

OCTOBER 2020

RECSCAPE

Escape thru Play, Exercise and Creativity



Keep Calm and Carry On

The past six months have been challenging on many levels for the community as a whole. Adaptation has been the name of the game as people learn to work from home, assist their children with distance learning, and rely on each other to keep calm and carry on.

As the months went on and Spring turned to Summer, many people began to take charge of their well being by finding new ways to come together while staying safely apart. Drive-by parade graduation, birthday, baby shower, wedding and just about anything celebrations, drive-in movies and concerts and virtual activities are all examples of how society has kept calm and carried on these past six months. Now as Fall approaches, with no end in sight for what has slowly become the "new norm", we continue to evolve in the way we recreate.



DEPARTMENT OF RECREATION & COMMUNITY SERVICES

This Issue

EVENTS IN THE TIME OF
QUARANTINE

LAS PALMAS GOLDEN FUN
LEAGUE

FUN FROM HOME

COMMUNITY HAPPENINGS

VIRTUAL RECREATION &
COMMUNITY SERVICES

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 **SFRecreation**

 **OfficialCityOfSanFernando**

THE CITY OF
SAN FERNANDO



Mission City Run, 1999



Día de los Muertos 5K, 2017

Then & Now: Mission City Run to the Virtual 5K

The year was 1999, it was a crisp Fall morning and Brand Blvd was full of orange cones and barricades designating the course for runners and walkers alike as the City prepared for the first Annual Mission City 5K Run, 5K Walk & Walk for Life event. The course took participants southbound on Brand Blvd across Laurel Canyon to the San Fernando Mission and back.



Providence Relay, Walk or Run, 2017

Fast forward to 2014, the Mission City Run was reborn as the Healthy San Fernando Providence 5K Relay | Walk or Run and Kid's Fun Run. The result of a collaboration between local health organizations like Providence Medical Center and the City to bring awareness to the community through the Healthy Eating Active Living initiative.

In 2017, the event evolved into the Dia de Los Muertos 5K Relay Walk or Run, merging two major events into one and exposing the health and cultural communities to one another. The dual event served to highlight tradition all the while educating the community on the importance of health and well-being.

2020 will mark the first ever Virtual 5K Relay | Walk or Run and Kid's Exploration Run as part of the Dia de Los Muertos Virtual Festival. Registered participants will be able to complete the 5K as individuals, relay team or as a family from anywhere between Oct. 24 - Nov. 2, 2020. Those that complete the 5K or Kid's Exploration Run and log their time will receive race swag in the mail once the event has ended.

Keep Calm and Carry On...



Photos (clockwise from top): Kid's Fun Run (2016), Individual Run (2016), Individual Run (2017), Relay Team (2018), Relay (2015)

LAS PALMAS GOLDEN FUN LEAGUE

STAY CONNECTED & JOIN THE FUN!

For assistance accessing the virtual activities, call Las Palmas Park at (818) 898-7340.



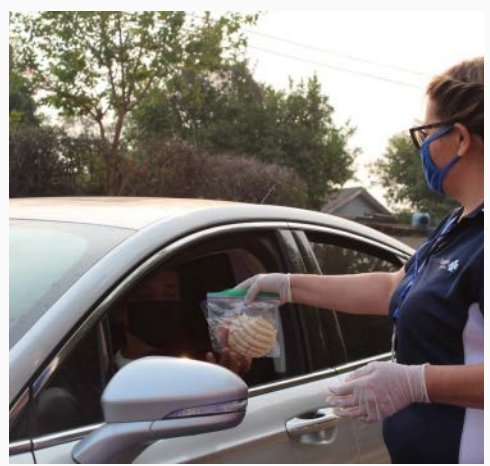
Para asistencia en Espanol, favor de llamar al (818) 898-7340.

