

# ***RECSCAPE***

Escape thru Play, Exercise and Creativity



## ***What's New***

### ***Las Palmas Golden Fun League***

### ***Fun From Home***

### ***Community & Events***

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)

# WHAT'S NEW

## OLDER AMERICANS MONTH

Every year in May, in observance of Older Americans Month, the City of San Fernando takes the time to acknowledge seniors who make an impact in our communities. Older adults have built strength through life experiences, achievements, failures and joys. To reflect older adult's resilience, this year's theme is Community of Strength.

The City celebrates Older Americans Month with an annual expo full of resources and services specific to seniors, raffles, entertainment, lunch and a dance. This year we will not celebrate the traditional way but we will continue to provide fun activities and resources for older adults. We welcome seniors to join us in May for both our in-person and virtual activities.



*"Connecting with others is of the most importance- it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories to looking at the big picture and giving to others."*

*-Administration for Community Living*





# WHAT'S NEW

## MENTAL HEALTH AWARENESS MONTH *Senior Edition*

In honor of Older Americans Month and Mental Health Awareness Month the Las Palmas Golden Fun League developed a month long program full of in-person activities to help raise awareness and reduce the stigma on mental health in the senior population.

Every Wednesday during the month of May will feature a fun and senior friendly activity like walking, painting, journaling and meditation.

Call (818) 898-7340 to reserve your space!



**Wellness Wednesday**  
at Las Palmas Park

**Week 1: May 5**  
Walk & Stretch  
9am-10am

**Week 2: May 12**  
Painting with Parks  
11am-12pm

**Week 3: May 19**  
The Art of Journaling  
10am-11am

**Week 4: May 26**  
Meditation & Breathing  
9:30am-10:30am

**May is Mental Health Awareness Month**  
Let's raise awareness and reduce the stigma on mental health.

Join us every Wednesday in May to learn how to boost your mental health.

**For seniors 55+**  
Register today at (818) 898-7340.  
Limited Spaces.

Classes will meet at the outdoor picnic tables.  
• All participants must wear a mask and  
• Must adhere to all social distancing regulations

**SAN FERNANDO** Las Palmas Park  
505 S. Huntington St.

## OUTDOOR FITNESS PROGRAM

The next session of Outdoor Fitness will feature two additional classes for the community to enjoy. REGISTER TODAY and get ready to sweat, tone, stretch and have fun with Leilani, Berenice, Lenny and Yovanni!

6-WEEK SESSION | MAY 3 - JUNE 11, 2021

Zumba | Mondays @ 5pm | \$20

Total Body Conditioning | Mon. - Thur. @ 8am | \$50

Cardio Salsa | Tuesdays @ 6pm | \$30

Yoga | Saturdays @ 8am | \$20



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

6-WEEK SESSION: MAY 3 - JUNE 11, 2021

**ZUMBA**  
MONDAYS  
TIME: 5PM - 6PM  
FEE: \$20 | AGES: 16+  
LAS PALMAS PARK | Leilani

**TOTAL BODY CONDITIONING**  
MONDAY - THURSDAY  
TIME: 8AM - 9AM  
FEE: \$50 | AGES: 18+  
LAS PALMAS PARK | Berenice

**CARDIO SALSA**  
TUESDAYS  
TIME: 6PM - 7PM  
FEE: \$30 | AGES: 16+  
LAS PALMAS PARK | Lenny

**YOGA**  
SATURDAYS  
TIME: 8AM - 9AM  
FEE: \$20 | AGES: 16+  
RUDY ORTEGA PARK | Yovanni

**REGISTER TODAY @ SFCITY.ORG/SFRECREATION**  
For help with registration go to MyRec homepage, click on Contact, then click on How to Register for step by step instructions.

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

## SUMMER DAY CAMP PROGRAM



**SUMMER CAMP!**  
Ages 5-13  
June 21 - July 30, 2021

Registration begins  
May 24, 2021  
Register at:  
[sfcity.org/sfrecreation](http://sfcity.org/sfrecreation)  
Deadline to register is June 17, 2021

**LIMITED SPACE!**

Las Palmas Park  
Monday - Friday  
7:30am - 5:30pm  
Day Camp Fees:  
\$125 per child/per week

**MORE INFORMATION**  
(818) 898-1290 | [SFCITY.ORG](http://SFCITY.ORG)

The City will offer a limited Summer Day Camp this summer from June 21 - July 30, 2021. The program will operate out of Las Palmas Park, Monday-Friday from 7:30 a.m. - 5:30 p.m.

SPACE IS LIMITED and will be on a first come, first serve basis.

Registrations open May 24, through our online system, MyRec.

For more information visit: [sfcity.org/sfrecreation](http://sfcity.org/sfrecreation)

# LAS PALMAS GOLDEN FUN LEAGUE

## MONTHLY HIGHLIGHT

Since December 2020, Recreation Leader Jenniffer Moreno has been leading the monthly Arts and Crafts activity for seniors because she believes it is important for seniors to tap into their creative side. Jenniffer enjoys leading the activities as it pushes her to pick projects that are fun and easy for seniors to do from the comfort of their home. Many seniors have shared with us that they did not think they were so creative until they joined the class.

This month we would like to highlight one of our participants, Beverly Berlin. Beverly started in the monthly Arts and Crafts in December. So far, her favorite craft is the Cherry Blossom painting we did in March, in which cotton balls were used to create the flowers around the branches and twigs. She thought it was a unique way to use cotton balls for painting.



She also enjoyed February's craft where the group learned how to build flowers out of paper, which she thought was so much fun. Overall, she has enjoyed the monthly arts and crafts and feels the "activity is so much fun and creative." If you have not joined us for a craft project, sign up for the next one on Thursday, May 13 at 1 pm. Take the chance to be creative without the stress as you follow Jenniffer in a step-by-step lesson.

