



JANUARY 2021

# RECSCAPE

Escape thru Play, Exercise and Creativity

## HEALTHY NEW YEAR!!

*"THE NEW YEAR STANDS  
BEFORE US, LIKE A  
CHAPTER IN A BOOK,  
WAITING TO BE  
WRITTEN."*

– MELODY BEATTIE



## This Issue

NEW YEAR...

LAS PALMAS GOLDEN FUN  
LEAGUE

FUN FROM HOME

COMMUNITY & EVENTS

VIRTUAL RECREATION &  
COMMUNITY SERVICES

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 **SFRecreation**  
 **OfficialCityOfSanFernando**

DEPARTMENT OF RECREATION & COMMUNITY SERVICES

THE CITY OF  
**SAN FERNANDO**

# NEW YEAR, NEW STUFF!

## REINDEER DASH 5K & 10K

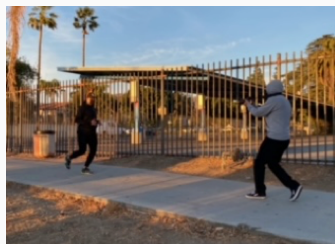
Recreation staff went around town filming a promo video for December's Virtual Reindeer Dash. Virtual races offer the community a great option to remain active while staying safe. Register and walk or run your race of choice from anywhere at any time!

December's race included a 5K, 10K, and a 1K Kid's Trot Agents of Discovery Challenge. The Reindeer Dash was the second virtual race promoted by the City through the Healthy San Fernando Campaign. These events would not be possible without the generosity of our sponsors:

Providence Holy Cross Medical Center  
Kaiser Permanente  
1st Five LA Best Start  
LAEP  
LAUSD Board Member Kelly Gonez



Check the City website for future race information.



## New Year!

REINDEER DASH  
UPDATE

NEW YEAR, NEW YOU  
HOME WORK OUTS & VIDEOS

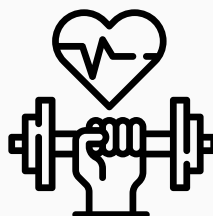


## NEW YEAR, NEW YOU FITNESS FROM HOME



### STRENGTH & ENERGY

*Build your strength and energy with this work out that strengthens your body. Learn to use items from home to get a complete work out.*



### TOTAL BODY CONDITIONING

Home workout that targets the major muscle groups using a multi-level full body workout. This workout contains challenging exercises that will increase strength, decrease body fat and improve overall conditioning.



### ZUMBA

*Zumba is a cardiovascular/interval training fitness program that combines Latin and international music with dance moves. Brush up on your dance moves with a dance party from home.*

CLICK ON THE TITLES FOR VIDEOS. FOR ADDITIONAL VIDEOS [CLICK HERE](#)



# 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**  
 **OfficialCityOfSanFernando**

*The Winners*

## Monthly Highlights

The Golden Fun League continued in December with the monthly social activities. Here's a few worth highlighting.

What better way to improve our mental health than with a fun craft led by Recreation Leader, Jenniffer Moreno. Seniors were supplied with decorations and a paper tree and were guided each step of the way until the end. Although everyone followed the same steps, each tree had a unique look. Our next virtual craft session will take place on Thursday, January 14th at 1pm.



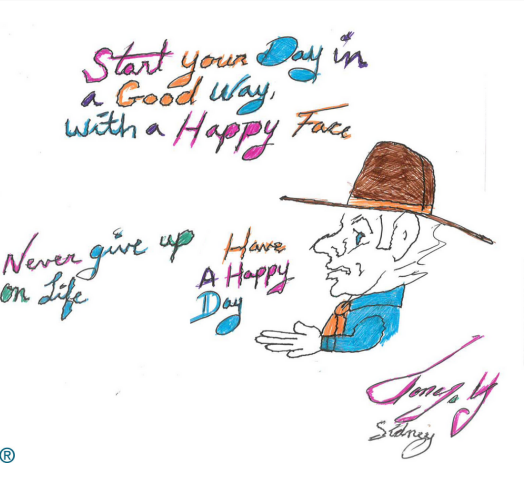
## LAS PALMAS SENIOR CITIZENS CLUB

The club held its annual raffle through online and contactless drive through ticket sales. Congratulations to the winners Juan Moreno and Luz Flores. 100% of the proceeds went directly to the Senior Club for future Club programming.



## SCATTERGORIES EN ESPAÑOL: FESTIVIDADES DE FIN DE AÑO

The League wrapped up the year with Scattergories en Español: Festividades De Fin de Año. Special thanks to Regal Medical Group for co-hosting this game. We had a wonderful time thinking of creative answers that start with the letter “G”, “J” and “O”. Although sometimes we didn’t have an answer for each category, we sure did make an effort. Thank you to our partners that supported the Golden Fun League this month: Anthem, Kaiser Permanente, and Regal Medical Group. As we begin the new year, let’s take the words of encouragement from a fellow friend, Sidney Yarbrough.