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Ana Alberto, Venice Italy

09/07/200

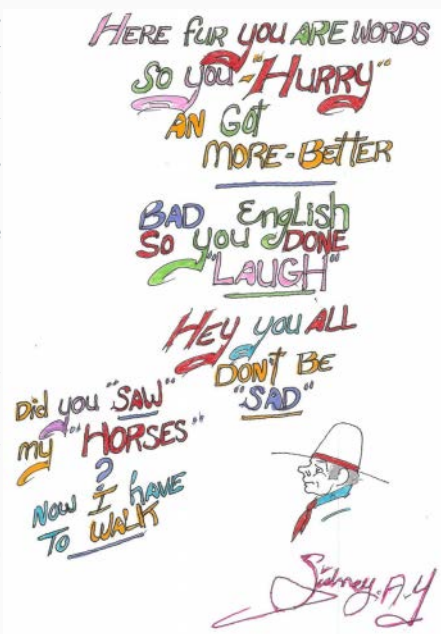


SAVE THE DATE FRIDAY, OCT. 30, 2020

Senior Highlight

During the pandemic, Mr. Sidney A. Yarbrough called Las Palmas Park to inquire about the senior meal program. It was then that he became a friend of Las Palmas Park and now calls the park often to communicate with staff. What makes him a one of a kind caller is his outlook on life. Although he is homebound due to certain health conditions, he remains positive and looks for ways to put a smile on your face by sharing his poems and life stories.

Mr. Yarbrough was born in Austin, Texas but moved to California in 1974, currently living in Newhall. In 1982, he married his 2nd wife on Valentine's Day and they have one son. Mr. Yarbrough keeps himself busy by drawing, coloring, and writing poems. Since his hands shake quite often, he colors little by little. He enjoys watching NCIS, western shows and movies. He has met many people throughout the United States by calling programs such as GOLDEN TALK. If you like talking on the phone and meeting new people, he highly recommends the service. GOLDEN TALK is a chat and crisis line for Older Adults who are 60 years of age and older. Their number is (888) 604-6533. We leave you with this poem, compliments of Mr. Yarbrough.



Games & Giveaways!

For September's Lunchtime Trivia, Juan Salas led the game with questions on world landmarks. Our top three contestants were Trinidad Leon with 14 points, Emily Petito with 16 points, and Eleanor Villanueva with 19 points. With all the talk of popular world landmarks, many participants reminisced on some of their favorite trips. Ana Alberto shared a picture of the time she visited St. Mark's Square in Venice, Italy.

Don't miss next month's Lunchtime Trivia on Friday, October 9, 2020. Since the NBA and MLB are almost at the end of their season there's no better topic than sports for Trivia!

On Monday, September 14th, Anthem and Regal Medical Group sponsored a drive-thru "Cafe con Pan" giveaway in honor of Grandparent's Day, serving over 50 seniors. Special thanks to our sponsors and to Karina Navarro for volunteering her time to help with the event.

Anthem and Regal Medical Group will sponsor a drive-thru Dia de Los Muertos festival. Dress up and amp up the festivities with artfully painted faces to resemble calaveras. Resources, refreshments, and photo booth will be provided.

SPOOKY PROJECTS & YUMMY TREATS



FUN FROM HOME HALLOWEEN EDITION

Looking for ideas to keep the kids busy while staying safe at home? Check out the links on this page 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"

Submit photos of your spooky projects and creative costumes at Recreation@sfcity.org

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

STICK SPIDER WEB

AGES: 5-8 (adult supervision may be required)

SUPPLIES: sticks, yarn, scissors

Q-TIP SKELETON

AGES: 5-8 (adult supervision may be required)

SUPPLIES: Q-tips, black construction paper, white paper, black marker, white glue and scissors

COFFEE FILTER MONSTERS

AGES: 5-10 (adult supervision may be required)

SUPPLIES: coffee filters, washable markers, spray bottle with water, black card stock, white card stock, scissors, glue

FRANKENSTEIN ORIGAMI CUP AND BALL GAME

AGES: 5-10

SUPPLIES: green construction paper (8x8 square) or white paper and color in, paper scraps to decorate and for eye ball, markers, glue stick, 8-10 inches of string, and tape

