

MARCH 2021

# RECSCAPE

ESCAPE THRU PLAY, EXERCISE AND CREATIVITY



**What's New**

**Las Palmas Golden Fun League**

**Fun From Home**

**Community & Events**



**SFRecreation**



**OfficialCityOfSanFernando**

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)

DEPARTMENT OF RECREATION & COMMUNITY SERVICES

THE CITY OF  
**SAN FERNANDO**



# WHAT'S NEW

## OUTDOOR FITNESS: PHYSICALLY DISTANCED & FIT

You've seen them in our Fitness from Home videos and now your favorite fitness instructors are back and ready to get moving with our Outdoor Fitness, Physically Distanced & Fit, Park Fitness Program!

Join Zumba instructor, Leilani Ayson, and dance away the pandemic stress under the stars or tone, stretch and sweat with Cardio instructor Berenice Gutierrez in her Total Body Conditioning morning sessions.

**SIX-WEEK SESSION | MARCH 8 - APRIL 15 | LAS PALMAS PARK**

**Zumba | Mondays @ 5pm | \$15**

**Total Body Conditioning | Mon.-Thur. @ 8am | \$40**

**FREE DEMO WEEK: MARCH 1 - 4**

Can't decide, register for both classes and save \$5! Want to try out the classes before you commit, register for the FREE demo week.

## SPRING INTO HEALTH FAMILY WELLNESS CHALLENGE



The Family Wellness Challenge (FWC) will offer a FREE, 5-week program full of family friendly activities to encourage physical activity and community wellness. Classes will be offered on Saturdays during the month of April at different parks throughout the City. The program is part of the Healthy San Fernando Campaign which focuses on promoting health and wellness in our community.

**Take control of your health and join the Challenge!**  
**More information at [SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)**

## SAN FERNANDO RESIDENTIAL FOOD PROGRAM

The San Fernando Residential Food Program has resumed and will continue to assist families impacted by Covid-19. The program utilizes Cares Act funding to provide qualifying families with a box of non-perishable food items, personal protective equipment and cleaning supplies. To date the program has served over 300 San Fernando families.

To apply, interested households must register at [SFCity.org/coronavirus](https://www.sfcity.org/coronavirus). Qualifying families will receive an email confirmation with program distribution information.

**Outdoor Fitness**  
Physically Distanced & Fit - Park Fitness Program

**6-WEEK SESSION: MARCH 8 - APRIL 15, 2021**

**ZUMBA**  
MONDAYS  
TIME: 5PM - 6PM  
FEE: \$15 | AGES: 18+  
- REGISTER FOR BOTH CLASSES AND SAVE \$5! -

**TOTAL BODY CONDITIONING**  
MONDAY - THURSDAY  
TIME: 8AM - 9AM  
FEE: \$40 | AGES: 18+  
- REGISTER FOR BOTH CLASSES AND SAVE \$5! -

LAS PALMAS PARK | OUTDOOR BASKETBALL COURTS  
505 SOUTH HUNTINGTON ST., SAN FERNANDO

MASK REQUIRED | SOCIAL DISTANCING | BRING OWN WATER

**REGISTER TODAY @ [SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)**

**FREE! DEMO WEEK**  
**MARCH 1-4, 2021**  
REGISTRATION REQUIRED

**MORE INFORMATION**  
818-898-1290  
[SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)

San Fernando  
Residential  
Food Distribution  
Program

**APPLY NOW**  
[SFCITY.ORG/CORONAVIRUS](https://www.sfcity.org/coronavirus)

THE CITY OF SAN FERNANDO

## MONTHLY HIGHLIGHTS

Are you still struggling to navigate your smart device? You are not alone! The Recreation and Community Services Dept. is here for you with Senior Tech Wednesday. Call us at 818-898-7340 to set up a complimentary 15-minute appointment. We tailor all appointments according to the senior's specific need. There is no question too small or too big to ask. We'd like to share a success story to encourage you. In February, we had our first tech support appointment with a senior gentleman. He was very nervous yet excited to learn how to "Google" someone famous. To "Google" something means to search on the internet browser to find information on the World Wide Web. We were able to get him comfortable enough to open the internet browser on his tablet, type the word or person's name, and successfully complete his search. We are happy to report this gentleman is now navigating "Google" with ease.

