

NOVEMBER 2020

# RECSCAPE

Escape thru Play, Exercise and Creativity

## Season of Gratitude

As Summer gave way to Fall we found ourselves at the doorstep of the holiday season. This year, Thanksgiving will be one of much significance as we reflect on the year past and what lies ahead.

### GRATITUDE

Gratitude unlocks the fullness of life.  
It turns what we have into enough and more.  
It turns denial into acceptance.  
It turns chaos to order.  
It turns confusion to clarity.  
It can turn a meal into a feast.  
It can turn a house into a home.  
It can turn a stranger into a friend.

Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

-Melody Beattie

## This Issue

HOLIDAYS IN THE TIME OF  
QUARANTINE

LAS PALMAS GOLDEN FUN  
LEAGUE

FUN FROM HOME

COMMUNITY & EVENTS

VIRTUAL RECREATION &  
COMMUNITY SERVICES

p. 818-898-1290  
e. [recreation@sfcity.org](mailto:recreation@sfcity.org)  
a. 208 Park Ave., San Fernando, Ca  
w. [sfcity.org/sfrecreation](http://sfcity.org/sfrecreation)

 **SFRecreation**  
 **OfficialCityOfSanFernando**

# How To Make a Difference This Thanksgiving

Thanksgiving kicks off the season of giving every year. People are more inclined to volunteer, participate or donate with or to a community group or cause serving the less fortunate. This year, as COVID-19 continues to affect our habits of daily living, we can find ways to safely assist one another.

The list below was taken from the article "[Where and How to Volunteer this Thanksgiving- No Matter Where You Live](#)" and gives some good ideas for community service while remaining safe:

- Volunteer for a Meals on Wheels Program
- Volunteer to go grocery shopping for someone
- Volunteer or Donate to a Food Bank
- Volunteer at a Soup Kitchen
- Find or start a Clothing Drive
- Keep an eye out in your own community

Be sure to read the article and do your research before venturing out to volunteer anywhere this holiday season. Safety first!



## Thanksgiving Celebrations in the Time of Quarantine

GRATITUDE MEDITATION | VIRTUAL THANKSGIVING DINNER | COOKING WITH THE KIDS



### Gratitude Meditation for Thanksgiving by Davidji

*Find a quiet and comfortable space to relax and enjoy this meditation session. Express gratitude on your own or as a family.*

*Click on the image for video link.*



### Thanksgiving a la 2020

*A virtual Thanksgiving dinner is the best way to celebrate family and show gratitude this year. Click on the image for information on planning your own virtual family event.*



### Family Fun

*Click on the image above for some fun and easy ideas to get the kids involved with Thanksgiving dinner preparations.*

# Holidays In The Time of Quarantine

HOW TO MAKE A DIFFERENCE THIS THANKSGIVING HOLIDAY

THANKSGIVING IN THE TIME OF QUARANTINE





# 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.

 **SFRecreation**  
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**SAVE THE DATE: Wednesday, November 18, 2020 | 10:00am - 1:00pm**  
**MEDICARE RESOURCE DRIVE-THRU @ LAS PALMAS PARK**

Have questions about medicare? Join us and get connected with a Medicare specialist. Raffle and refreshments will be provided.

## Monthly Highlights

New comers to the Golden Fun League for the month of October included Beverly Berlin, Gloria Villalpando, Juana Navarro and Maria Flores. They enjoyed participating in the various virtual activities and we look forward to their participation in November. Be sure to say "hi" during our virtual programming.

## TRIVIA, TRIVIA & MORE TRIVIA!

October's Lunchtime Trivia proved to be a tough one for all. The topic was sports, particularly basketball and baseball since the NBA finals and MLB World Series were going on. Our top contenders were Eleanor Villanueva followed by Emily Petito...GOOD JOB!

Join us on November 13th for our next session of Lunchtime Trivia, Famous Women: Past and Present edition. Here's a teaser question to get the wheels turning:

"Who was the first woman in history to win the highly coveted Nobel Prize?"

Are you up for the challenge?

## Drive-Thru Events

The department received donations from the Los Angeles Regional Food Bank and coordinated a drive-thru food distribution for members of the Las Palmas Senior Citizen Club. Over 50 senior families were served, each participating member received a box that included fresh fruit, cheese, meat and canned goods.

Anthem and Regal Medical group hosted a Dia de Los Muertos drive-thru event on October 30th. Participants were encouraged to dress up, artistically paint their faces and capture the memory at the event photo booth.



