

RecScape

Escape thru Play, Exercise and Creativity

What's Happening...

Celebrations

City's 109th Birthday
Las Palmas Senior Citizen's Club

Las Palmas Golden Fun League

Activities for Older Adults

Fun From Home

Activities for Families & Kids

Parks, Wellness & Recreation Commission

Who They Are & What They Do

Virtual Recreation & Community Services

p. 818-898-1290

e. recreation@sfcity.org

a. 208 Park Ave., San Fernando, CA

w. www.sfcity.org/sfrecreation

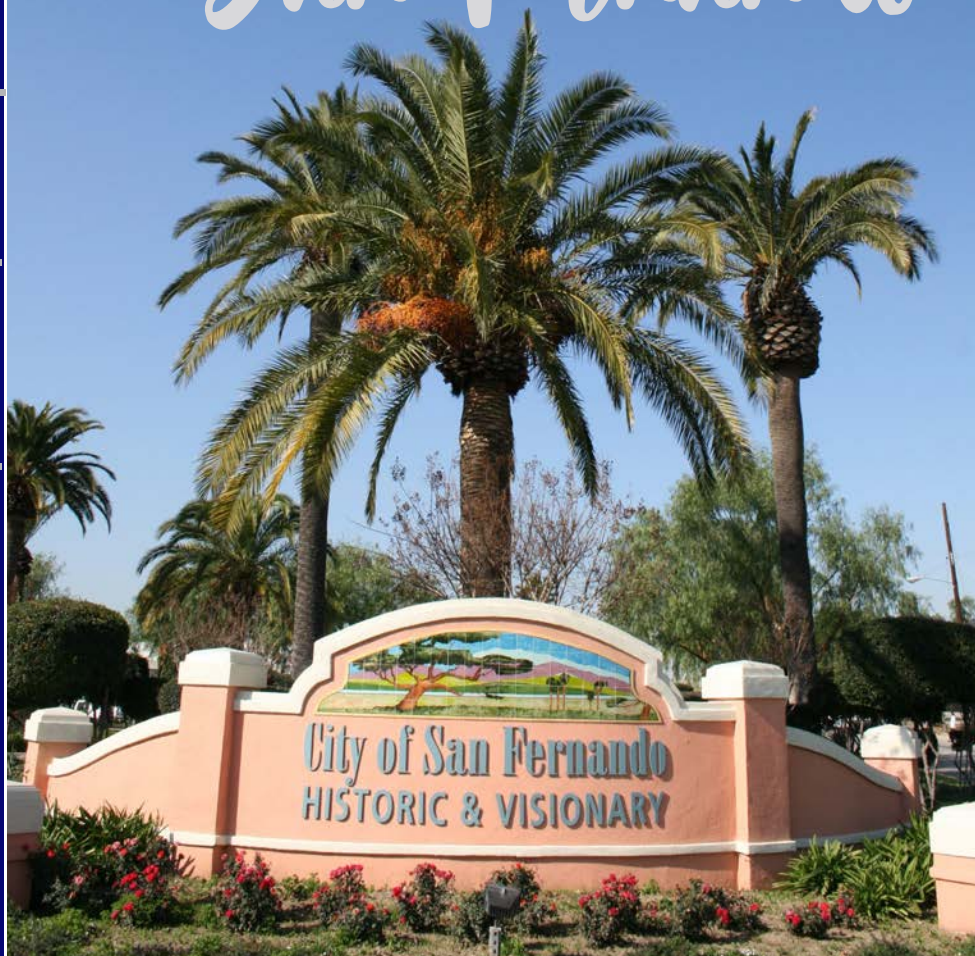


SFRecreation



OfficialCityOfSanFernando

Happy
Birthday
San Fernando



Celebrations



SAN FERNANDO
VIEWING NE ON
N. MACLAY AVE
CA ~1911



City Celebrates 109th Birthday- August 31, 1911

San Fernando was founded in 1874 and given the nickname "The Mission City" because of its proximity to the San Fernando Mission. The City developed as a result of the Southern Pacific Railway that ran between Bakersfield and Los Angeles. Settlers populated the area and soon San Fernando was known as the railway's "gateway to the north". The City's climate and deep water wells provided the adequate conditions for the cultivation of vegetables and fruits, especially citrus and olives. Because of its independent water supply, San Fernando remained independent and was incorporated in 1911.



