

DECEMBER 2020

# RECSCAPE

Escape thru Play, Exercise and Creativity

## December to Remember...

**HAVE A  
MERRY  
CHRISTMAS  
AND A HAPPY;  
SELF-ISOLATING,  
QUARANTINED,  
6-FOOT APART,  
SOCIAL DISTANCING  
NEW YEAR!**



## This Issue

HOLIDAYS IN THE TIME OF  
QUARANTINE

LAS PALMAS GOLDEN FUN  
LEAGUE

FUN FROM HOME

COMMUNITY & EVENTS

VIRTUAL RECREATION &  
COMMUNITY SERVICES

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 **SFRecreation**  
 **OfficialCityOfSanFernando**

# Virtual Holiday Celebrations

## REINDEER DASH 5K & 10K

Looking for some motivation to get active this holiday season? Look no further, the City's Virtual Reindeer Dash 5k & 10K is just what you need! Register and complete the virtual race of your choice any time during the month of December.

Registered participants that complete and log their race time before Dec. 31st will receive this Finisher Medal! ~WHILE SUPPLIES LAST~



Looking for a family friendly activity? Join the

**FREE!** Kid's 1K Rudolph Trot  
Agents of Discovery Family Challenge!

And see where this month's mission will take you. Complete the mission and email a picture of your screen to [recreation@sfcity.org](mailto:recreation@sfcity.org) to claim your prize!



## Bells will be Ringing

GRATITUDE MEDITATION | SEASON OF GOOD HEALTH | COOKING WITH THE KIDS



### Freedom From Worry for the Holidays

#### Guided Meditation

Find a quiet and comfortable space, relax and enjoy this guided meditation session as you melt away the holiday stress. Click on the image above for video link.



### A Season of Good Health Tips for the Holidays

Click on the image above and read about safety recommendations from the experts at Emerson Hospital, as well as new traditions you can do to bring joy this holiday season.



### Family Fun

2020 has put a damper on large holiday gatherings but that shouldn't stop you from starting new traditions. Click on the image above for some socially distant, family fun ideas for the 2020 holiday season.

# Holidays In The Time of Quarantine



REINDEER DASH 5K & 10K  
KID'S RUDOLPH TROT 1K

VIRTUAL HOLIDAY TREE  
LIGHTING CELEBRATION

BELLS WILL BE RINGING  
MEDITATION & HOLIDAY TIPS



# 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 Español, favor de llamar al (818) 898-7340.

**SFRecreation**  
 **OfficialCityOfSanFernando**

## Monthly Highlights

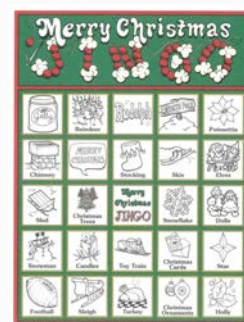
Día de los Muertos Loteria was a sweet treat to start the month of November. There was great laughs and everyone had a lot of fun learning how to pronounce words such as "Tzompantli" and "cempasuchitl". Can you pronounce them?



## Holiday Season!

What better way to start up the Holiday Season than with some holiday inspired games! Join the Golden Fun League on Monday, December 14th at 1pm for some HOLIDAY JINGO, it's like Bingo but with words instead of letters.

Register early and receive your JINGO card in time for the game!



## Spreading Holiday Cheer with Crafts

As we approach the holiday season we are reminded of our Holiday Card activity in 2019. Senior program participants took the time to make holiday cards to cheer up seniors that live alone and isolated. Today more than ever, we could all use some holiday cheer!

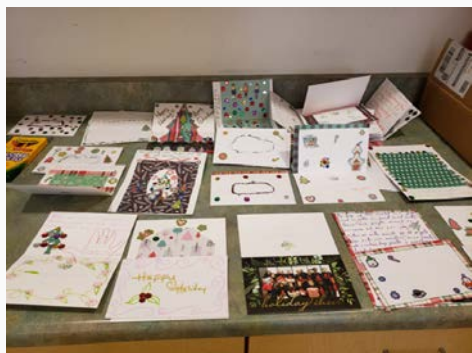
Join us on Friday, December 11, 2020 at 1pm for a Holiday Arts & Crafts session. Decorate your home with your creation or share with someone in need of some holiday spirit.

For more information on the Holiday Craft session, call us at 818-898-7340.

## Scattergories en Español: Festividades de Fin de Año

Scattergories es un juego basado en categorías de pensamiento creativo. Esta edición especial cubrirá todas las celebraciones Mexicanas de fin de año. Acompañanos el jueves, 17 de diciembre a las 3pm, premios serán proporcionados. Gracias a Regal Medical Group por patrocinar esta actividad.