# LEAVES, SCARECROWS & PUMPKINS, OH MY!

## TORN PAPER SCARECROW

AGES: 5-6

SUPPLIES: construction paper (brown, orange, red, yellow, tan and white), glue, scissors, markers (black, brown and red)

## PAPER PLATE SCARECROW

AGES: 5-6

SUPPLIES: paper plate, tan craft paint, construction paper (brown, yellow, orange and pink) scissors, glue, black marker and paintbrush

## LEAF RUBBINGS

AGES: 5-8

SUPPLIES: leaves, white paper, wax paper or foil, crayons or colored pencils and tape

## CANDY CORN CATAPULT

AGES: 7-13

SUPPLIES: popsicle sticks or pencils (unsharpened), plastic spoon, bottle cap, rubber bands and candy corn

## WATER BOTTLE WIND SPIRALS

AGES: 9-13

SUPPLIES: plastic bottles, permanent markers (various colors) and scissors

## LEAF BOWL

AGES: 9-13

SUPPLIES: leaves, plastic wrap, bowl and glue

## BUBBLE LIFE & TEMPERATURE

AGES: 9-13

SUPPLIES: 3 clear jars (same size with lids), bubble solution, measuring spoons and stopwatch or clock with second hand

## YARN PUMPKINS

AGES: All Ages (adult supervision required)

SUPPLIES: yarn (orange, red, yellow), balloons, glue, brown and green pipe cleaners

## APPLE NACHOS SNACK

AGES: All Ages (adult supervision required)

SUPPLIES: apples, caramel or Hershey's syrup, mini chocolate chips or mini M&M's

## FUN FROM HOME FALL 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](mailto:Recreation@sfcity.org)

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





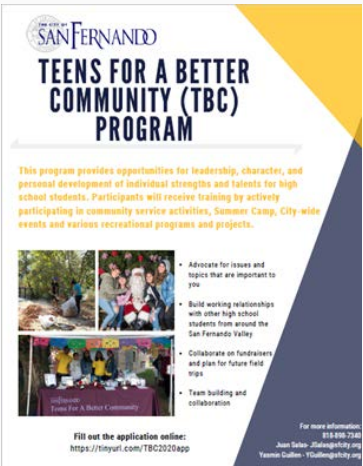
# Community & Events

## CONTACT INFORMATION

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

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

# 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.

## CANNED FOOD DRIVE | NOV. 2 - DEC. 11

TBC is hosting a canned food drive during the month of November and December. Donations can be dropped off at Las Palmas Park during the following times:

Monday-Wednesday 9am - 1pm  
Tuesday- Thursday 3pm - 5pm

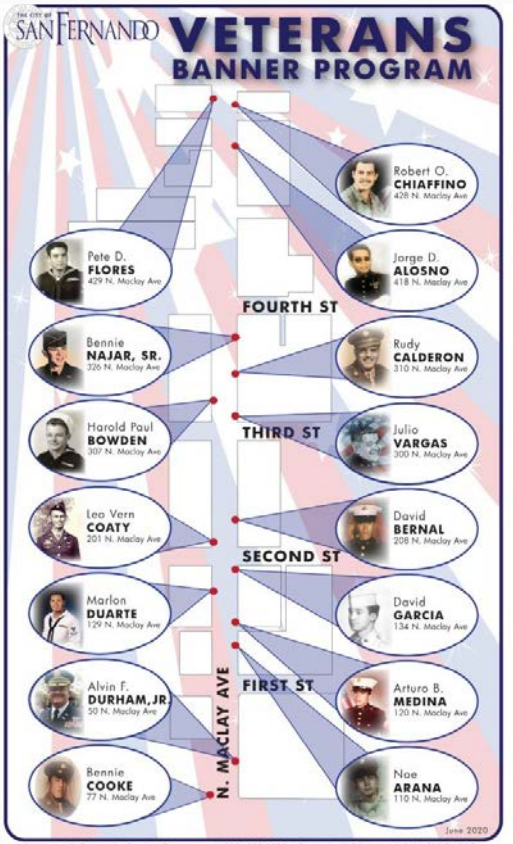
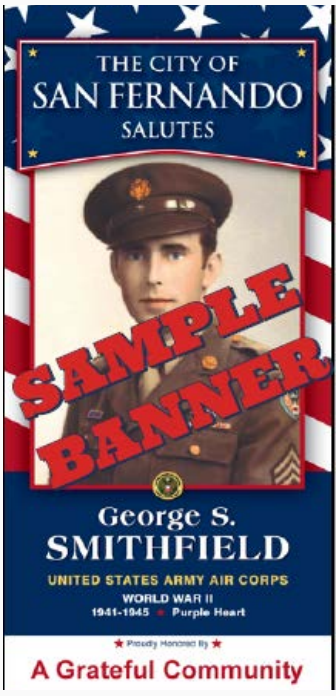
All the items will be donated to MEND's Christmas Program. For more information call 818-898-7340.

# Veterans Recognition Program | May - November

The City's Veteran Recognition Program was created to honor and recognize local U.S. Military Veterans that reside (current or previously) or have a family member that resides in the City of San Fernando. Veteran Banners will be displayed on Maclay Avenue from May through November. At the conclusion of each cycle, banners will be returned to the applicant.