Photos: Top Left- Malacy Ave (1911), Top Right- Maclay Ave (2018),
Bottom Left- Town of San Fernando (1880's)



"San Fernando on a Busy Day", April 14, 1910
Photograph taken by August F. La Gier (from Carley Worth)



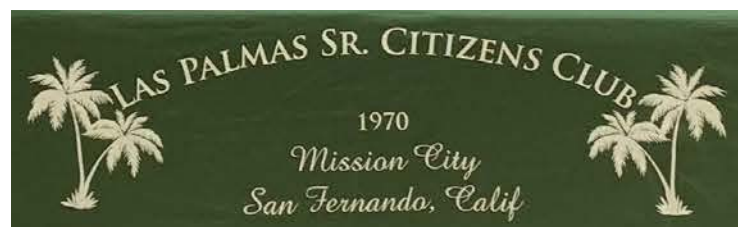
San Fernando Rd. at McClay, 2014

Photos: Top Left- Lopez Grocery Store (1918), Top Right- Intersection of Maclay Ave & SF Rd. (1910), Bottom Left- Lopez Adobe (1883)

Information and photographs were obtained from
waterandpower.org/museum

Golden Anniversary for Las Palmas Senior Club

July 2020 marked the 50th anniversary for the Las Palmas Senior Citizen Club. Since its grass roots beginnings, the Club has had one goal in sight; providing seniors with a safe space to gather and celebrate one another. Founding members worked hard to establish Club Las Palmas de San Fernando in 1970 and that legacy lives on today. With 300 members and a wait list, the Club offers a variety of activities such as monthly dances, meetings, local day trips, multiple day trips to places like Hawaii, South Dakota, Colorado and many more. True to their self-sustaining beginnings, the Club relies on



the help of its members to provide support through volunteer groups such as the Sunshine Committee, Decorating Committee and Trip Coordinators. Everyone has the opportunity to serve the community while enjoying the camaraderie of the Club. Here's to 50 more years of friendship and celebration!

For more information on how to become a Club member call Las Palmas Park at 818-898-7340.

LAS PALMAS GOLDEN FUN LEAGUE



The Golden Fun League kicked off the month of July with a couple games of bingo, newcomer Barbara Andrade was the big winner. The fun continued with a lunchtime trivia session, "Music of the 50's & 60's", via Facebook Live. The group enjoyed reminiscing on some oldies but goodies and testing their knowledge of the eras. Do you know which famous rock and roll artist was known to his fans as the "The King"?

During the month of July, the League collaborated with various health agencies to provide virtual activities. Regal Medical Group offered games of loteria and bingo via WebEx and will continue to host games twice a month. The collaboration with Regal allows for participants to mingle with seniors from LA, Ventura and Orange County. Call and RSVP with Nelly Leng at 818-798-8384.

Gloria Harvey from Anthem was our special guest during our monthly Coffee & Chat. She delivered a quick overview of Medicare and Medi-Cal and led a candid conversation on how people can prepare as they are nearing the "Golden Age" of 65. If you missed out on our Coffee & Chat and want to learn more about Medicare, visit our Facebook page @SFRecreation.

Never stop learning, for
when we stop learning,
we stop growing.



LOYAL "JACK" LEWMAN

On July 17th, Doctor PA Chaudary from Optum joined the League to present on Diabetes and COVID-19. One of the many things the group learned was that health providers have transitioned from in-person visits to tele-health sessions delivered through telephone and video chat platforms to ensure seniors feel comfortable attending their medical appointments. If there's anything we've learned from the pandemic it is how to adapt and overcome.