DIA DE LOS MUERTOS EMBROIDERED FELT SUGAR SKULL

AGES: 9-13

SUPPLIES: felt, needle, embroidery thread, glue, sequences for decoration

CARDBOARD TUBE HAUNTED HOUSE

AGES: 9-13

SUPPLIES: paper towel roll, 2- toilet paper rolls, black acrylic paint, yellow acrylic paint, black card stock paper, gold or silver marker or paint, white yarn, battery tealights, tacky glue or low temperature glue gun

DIY GLOWING MASKING TAPE HAND PROP

AGES: 9-13

SUPPLIES: scissors, masking tape, drinking straw, glow stick

HALLOWEEN RECIPE- MUMMY CRESCENT DOGS

AGES: All Ages (adult supervision required)

SUPPLIES: refrigerated crescent roll dough, american cheese, hot dog wieners, cooking spray, mustard and ketchup (optional)

SCIENCE FUN- EXPERIMENTS FOR KIDS

AGES: All Ages (adult supervision required)

SUPPLIES: various projects, see link for supplies



Youth Programs

CONTACT INFORMATION

Teens For A Better Community
 Juan Salas
 jsalas@sfcity.org | 818-898-7340

Yasmin Guillen
 yguillen@sfcity.org | 818-898-7340



Tutçint Youth Empowerment Program

Carrie A. Castro
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 661-670-1311



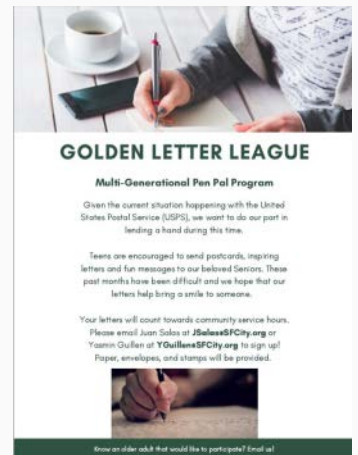
Teens For A Better Community



The Teens for a Better Community (TBC) Youth Leadership Program and Counselor in Training (CIT) programs offer youth the opportunity to work side by side with Recreation staff to obtain valuable work experience and earn service hours. Current high school students with a genuine interest in character building, leadership development, and a positive attitude are invited to join by completing the online application at

<http://tinyurl.com/TBC2020app>. All hours spent with the program will be recorded as community service hours and a certificate of completion will be awarded at the end of the year.

TBC is currently developing a new intergenerational project called "The Golden Letter League". The purpose of the GLL is to send postcards, inspiring letters and messages to our beloved senior citizens. The past months have been difficult for a lot of them and we hope our letters will bring them a smile. Requests to be placed on the Golden Letter League mailing list can be sent to Juan Salas at JSalas@sfcity.org or Yasmin Guillen at YGuillen@sfcity.org.



Tutçint Youth Empowerment Program

In partnership with the City of San Fernando, the Fernandoño Tataviam Band of Mission Indians, and Pukúu Cultural Community Services offer Tutçint, a youth empowerment program based out of Las Palmas Park in the City of San Fernando.

Due to the current pandemic, all programming is currently online using Zoom Video Conferencing. We work with teens ages 13-17 years of age, from a variety of local middle and high schools.

Online referrals can be completed on our website at: www.pukuu.org/tutçint/.



COMMUNITY HAPPENINGS

Dia de Los Muertos Virtual 5K Relay | Walk or Run



Get your running shoes ready and register for the Dia de Los Muertos Virtual 5K Relay | Walk or Run, sponsored by Providence Holy Cross Medical Center; Oct. 24-Nov.2, 2020.

ENTRY FEES:

Individual- \$5 | Relay Team- \$15

[CLICK HERE TO REGISTER!](#)

Kid's Exploration Run/Walk | Oct. 24 - Nov. 2, 2020 | FREE

Open to children under 10, the activity offers a great way for families to spend time outdoors completing the challenge using the application Agents of Discovery. Sponsored by LAEP and First 5 L.A. Best Start.