Special thanks to Anthem for co-hosting the Medicare Drive-thru Mini Expo on Wednesday, November 18th. We had about 30 seniors stop by to connect with a local resources and become familiar with Medicare updates.



# SNOW FLAKES, PINE TREES & HOLIDAY CHEER!

## PAPER PLATE SNOWMAN WREATH

AGES: 5-7

SUPPLIES: paper plate, cotton balls, colored buttons, ribbons, scraps of construction paper (brown, orange, pink, green), glue, scissors and tape

## PAPER PLATE CHRISTMAS TREE

AGES: 5-7

SUPPLIES: 2 paper plate, green tempera paint, paint brush, scissors, hole punch, ribbon or yarn, tape, stapler, brown and yellow construction paper, sequins, pompoms or embellishments.

## SPARE SOCK SNOWMAN

AGES: 5-10

SUPPLIES: 1 white sock, dried beans or rice, glue, colored buttons, felt pieces (blue & orange), googly eyes and marker

## SNOWMAN DECORATION

AGES: 9-13 (Spanish video)

SUPPLIES: 2 balloons (11 or 12in), white yarn, glue, tape, black buttons, black construction paper, twigs and piece of fabric

## 24 COOL WINTER SCIENCE EXPERIMENTS & ACTIVITIES

AGES: 9-13 (adult supervision required)

## INSTANT ICE: STEVEN SPANGLER SCIENCE

AGES: All Ages (adult supervision required)

SUPPLIES: 2 plastic bottles of water (no glass), bowl, ice, salt

## DIY SCIENCE: GROWING ICE

AGES: All Ages (adult supervision required)

SUPPLIES: 3 bottles of water, food coloring, ice cubes, wide cups and tray or shallow dish



# FUN FROM HOME HOLIDAY 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

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Tutćint Youth Empowerment Program

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## Teens For A Better Community

### 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.



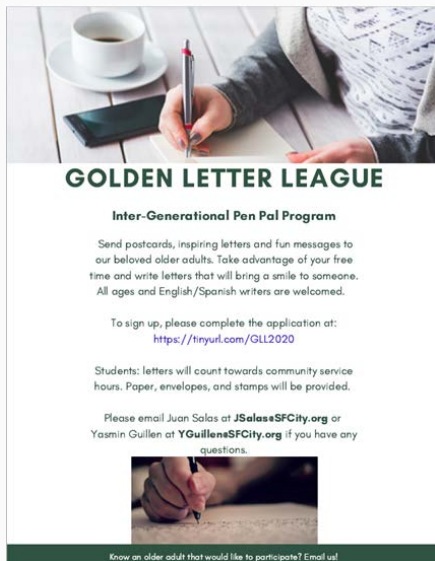
## GOLDEN LETTER LEAGUE

The Golden letter League is off to a great start! Teens from our TBC Program and older adults from our Las Palmas Senior Citizens Club have begun writing letters to each other this month. Now it's time for you to join in the fun!

Community members are encouraged to participate in the program and write uplifting and motivational letters/words to older adults. There is no age limit and both English and Spanish writers are needed.

Click on the link below to register and to tell us which supplies you will need:

<https://forms.gle/f666RfV9pwQGUPEA6>



## Tutćint Youth Empowerment Program

An important element of the Tutćint Youth Empowerment Program is Environmental Stewardship-encouraging youth to care for the natural environment, increase their connection to the land, and their own well-being. We do this by hosting hikes at local recreational areas such as Wilson Canyon, O'Melveny, and Placerita Canyon Parks, and recurring visits to Big Heart Ranch, an Animal Rescue/Sanctuary in Malibu.

To ensure the health and wellbeing of our participants, Covid-19 Safety Precautions are taken, and Social Distancing is strictly practiced.

We are open for enrollment of youth 13-17 years old, in the Northeast San Fernando Valley. Visit our website to submit an online referral: <https://www.pukuu.org/tutćint/>

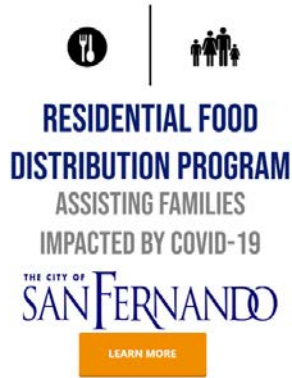




# Community & Events

## 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)



## 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://www.sfcity.org/coronavirus) or call 818-898-1290.



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