National Senior Citizen's Day August 21, 2020

Anthem Blue Cross and Regal Medical Group will sponsor a drive-thru ice cream distribution at Las Palmas Park in honor of National Senior Citizen's Day. Come by and cool off with a popsicle, representatives will be onsite to answer any healthcare plan questions. Distribution begins at 11:00 a.m. while supplies last.

Stay Connected and Join the Fun!



SFRecreation

**For assistance accessing the virtual activities
call 818-898-7340.**

FUN FROM HOME

Looking for ideas to keep the kids busy while staying safe at home? Check out the links below for some fun and creative projects. Activities are suitable for children ages 5-13 or as family projects. Please note that some projects may require parent/adult supervision.

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

END OF THE SUMMER PIRATE FUN

TREASURE CHESTS

All Ages

Supplies: egg carton, paint, sequins, treasure items

EDIBLE RICE KRISPIES TREAT TREASURE CHEST

All Ages (adult supervision)

Supplies: favorite rice krispies treat recipe, knife and treats for the chest.

PIRATE CRAFTS

Ages: 5-8

Supplies: supplies listed on the link for the various projects.

TWIRLING PARROT

Ages: 5-13

Supplies: parrot pattern, cardboard, paint, paintbrush, white string, craft knife, scissors, glue

MERMAID CRAFTS

Ages: 5-13

Supplies: supplies listed on the link for the various projects.

NEVERLAND PIRATE MAP PIZZA

Ages: 5-13 (adult supervision)

Supplies: pizza crust, mozzarella cheese, pizza sauce, toppings of your choice to create map, access to an oven

SPONGE BOATS

Ages: 5-8

Supplies: thick sponge, craft sticks, duct tape, ruler

PIRATE SHIPS

Ages: 9-13

Supplies: newspaper, egg carton, glue/hot glue gun, scissors, pencil/skewer stick

PIRATE BATTLE SHIPS

All Ages (adult supervision)

Supplies: big cardboard box, scissors or box cutter, tape, creativity

FAMILY MOVIE NIGHT RECOMMENDATIONS

Peter Pan

Hook

Pirates of the Caribbean

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



Parks, Wellness & Recreation Commission



The Parks, Wellness and Recreation Commission serves as an advisory body to the City Council and assists with master planning and development of the City's park facilities and recreational programming. The Commission meets on the second Tuesday of every month in Council Chambers, but currently meet via Zoom due to the closures of City facilities as a result of the pandemic.

The PWRC has advised the RCS department on many projects and just recently developed the San Fernando Community Theatre. The goal of the theatre program is to provide an avenue that showcases local talent, that nurtures the rich and cultural diversity of our community, and that promotes inclusivity in all theatre productions. The program will be a collaborative between community members, local businesses and schools to promote theatre artists. There will be a community meeting via Zoom on August 10, 2020 to begin recruiting members and supporters for the program. Anyone interested in participating can call 818-898-1290 or email Recreation@sfcity.org for login credentials.

Parks, Wellness & Recreation Commissioners

Chair Sandie Richards Vice Chair Joe Ponce
Saydith Navarro Jason Hayes Nina Herrera

Cultural Arts Liaisons

Francisco Javier Verdin
Raul Herrera

Mental Minute

This month's Mental Minute features a virtual escape to Redwood National Park. Sit back, relax and enjoy a virtual hike of the James Irvine Trail.

- [Redwood National Park Virtual Hike](#)



The [RCS Virtual Fitness](#) videos are still available on the City website, click on the link and get your cardio on with Berenice and Miguel or dance off the stress with Leilani. During the month of August staff will be working with instructors to create new videos to add to our virtual fitness series.



Stay Connected

Visit the City website for updates & news:

www.sfcity.org/sfrecreation

