

RESCAPE



What's New

Las Palmas Golden Fun League

Fun From Home

Community & Events

p. 818-898-1290

e. recreation@sfcity.org

a. 208 Park Ave., San Fernando, Ca

w. sfcity.org/sfrecreation

WHAT'S NEW

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. A variety of workshops from exercise and dance to painting and meditation will be offered on Saturday mornings during the month of April at different parks throughout the City and via Zoom. Selected dates will also include a Healthy Bites food demo, educating the community on healthy snack options. Visit the City website for more information: SFCity.com/SFRecreation

**LET'S GET HEALTHY
TOGETHER...
REGISTER TODAY!**

The program is part of the Healthy San Fernando Campaign which focuses on promoting health and wellness in the community of San Fernando.



THE CITY OF SAN FERNANDO HEALTHY SAN FERNANDO PROVIDENCE Holy Cross Medical Center SFCCHC

SPRING into HEALTH Family Wellness Challenge

April 3 - May 1, 2021
JOIN THE CHALLENGE AND LET'S GET HEALTHY TOGETHER!

5-Week Program | Family Friendly Workshops | Community Wellness
Healthy Cooking Demos | Mindfulness | Art & Dance | FREE!

SCHEDULE OF WORKSHOPS

WEEK	Date	Activity	Time	Location
WEEK 1	Sat, April 3	Yoga	9:00am	Pioneer Park- Tennis Courts 828 Harding Ave.
	Jue. 8 de abril	3 Wins Fitness Programa El Camino	Clase Virtual (Español) 6:45pm	Registrese llamando a Las Palmas 818-898-7340
WEEK 2	Sat., April 10	Total Body Conditioning	9:00am	Las Palmas Park- Back Lot 505 South Huntington St.
		Line Dance*	10:30am	
WEEK 3	Sat., April 17	Tai Chi	9:00am	Lopez Adobe 1100 Pico St.
		Martial Arts	10:30am	
WEEK 4	Sat., April 24	Vision Board Workshop	9:00am	Rudy Ortega Park Zoom 2025 Fourth St.
		Yoga	10:30am	
		Parent & Me Painting Class (Virtual)	11:00am	
WEEK 5	Fri., April 30	Family Zumba	6:00pm	Attend 3 workshops and receive a Health Champ T-shirt & Bottle!
	Sat., May 1	Pop Pilates	9:00am	Zoom
		Cardio Salsa*	10:30am	Pioneer Park- Grass Area 828 Harding Ave.

Weekly challenge will include a "Healthy Bites" cooking demonstration

MORE INFORMATION | (818) 898-1290 | SFCITY.ORG/SFRECREATION

[f SFRecreation](#) [@OfficialCityOfSanFernando](#)



3 WINS FITNESS: 365 JOURNEY TO HEALTH PROGRAM | EL CAMINO

365 JOURNEY TO HEALTH

DO YOU WANT TO LIVE A HEALTHIER LIFESTYLE?

START ON YOUR JOURNEY TO HEALTH BY JOINING THE EL CAMINO GROUP IN OUR NATIONALLY RECOGNIZED FREE EXERCISE PROGRAM TODAY!

OPEN YOUR PHONE CAMERA AND HOLD UP TO OR CODE TO LEARN MORE ABOUT US!

WHY YOU SHOULD JOIN US

- We provide the best resources and support to our participants
- Create easily accessible exercise programs tailored to all fitness levels
- Have weekly Facebook Live workouts and much more!

You will gain access to professionals such as:

- Nutritionist
- Physical Therapist
- Exercise Physiologist

Visit us at 3winsfitness.com [f @3winsfitness](#) [@3winsfitness](#)

DO YOU WANT TO LIVE A HEALTHIER LIFESTYLE?

The 3 Wins Fitness' 365 Journey to Health | El Camino Program is a great resource to help get you started and it's FREE! The program offers a support system enhanced by professionals in the field providing nutritional information, access to physical therapists and exercise physiologist. The program currently meets virtually twice a week, with English and Spanish sessions, and offers a variety of activities through Zoom, Facebook Live and other social media outlets.

Visit 3winsfitness.com for more information.

LAS PALMAS GOLDEN FUN LEAGUE

The Golden Fun League is taking a small break during the month of April. Don't worry, the program will be back in May and June with a schedule of great activities highlighting Older American's Month and Elder Abuse Awareness. Stay tuned!

For the latest on GFL, follow the City of San Fernando on Facebook and Instagram or request to be added to the department's email list at recreation@sfcity.org. Be sure to check the City website periodically for more information: SFCity.org/SFRecreation

ZUMBA CLASSES FOR SENIORS



Join one or both of the **FREE** specialized Zumba classes for seniors from the comfort of your home. Follow along at your own pace and bring the dance party to your living room!



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

Not sure about the intensity of a regular Zumba class? We have the answer...**Chair-Based Zumba!**

Grab a steady chair and join Joanne for a fun hour of low-impact dance exercise.

Register by calling Las Palmas Park at (818) 898-7340 or online at sfcity.org/sfrecreation.

COVID-19 VACCINATIONS FOR SENIORS 65 YEARS AND OLDER

The Department partnered with Providence Medical Center and Vaughn Academy to assist seniors 65 years and older secure an appointment to receive the Covid-19 vaccine at their mobile site in Pacoima. Eligible community members can call (818) 847-3860 to make an appointment or they can call Las Palmas Park at (818) 898-7340, park staff will collect their information and send to Providence for appointment booking.

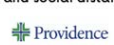
Please note that the Providence vaccination site is only serving eligible individuals over the age of 65 with an appointment. They are not taking any walk-ups at this time. Face coverings and social distancing required.

