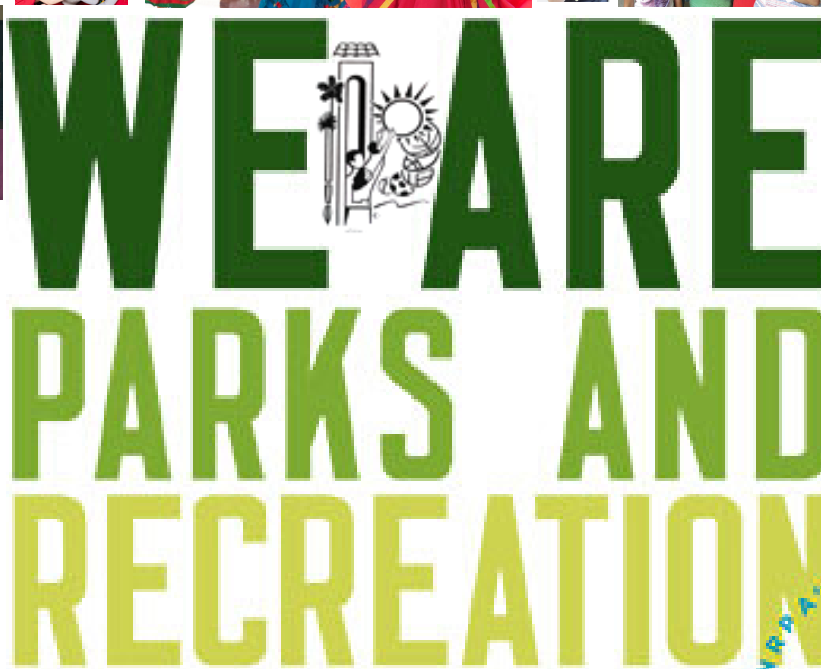


Recreation in the time of Quarantine

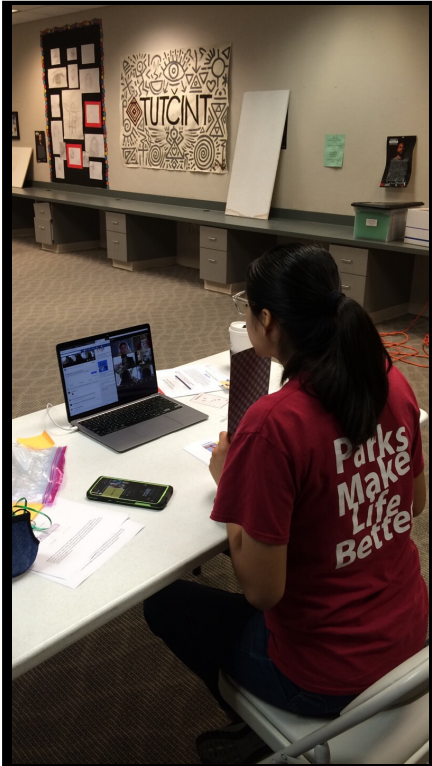
The shutdown of parks and programming left our community in the dark for several months. Youth and adult leagues unfinished, seniors without a place to congregate and socialize and celebrations postponed. Covid-19 has definitely made an impact on the way we gather and recreate and as we adapt to our new reality we must be open to new ideas.

RecScape will provide a monthly list of activities, links and videos for community members of all ages to access directly from their home until we are able to reopen our facilities.

Photo: Recreation staff and Cardio Instructor setting up for the Virtual Fitness video shoot.



LAS PALMAS GOLDEN FUN LEAGUE



On June 3rd the Community Services team kicked off the Las Palmas Golden Fun League, a virtual meeting for older adults ages 55+. Marisol, Linda and Juan led the inaugural activity, Coffee Chats, using Facebook Live to connect with seniors from our programs. Staff shared department updates and guests were able to ask questions and also share what they have been up to during the quarantine.



The fun continued on June 12th with a Lunchtime Trivia game on Facebook Live. Questions were all based on science ranging from easy common knowledge to head scratching scientist level questions. Everyone learned something new during the trivia.



We continued learning new ways to meet and greet from a distance. On June 17th staff used a Zoom meeting to play an exciting game of Loteria. Through Zoom, staff and participants were able to see each other for the first time since April, it was a thrill seeing one another. Loteria ended with a tie for first place between Emily Petito and Laura Almanza.

Stay Connected and Join the Fun!

If drinking coffee, chit-chat, games and fun exercises are your "cup of tea" then this virtual fun league is for you! July will feature more Loteria, Trivia, Coffee Chats, Bingo and "Chat with a Doctor".

Stay connected and learn of all the upcoming activities by following us on Facebook [@SFRecreation](https://www.facebook.com/SFRecreation), don't forget to invite your friends!



CAMP AT HOME

Check out our weekly themes and activities and join the fun! Click on the week you would like to view for links with step by step instructions and videos and start crafting and experimenting using supplies you have at home, projects for ages 5-13. Remember to submit your weekly photos at Recreation@sfcity.org.