"Try something different today. Don't stay stuck, do better." Andy Wooten

## LAS PALMAS GOLDEN FUN LEAGUE

STAY CONNECTED  
& JOIN THE FUN!

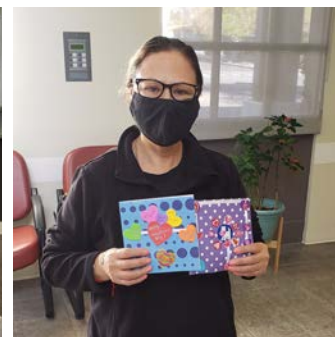
For assistance accessing the virtual activities, call Las Palmas Park at (818) 898-7340.

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

 **SFRecreation**  
 **OfficialCityOfSanFernando**

## GIVING BACK WHILE BEING IN THE COMFORT OF YOUR OWN HOME

The Golden Fun League (GFL) kicked off February by giving back to the community. GFL joined forces with LA WORKS to create Valentines for Vets. With 10 seniors, the team was able to make 55 Valentines cards for veterans. There will be more volunteer opportunities with LA WORKS' volunteer program so be sure to follow us on Facebook at SFRECREATION to stay informed.



Arts and crafts greatly benefits any age group from children to older adults. Arts and crafts is a therapeutic form to calm the mind and relieve stress. It provides concentration and helps to lower feelings of anxiety. More importantly, it helps improve your memory! In the last craft activity on February 11, we learned how to make flowers out of paper. The seniors were thrilled to make them and were excited to show them off. Be sure to join us on March 11 at 1pm for the next therapy session. Spaces are limited so be sure to sign up early.

# MARCH MADNESS CRAFTS

## CBC Dr. Seuss Cat In The Hat Craft (5-7)

Supplies: construction paper (red, white, black), paper plate, scissors, glue, googly eyes, black marker

## Lorax Paper Plate Craft (5-7)

Supplies: paper plate, glue, black marker, construction paper (yellow, white, orange), black pom pom

## Saint Patrick's Day Crafts For Kids (5-8)

Supplies: Various

## Learn How to Make Dr. Seuss Characters (8-13)

Supplies: white drawing paper, pencil, eraser, crayons or colored pencils

## Saint Patrick's Day Leprechaun Rock Painting (9-13)

Supplies: smooth round rocks, permanent markers (different colors), pencil, paper

## Dr. Seuss Snacks: Cat In The Hat Fruit Kabobs (All Ages)

Supplies: skewers, marshmallows, bananas, strawberries, black icing



## ADULT SUPERVISION REQUIRED

### Hot Air Balloon Themed Crafts (4-9)

#### OPTION 1

Supplies: paper plate, water colors, pipe cleaners, pieces of construction paper

#### OPTION 2

Supplies: construction paper (various colors), glue, scissors, string, paper towel or toilet paper tube

#### OPTION 3

Supplies: bowl, flour & water (paper maché), balloons, newspaper strips, tempera paints, string, black marker  
Construction paper (for basket)



## FUN FROM HOME

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



# 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.

## COMMUNITY & EVENTS

### CONTACT INFORMATION

Teens For A Better Community  
Juan Salas  
[jsalas@sfcity.org](mailto:jsalas@sfcity.org) | 818-898-7340

Yasmin Guillen  
[yguillen@sfcity.org](mailto:yguillen@sfcity.org) | 818-898-7340



Tutčint Youth Empowerment Program  
Carrie A. Castro  
[carrie.castro@pukuu.org](mailto:carrie.castro@pukuu.org)  
661-670-1311

## 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>



### GOLDEN LETTER LEAGUE

#### Inter-Generational Pen Pal Program

Send postcards, inspiring letters and fun messages to our beloved older adults. Take advantage of your free time and write letters that will bring a smile to someone. All ages and English/Spanish writers are welcomed.