Thank you to all the seniors who donated \$5 in March. A special shout-out to Guadalupe Dominguez for donating glue guns. All donations will help support future arts and crafts projects.

# 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**

ASTREAU

(123) 456 7890

# FUN FROM HOME



## Dinosaur Handprint (5-6)

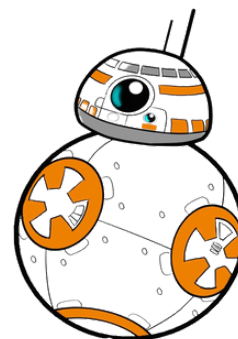
Supplies: yellow, red, green, orange tempera paint, paintbrush, white construction paper or cardstock, black marker

## Mallard Duck Handprint Craft (5-6)

Supplies: brown tempera paint, orange, yellow & green construction paper, wiggly eyes, green & yellow feathers

## Handprint Butterfly Crafts (Ages 5-8)

Supplies: white and bright colored construction paper or cardstock, various colors of tempera paint, scissors, colored straws, glue or tape



## 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 projects at [Recreation@sfcity.org](mailto:Recreation@sfcity.org)

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

## Folded Paper Bracelets (7-13)

Supplies: white paper, water colors or crayons/markers, scissors, pencil, ruler

## T-Shirt Bag Tutorial (8-13)

Supplies: old shirt, scissors

## Magazine Boxes (9-13)

Supplies: old magazines, scissors, glue, clips

## Make Your Own Plastic (9-13)\*\*

Supplies: 1 cup milk, 1 tablespoon vinegar, small pan, spoon, strainer, paper towels, food coloring (optional)



***MAY THE 4TH BE WITH YOU***



# 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>.



## 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

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

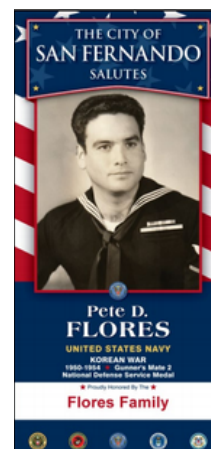
**APPLY NOW IF YOU ARE INTERESTED IN PARTICIPATING IN OUR COUNSELOR IN TRAINING (CIT) PROGRAM DURING THE SUMMER.**

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.



## VETERANS RECOGNITION PROGRAM | May - November

Banners are now up! Keep a look out for the banners on Maclay Ave from May 24 - November 19, 2021. The City's Veteran Recognition Program was created to honor and recognize local U.S. Military Veterans that reside (current or previously) or have family members that reside in the City of San Fernando.

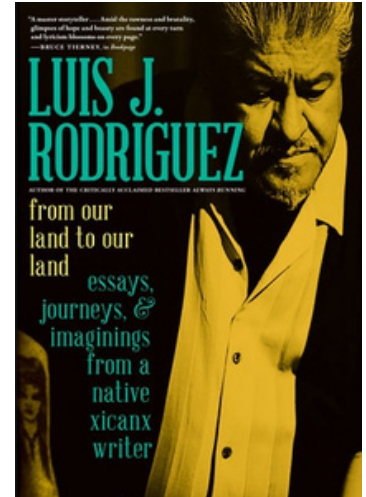


# COMMUNITY & EVENTS

## TUTCINT YOUTH EMPOWERMENT PROGRAM

Emotions and Mental Wellness is the theme that Tutcint Youth Empowerment will focus on during the month of May. Featured will be a presentation "The Medicine is Inside You," by local Author/Activist Luis J. Rodriguez, along with a four-week series on "Mask Making Adventures in Creativity." led by renowned Artist, Judy Leventhal. Youth will be taught drawing techniques, and create sculptural masks that reflect various mask making traditions around the world. Also scheduled is a trip to Malibu Lagoon Museum and State Beach with lunch on the Pier.

This free online program is open to youth ages 13-17 living the Northeast San Fernando Valley, and surrounding communities. An enrollment form can be found on our website at: <https://www.pukuu.org/tutcint/>



## RCS JOB OPPORTUNITY | RECREATION LEADER I | APPLY TODAY!



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

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)
- Pay Scale: \$14.00 - \$16.54 an hour
- Monday-Sunday, times vary depending on assignment
- Requirements: High School diploma, valid California Class C driver's license
- Ability to speak Spanish is highly desirable





# Exploring your Medicare options?

**When it comes to choosing a Medicare health plan, there's a lot to consider. As your Kaiser Permanente Medicare specialist, I am here to help make Medicare simple.**

Now's the time to get in touch so I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan, which is rated 5 out of 5 Stars in California for 2021, Medicare's highest possible rating<sup>1</sup>
- Enhance your coverage with additional dental, hearing, and vision benefits
- Learn how you may be able to enroll and become a member as soon as next month<sup>2</sup>
- Enjoy \$0 copays for virtual care, including phone, email, and video visits<sup>3</sup>



**Manny Rivera**  
Kaiser Permanente  
Medicare specialist

Call me at:  
**818-968-1575**  
Se habla español



**Join me at a Live Neighborhood Webinar to learn more.**

Call me to RSVP or visit my website at  
[mykpagent.org/mannyr](https://mykpagent.org/mannyr)

<sup>1</sup>Every year, Medicare evaluates plans based on a 5-star rating system. <sup>2</sup>You must meet all Medicare health plan enrollment requirements. <sup>3</sup>When appropriate and available. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings, call 818-968-1575 (TTY 711). Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514.

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Simply point your phone camera at the QR code to be taken to Manny Rivera personal web page or call him directly.