

Recscape

ESCAPE THRU PLAY, EXERCISE AND CREATIVITY

JUNE 2021



WHAT'S NEW

**LAS PALMAS
GOLDEN FUN
LEAGUE**

FUN FROM HOME

**COMMUNITY &
EVENTS**

WHAT'S NEW

SUMMER DAY CAMP

Come join us and have some summer fun! Arts & crafts, science, sports, recreational games and making new friends will be some of the fun we'll have. The Summer Day Camp will be a 6 week program beginning June 21 – July 30 at Las Palmas Park. Registration begins May 24 (until filled).

REGISTER ONLINE NOW

sfcity.org/sfrecreation

Dates: June 21 - July 30, 2021

Ages 5-13

Las Palmas Park | 505 S. Huntington St.

Monday-Friday | 7:30 a.m. - 5:30 p.m.

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

For more information visit:

sfcity.org/sfrecreation



SUMMER SPORTS CLINICS

The Department will host a series of Summer Sports Clinics during July and August to reintroduce the community to formal in-person programming. The Baseball, Basketball and Soccer clinics will be offered for children ages 3.5 - 13 at Las Palmas and Pioneer Park. Online registrations open on June 7th, be sure to visit the City website for more information and registration link.

Baseball Clinic League: Tue, Thu & Sat. | July 12 - Aug. 7, 2021 | Las Palmas Park

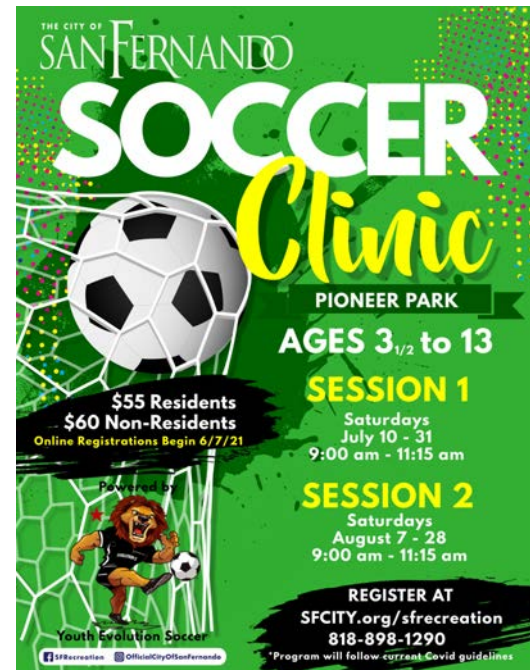
Basketball Clinic: Mondays | July 12 - Aug. 2 & Aug. 16 - Sept. 13, 2021 | Pioneer Park*

Soccer Clinic: Saturdays | July 10 - 31 & Aug. 7-28, 2021 | Pioneer Park*

Residents: \$55 per session/sport

Non-Residents: \$60 per session/sport

**Space is limited for the Basketball and Soccer clinics.*



INDOOR FITNESS CLASSES COMING JULY 2021



LAS PALMAS GOLDEN FUN LEAGUE

LAS PALMAS
GOLDEN FUN
LEAGUE

MONTHLY HIGHLIGHT

Taking care of ourselves physically and mentally is very important for our well-being. Going through this pandemic with being stuck at home has been draining on us all on top of being unable to do our daily activities or see our loved ones. This affects us emotionally, it may bring depression which then affects our physical health. Some signs of depression can be overwhelming sadness, not having the energy to get up out of bed, not wanting to eat, and sudden bouts of crying. What can we do? We can visit with our family members via Zoom, video calls through Alexa, or phone calls to check on our friends. We can also register for the online activities with Las Palmas Park! Why? It is a good way to connect with our friends and make new friends. You see each other's faces, talk, and have a good time all while playing bingo, Loteria, Trivia, Scattagories, crafting, and even during Zumba. These activities allow us to interact with others who are also at home being safe, keeps our minds active, learn new things, remind us that we are not alone, smile, and boost our morale.

Don't lose hope, the light at the end of the tunnel is getting brighter for Las Palmas Park with the start of in-person activities. What better way to start in-person activities than for Mental Health Awareness Month. Every Wednesday in May, seniors participated in activities known to improve mental health, such as painting, journaling, exercising, and meditation. Below are a couple of pictures of the fun activities.