For more information

visit www.sfcity.org/sfrecreation



LOS ANGELES
EDUCATION
PARTNERSHIP



Dia de Los Muertos Altar Photo Submissions | Oct. 24 - Nov. 2, 2020

Families are encouraged to create in-home ofrendas or altares to honor loved ones that have passed away. The tradition is a celebration of life beyond the grave in which family members adorn a loved ones' gravesite or a photo of them with colorful papel picado, golden marigolds and items of significance to the dearly departed. Create your own and submit your photos to Recreation@sfcity.org for our online Dia de Los Muertos Gallery.



San Fernando Community Theatre Dia de Los Muertos Film Festival | Oct. 31 - Nov. 2, 2020



Dia de Los Muertos is a celebration in the Latino community that reflects, mourns, and honors family. The San Fernando Community Theatre (SFCT) will host a film festival to reflect the tradition and culture of this beloved homage past and present. SFCT invites film submissions from the public that revolve around Dia de Los Muertos. Top filmmakers in four categories will be selected to screen their film during the festival.

SUBMISSION GUIDELINES

Submissions will be uploaded via the link below in order to participate in the festival. The SFCT panel will accept film entries from Sunday, Sept. 6, 2020 through Friday, Oct. 16, 2020; 5:00 p.m. Please visit the link for complete information.

Submission Link:

https://sanfernandoca.myrec.com/info/activities/program_details.aspx?ProgramID=29883

COMMUNITY HAPPENINGS (continued)

Dia de Los Muertos 5K Club de Entrenamiento: Programa de Ejercicio Para la Comunidad Habla-Hispana



3 WINS Fitness gustaría presentarles un nuevo programa de caminar y correr para la comunidad de San Fernando. Ustedes pueden utilizar este programa para su próximo evento “Dia de Los Muertos 5k Relay!”

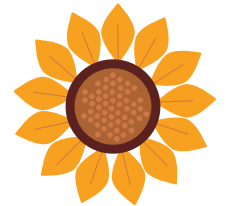
Este programa fue creado por 3 WINS Fitness para ayudar a guiar y preparar a los individuos para lograr sus metas de aptitud física. El programa del departamento de Kinesiología de la Universidad Estatal de California, Northridge llamado 3 WINS se estableció en el Valle de San Fernando en 2011 y ha estado operando desde entonces. Ahora que tenemos este sistema virtual nos gustaría poder hacer llegar este proyecto a todos ustedes. También queremos ayudar a aquellos que puedan necesitar alguna orientación o un empujón para incorporar el ejercicio en su vida diaria.

Este programa de correr consiste de diez semanas de preparación para ayudarle a mejorar su resistencia y aumentar su tiempo de actividad física. Mire el programa y decida dónde debe comenzar según a su nivel de actividad actual. Sea conservador y comience a caminar mientras aumenta su velocidad gradualmente con el tiempo. Cada semana puede progresar hasta que llegue a el Día de los Muertos, para poder participar a la distancia que usted elija. ¡Estamos muy emocionados de ayudar a nuestra comunidad de San Fernando y ver a todos ustedes alcanzar sus metas de aptitud física! Estamos aquí para ustedes, para apoyarlos y guiarlos a lo largo de este camino. ¡Empecemos!



Drive-By Flu Shot Clinic | Oct. 23, 2020 - 10 a.m. to 2 p.m. | Recreation Park

LA Care will provide FREE flu shots to everyone over three (3) years of age. All participants will receive a \$10 gift card, including children, while supplies last. Event will take place on First Street, adjacent to the railroad tracks. [For more information call \(213\) 438-5497.](https://www.lacare.org/flu-shot-clinic)



Virtual Folklorico for Beginners | Oct. 2 - Nov. 6, 2020 | Zoom

Join instructor Javier Verdin for this six-week virtual session for beginners and refresher course for experienced dancers. The class will introduce participants to the classical styles of Mexican dance, exploring the regional cultures of Mexico through movement and music. Register at <https://sanfernandoca.myrec.com>