To sign up, please complete the application at:  
<https://tinyurl.com/GLL2020>

Students: letters will count towards community service hours. Paper, envelopes, and stamps will be provided.

Please email Juan Salas at [JSalas@sfcity.org](mailto:JSalas@sfcity.org) or Yasmin Guillen at [YGuillen@sfcity.org](mailto:YGuillen@sfcity.org) if you have any questions.



Know an older adult that would like to participate? Email us!

## TUTČINT YOUTH EMPOWERMENT PROGRAM

On Saturday, February 27, 2021, Tutčint Youth Empowerment held its third Culmination/Rite of Passage Ceremony. This was a special event to honor participants in Cohort 3, who completed a six-month program (September 2020-February 2021), and marked their introduction to our community as future Social Justice leaders. Please see our flyers for information on what free services and activities we offer. Referrals for our next cohort can be made online at: <https://www.pukuu.org/tutcint/>




**Now Enrolling for March 2021 for Youth 13-17 Yrs**

**Free Online Program**  
Creating Social Justice leaders by reclaiming our Indigenous knowledge, and focusing on a holistic approach to well-being

**Tutoring:** Mondays/Wednesday 3-5pm  
**Cultural Program:** Tuesdays/Thursdays 4:30-6:30pm  
**Recreation/Wellness Trips**

**Complete Referral on Our Website:**  
<https://www.pukuu.org/tutcint/>  
**Email for info:** [TUTCINT@pukuu.org](mailto:TUTCINT@pukuu.org)

**pukuu**  **Call (818) 336-6105 for information**

# Community & Events

## FREE COVID-19 TESTING @ RECREATION PARK

Free Covid-19 testing is available at Recreation Park, Monday - Saturday from 9am to 3pm. Individuals can make an appointment at [curative.com](https://www.curative.com). Please be advised that this testing site is a Walk-Up service. Individuals must park and stand in line in order to be administered the test. Test results are usually available within 48 hours and recipients are notified via text or email. For more information visit [curative.com](https://www.curative.com) or [publichealth.lacounty.gov](https://publichealth.lacounty.gov).



**CORE**  
Community Organized Relief Effort

### FREE COVID-19 TESTING

San Fernando Rec. Center.  
208 Park Ave  
San Fernando, CA 91340

**TUES - SAT**  
9am - 3pm  
Walk up

- Non-painful, mouth swab test
- Results within 48 hours
- No ID or insurance required\*
- Immigration status is not requested
- For everyone in the family

PRE-REGISTER  
[la.curative.com/walkup/7875](https://www.curative.com/walkup/7875)

For more sites/dates please scan the QR Code



GOOGLE: FREE COVID TEST LA MOBILE POP UP

\*We eating, drinking, smoking, chewing gum, brushing teeth, etc., 20mins. before test

## COVID-19 VACCINE @ RECREATION PARK

The Los Angeles Fire Department is currently vaccinating healthcare workers and individuals over 65 at Recreation Park. Eligible individuals must make an appointment at [CarbonHealth.com/covid-19-vaccine](https://CarbonHealth.com/covid-19-vaccine) or by calling (833) 540-0473.





COVID-19 VACCINE

VISIT [VaccinateLACounty.com](https://VaccinateLACounty.com)  
TO LEARN MORE ABOUT  
VACCINE ELIGIBILITY.

65 AND OLDER ARE  
ELIGIBLE NOW

For more information, visit: [VaccinateLACounty.com](https://VaccinateLACounty.com)



COVID-19  
VACCINATION

65 AND OLDER ELIGIBLE NOW

THE CITY OF  
**SAN FERNANDO**

LEARN MORE

Please note this is a walk-up site, individuals must park and stand in line to receive the vaccine.

## 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 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