FREE		
COVID-19 VACCINATION CLINIC		
CURRENTLY PROVIDING THE COVID-19 VACCINE TO PEOPLE 65 YEARS AND OLDER ONLY.		
WHEN	LOCATION	TIME
EVERY MONDAY, WEDNESDAY & FRIDAY	VAUGHN INTERNATIONAL STUDIES ACADEMY 11505 HERRICK AVE, PACOIMA, CA 91331	9AM-3PM



BY APPOINTMENT ONLY. NO WALK-INS.
(818) 847-3860

CALL TODAY TO SCHEDULE YOUR APPOINTMENT OR FOR MORE INFORMATION
Face coverings and social distancing is required



SPRING INTO NEW ACTIVITIES

Pumpkin Seeds Crafts (Ages 5-6)

Supplies: pumpkin seeds, food coloring or paints, Ziploc bags, construction paper, twigs, glue

Egg Carton Caterpillars (Ages 5-6)

Supplies: egg carton, tempera paints, paintbrushes, wiggly eyes, pipe cleaners, scissors, glue, newspaper

Handprint Butterfly Crafts (Ages 5-8)

Supplies: colored construction paper or cardstock, wiggly eyes, glue, scissors, pencil, markers

Bean Art Animals Inspired by Doolittle (Ages 9-13)

Supplies: card board, glue, pencil, dried beans (various sizes), acrylic or tempera paints, paintbrush



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

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

Funky Easter Bunnies (Ages 9-13)

Supplies: black marker, bunny template, water colors, paintbrush, pencil, ruler, colored cardstock or paper

Shadow Foil Figures (Ages 7-13)

Supplies: foil, card board or card stock paper, scissors, glue, black marker or crayon, pencil, colored paper scraps

Aluminum Foil Figures in Action (Ages 7-13)

Supplies: foil, card board or card stock paper, scissors, glue, black marker or crayon, pencil, colored paper scraps

Butterfly Art Projects (7-13)

Supplies: butterfly template, colored chalk or crayons, black construction paper, scissors, tape

COMMUNITY & EVENTS

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 | 818-898-7340

Yasmin Guillen

yguillen@sfcity.org | 818-898-7340



Tutçint Youth Empowerment Program

Carrie A. Castro

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 [here](#) to register and to tell us which supplies you!

CELEBRATING EARTH DAY

April 22nd is Earth Day! And in honor of our planet, members of the City's Teens For A Better Community (TBC) planted succulents for our seniors to take home and enjoy.

Pick up a plant and join us in celebrating Earth Day!

To register, call Las Palmas at 818-898-7340 or click [here](#).



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 or Yasmin Guillen at YGuillen@sfcity.org if you have any questions.



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



TUTCINT YOUTH EMPOWERMENT PROGRAM

During the month of April, Tutcint Youth Empowerment will be focusing on the theme of "Body/Physical Wellness". Featured will be online presentations and workshops on Healthy Eating, Alcohol and Substance Use Awareness, Meditation, and Yoga. In addition, our program offers recreational trips to Malibu Creek, Placerita Canyon and Hahn State Parks for hiking and outdoor exploration. All tutoring, cultural programming and hiking trips are FREE to youth ages 13-17 years of age, living in Northeast San Fernando Valley and surrounding communities. Click on link to submit an Online Referral Form: <https://www.pukuu.org/tutcint/>



TUTCINT
YOUTH EMPOWERMENT

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

pukuu
CULTURAL COMMUNITY SERVICES

Call (818) 336-6105
for Information



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

818-898-1290

**LAST DAY TO
SUBMIT BANNER
APPLICATIONS IS
THURSDAY,
APRIL 15, 2021**



RCS JOB OPPORTUNITY | RECREATION LEADER I | APPLY NOW!

RECREATION LEADER I

Filing Deadline:
Open Until Filled

The Department is currently seeking qualified candidates for the entry-level position of Recreation Leader I. Responsibilities include, but are not limited to, facility operations and supervision, program implementation and supervision, office operations, special events, and facility rentals.

- Flexible schedules | 15-20 hours per week (Part-Time) | \$14.00-\$16.54
- Monday-Sunday, times vary depending on assignment
- Must possess a valid California Class C driver's license
- Ability to speak Spanish is highly desirable

CLICK ON THE LOGO FOR FULL JOB ANNOUNCEMENT AND APPLY TODAY!

PARENT & ME PAINTING

On February 27th the department hosted its first virtual "Parent & Me Painting" class, and what a success it was! 30 participants joined in on the the fun and painted a variety of emoji faces by following along with staff. Thanks to our sponsors, registered families received all the supplies necessary for the activity, Thank you to all who submitted photos of their great artwork!



NEXT PARENT AND ME PAINTING CLASS

Saturday, April 24, 2021

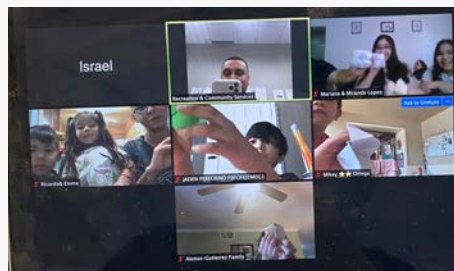
11am -1pm

REGISTER BY 4/19/21

**Click [here](#) OR
call Las Palmas at
818-898-7340**



PARENT AND ME ORIGAMI



On March 27th, 14 participants learned the art of paper folding, better known as Origami. The virtual workshop was led by 12-year old Israel Montes and both kids and parents learned the basic folding techniques as well as how to make any paper into square origami paper. Participants created a dog face, book markers, and the classic fortune teller.

Photo Credit: Lopez family