# SLIDE INTO THE NEW YEAR WITH SOME ARTS & CRAFTS FUN!



## NEWSPAPER POLAR BEAR CRAFT

AGES: 5-7

SUPPLIES: construction paper (white, black, blue), newspaper, googly eyes, hole punch, scissors, black marker, glue

## POLAR BEAR ON ICE

AGES: 5-6

SUPPLIES: white construction paper (2 pcs.), water colors, black markers, googly eyes, glue, scissors

## PAPER PLATE YARN PENGUIN CRAFT

AGES: 5-8

SUPPLIES: penguin template, paper plate, black paint, paint brush, construction paper (black, orange, white), white yarn, glue, hole punch, plastic yarn needles (optional)

## FISHING ON ICE

AGES: 5-8

SUPPLIES: 1 cup of water, ice cubes, table salt, piece of string

## DANCING OOBLECK

AGES: All Ages (Adult Supervision required)

SUPPLIES: cornstarch ( 2 cups), water (1 cup), cookie sheet, food coloring, loud music!

## DUCT TAPE PURSE

AGES: 8-13

SUPPLIES: Supplies needed for Duct Tape Activities: duct tape (various colors and designs), scissors (or utility knife), ruler, thick card board or cutting board, sticky Velcro

## DUCT TAPE WALLET

AGES:9-13

SUPPLIES: Supplies needed for Duct Tape Activities: duct tape (various colors and designs), scissors (or utility knife), ruler, thick card board or cutting board, sticky Velcro

## DUCT TAPE BAG

AGES:9-13

SUPPLIES: Supplies needed for Duct Tape Activities: duct tape (various colors and designs), scissors (or utility knife), ruler, thick card board or cutting board, sticky Velcro, Ziploc bag (gallon size)

# 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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Tutint Youth Empowerment Program

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# 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.

## 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!

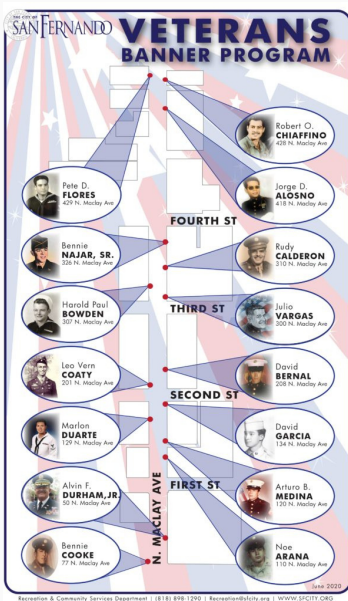
Community members are encouraged to participate in the program and write uplifting and motivational letters/words to older adults. There is no age limit and both English and Spanish writers are needed.

Click on the link below to register and to tell us which supplies you will need:  
<https://forms.gle/f666RfV9pwQGUPEA6>



# VETERANS RECOGNITION PROGRAM | MAY - NOVEMBER

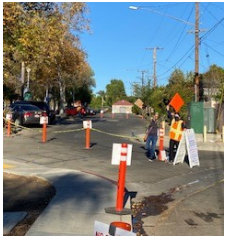
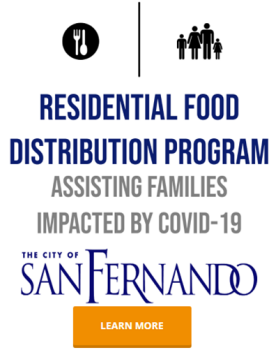
Veterans Recognition Program | May - November  
The City's Veteran Recognition Program was created to honor and recognize local U.S. Military Veterans that reside (current or previously) or have a family member that resides in the City of San Fernando. Veteran Banners will be displayed on Maclay Avenue during beginning in May (right before May 24) and will go down in November (right after November 19). At the conclusion of each cycle, banners will be returned to the applicant. Every year will have a new design. Visit the City website for more information:  
[SFCITY.ORG/SFRecreation](https://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://SFCITY.ORG/coronavirus)



## Tutcint Youth Empowerment Program

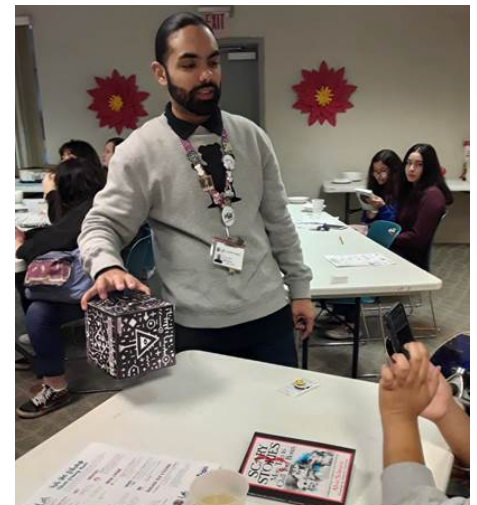
Happy 2021 from Tutcint Youth Empowerment Program!

During the month of January, Tutcint will focus on the theme of “Spirit and Community,” with a number of exciting presentations scheduled. On January 5, 2021, we will be joined by Erika Goodwin, Adult/Teen Librarian, and Julio Catalan, a “My Brother’s Keeper Peer Advocate” from the San Fernando Library. They’ll share cool virtual and at-home library activities for Teens. Participants may be able to create their own Zine, receive incentives, and gift cards!

Later in the month, as part of our Cultural Programming, there will be a two-part presentation on the Mexica Calendar, in addition to Theatre and Spoken Word workshops. We’ll resume Academic Enrichment during Tutoring sessions with assistance from UCLA Tutors.

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/tutcint/> Or call (818) 336-6105 for more information.



*The Department of Recreation & Community Services wishes you a safe and healthy 2021!*