Trouble with the links? Just hold the CTRL button and click on the link or right-click and select "Open Hyperlink"

SPIRIT WEEK

How To Draw the American Flag
Salt Paintings
Fireworks In a Jar
Solar Oven Box Experiment



WILDERNESS WEEK

Fruit Bird Feeder
Cheerio Bird Feeder
Popcicle Stick Bird Feeder
Nature Portraits
Twig Art
Junior Ranger Activity Book
Virtual Tour of 12 National Parks



OUT OF THIS WORLD

Straw Rockets
Balloon Rockets
Balloon Powered Car
Hand Soap Slime
Virtual Field Trip: NASA



Projects and activities were obtained from the following sources: YouTube, Pinterest & DIY.com

Summer Fun Week

Do It Yourself Lava Lamps
Bubble Snake Maker
Bubble Solution
Magazine Paper Wall Art
Magazine Wall Art- Heart
Sharpie Tye Dye



UNDER THE SEA WEEK

The Snail and the Whale
Pufferfish
Paper Plate Ocean Animals
Sea Shell Creatures
Driftwood Seahorse
Virtual Exploration of the Coral Reef



NEXT MONTH'S PREVIEW:

END OF THE SUMMER PIRATE WEEK

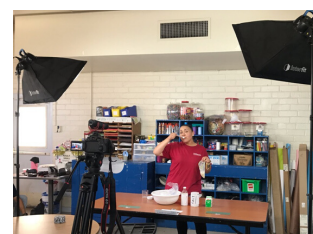
SPONGE BOATS / TREASURE CHESTS
PIRATE SHIPS / PIRATE BATTLE SHIPS
BATTLE SHIP WATER BATTLE



MISSING YOUR CAMP COUNSELORS?

Visit the [City website](#) for staff-led activity videos

- **Nature Pencil Holder**
- **San Fernando Camp Slime**
- **Lava Lamp & Color Bombs**
- **Homemade 5-minute Ice Cream**



Videos will be
posted on July 6th



Grab your water and towel and start your workout today!

VIRTUAL FITNESS

Is the "quarantine-15" getting the best of you? Check out our free virtual fitness classes led by some of our very own instructors. The classes are easy to follow and meant for all levels of fitness. Workout at your own pace from the comforts of your home.

Don't have any equipment at home? Don't worry, Berenice and Miguel show you how to use basic household items to tone and shed those quarantine pounds!

VIRTUAL FITNESS CLASSES:

- [Total Body Conditioning with Berenice](#)
- [Total Body Cond.: Lower Body & Core](#)
- [Strength & Energy: Legs with Miguel](#)
- [Strength & Energy: Upper Body](#)
- [Zumba Dance Workout with Leilani](#)

VIRTUAL LEISURE CLASSES

KARATE @ Home

Great set of virtual classes for beginners or technique refreshers for more experienced students. Click below to get started!

- [Basic Technique](#)
- [Fighting Basics](#)
- [Stances](#)
- [Kicks](#)



BASKETBALL @ HOME

The Jr.NBA offers many resources to help keep youngsters conditioned while at home. Click on the link below to access great videos covering everything from warm ups, drills, workout sessions and some fun games and challenges.

- [Jr. NBA at Home](#)



STAY CONNECTED

Visit the City website for updates & news:

www.sfcity.org/sfrecreation



HEALTH & WELLNESS TIPS

12 ways to stay Happy & Healthy



Leafy Greens
boost Energy



Walnuts - Omega 3
brain nutrients



Smiling releases
happy hormones



Banana
boosts serotonin

Spend time
in nature



Epsom Salt
Calming



Oats
Eases Depression



Cayenne Peppers
Relieves Depression



Water Hydration
More Energy less stress



Green Smoothie
Energy boost, zap!



Almonds
Brain Food-Magnesium



Walking- clears mind
boosts serotonin

100 CALORIE HEALTHY SNACKS

YOUR GUIDE TO HEALTHY SNACKING!
GET HEALTHY!

1/2 CANTALOUPE



1 SMALL BANANA



1 SWEET POTATO



1/2 CUP EDAMAME



1 TABLESPOON
PEANUT BUTTER



1 CUP BLUEBERRIES



3 CLEMENTINES



3 CUPS POPCORN



30 CHERRY
TOMATOES



14 ALMONDS



1/2 AVOCADO



1 APPLE



30 GRAPES



4 MEDIUM CARROTS



1 EGG



MENTAL MINUTE



This month's Mental Minute features a virtual escape to one of America's most beautiful National Parks. Click, relax and enjoy!

- [Yosemite National Park](#)

FREE SUMMER LUNCH & SNACK

RECREATION PARK

208 Park Ave., San Fernando, Ca 91340

Tuesday- Friday, 11:30 AM to 12:30 PM

June 15 - August 7, 2020

Ages: 18 & Under

- Child must be present to pick-up the lunch pack.
- Participants must adhere to all social (physical) distancing guidelines.
- Face coverings must be worn.
- Program is a Grab & Go, no access to indoor facility.

Los Angeles County Parks and Recreation

FREE SUMMER LUNCH AND SNACK

TUESDAY – FRIDAY
11:30 AM to 12:30 PM
Ages 18 and under

Find a location near you at:
parks.lacounty.gov/summerlunch

"Grab and go" lunch and snack can be picked up simultaneously. Face covering and physical distancing required.

Program runs June 16 through August 7 (except July 3)