Visit the City website for more information:

[SFCITY.ORG/SFRecreation](http://SFCITY.ORG/SFRecreation)  
818-898-1290

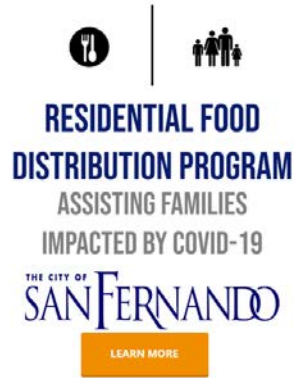




# Community & Events

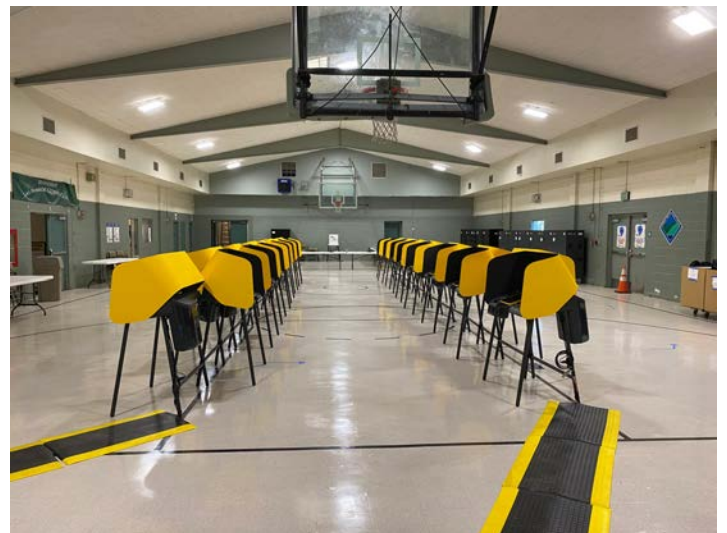
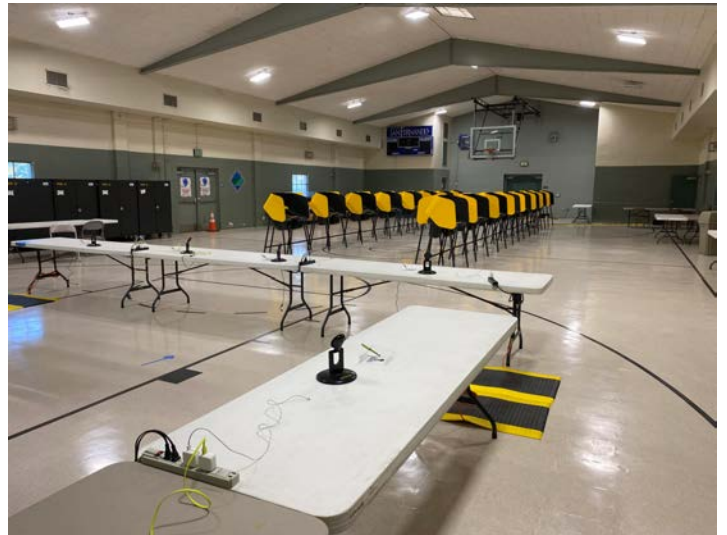
## San Fernando Residential Food Program

The City received CDBG/CARES Act funding and developed the San Fernando Residential Food Distribution Program to assist families impacted by COVID-19. Registered families receive a box of non-perishable food items and personal protective equipment. Interested families can register by clicking on the link: [SFCITY.ORG/coronavirus](https://www.sfcity.org/coronavirus)



## 2020 Municipal & Presidential Elections | San Fernando Vote Centers | Oct. 30 - Nov. 3, 2020

The Los Angeles County/Registrar-Recorder provided safe and secure Vote Centers at two City Park facilities, Recreation Park and Las Palmas Park, for this year's General Municipal and Presidential elections. Both park gymnasiums were utilized to provide the community with a safe place to vote during the four consecutive days leading up to Election Day, October 30 thru November 3, 2020. County Registrar-Recorder and RCS staff worked together to properly sanitize the facility and voting equipment during the five day voting period. Congratulations to all newly elected officials!





# Community & Events

## Outdoor Service Permits At City Parks | Through December 31, 2020

The City approved temporary no-fee COVID-19 Outdoor Services at City-Owned Parks. The program will allow businesses such as gyms, fitness centers, dance studios, and cycling studios to reserve an open space within a City-owned park to conduct instructional classes. Businesses shall follow proper social distancing protocols outlined in the Los Angeles County Department of Public Health outdoor services guidelines.

COVID-19 Outdoor Services Permits to use City-owned park open space shall be valid only on the date and time reserved through the San Fernando Recreation and Community Services Department reservation system. Reservations are first come/first served based on availability. Outdoor Services reservations will be taken through December 31, 2020, unless earlier canceled or extended.

For more information visit [SFCITY.ORG/coronavirus](https://SFCITY.ORG/coronavirus) or call 818-898-1290.



*The Department  
of Recreation &  
Community  
Services wishes  
you and your  
family a safe and  
happy day of  
gratitude!*