WORLD ELDER ABUSE AWARENESS DAY

On May 11, Las Palmas Park offered a virtual workshop on Living Trust vs. Will led by guest speaker Elvira Ceballos Estate Planning. The workshop highlighted many personal stories of seniors in which they were taken advantage of by friends and family because they were misinformed or were unaware of their entitlements. Efforts to continue to bring the importance of safety to the older generation will continue in June during Elder Abuse Awareness Day. The Living Trust vs. Will will be offered in Spanish at Las Palmas Park on June 16 at 3pm. Invite your friends to join in on the workshop.

VOLUNTEERS AT WORK

On Monday, May 10, Las Palmas Senior Citizens' club funded a flower giveaway to all the senior mothers. It was wonderful to see familiar faces come through the drive-thru event. The event would not have been success without the help and time dedicated by Club member, Rosa Ruiz. Mrs. Ruiz is a long time club member who is part of the decorating committee responsible for coordinating the décor for the monthly senior dances. From flower arrangements to table covers, she would help decide on colors and themes. Seniors who participated in the event will also have a special photo of themselves mailed to them! Our volunteer, Karina Navarro, designed a beautiful border for the each photo. Be on the lookout for your photo!



Thank you Karina Navarro and Rosa Ruiz for your time.
Anyone interested in volunteering their time to help with senior programs,
please call Las Palmas Park at 818-898-7340.

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

Straw Maze Activity (5-8)*

Supplies: straws, cotton balls or pompoms, blue painter's tape



Coffee Filter Dancers (5-8)

Supplies: coffee filters, pipe cleaners, washable markers, tiny elastic or thin rubber bands, scissors



Bubble Blower Machine (5-13)*

Supplies: 2 styro foam blocks (12 in. long), 1 round styro foam (8 in.) wooden dowel, pipe cleaners or wire, large pan, bubble solution

Tiny Dancers (8-13)*

Supplies: copper wire, ½" x 1/8" magnets, AA battery, pliers, wire cutters, crepe paper or tissue, glue



Clothes Pin and Button Race Cars (5-8)

Supplies: glue, twist ties, buttons, clothes pins/pegs, straw

God's Eye Craft Tutorial (8-13)

Supplies: thin dowel sticks or popsicle sticks, yarn (various colors), scissors



DIY Rubber Band Car (8-13)

Supplies: toothpicks, hot glue, rubber bands, scissors, straws, popsicle sticks, cardboard, 2 bolts, 4 nuts, skewers

How to Make Magnetic Slime (9-13)*

Supplies: liquid starch, Elmer's glue, iron oxide powder, bowl, plastic spoons, measuring cup, measuring spoons, magnets (neodymium magnets)

Teens for a Better Community

During the Summer, TBC becomes Counselors-In-Training (CIT's). The teens will be helping our Counselors during the Summer Camp that will be held at Las Palmas Park. You will see pictures of our CIT's in action during next month's Recscape.



Tutcint Youth Empowerment Program

The Tutcint Youth Empowerment Program is offering a FREE Summer Activities for youth ages 13-17 in the Northeast San Fernando Valley and surrounding communities. The program will feature field trips, an Online Reading Program, and Cultural Programming that will be held in-person/virtually at Las Palmas Park. See flyers for more information regarding the days and times of the Program.

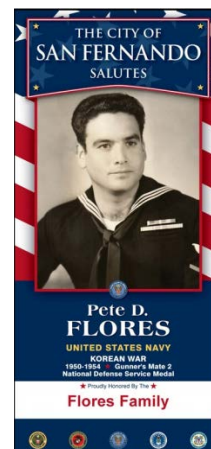
Submit online referrals at:

www.pukuu.org/tutcint/



VETERANS RECOGNITION PROGRAM | May - November

19 Banners are now up along Maclay Avenue and Truman Street! Keep a look out for the banners 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.



CITY OF SAN FERNANDO

RCS DEPARTMENT CONTACTS

RECREATION
CONTACTS

Recreation Park

208 Park Ave.
San Fernando, CA 91340
818-898-1290

Las Palmas Park

505 S Huntington St.
San Fernando, CA 91340
818-898-7340

COMMUNITY SERVICES & EVENTS

Teens For A Better Community

Juan Salas
jsalas@sfcity.org | 818-898-7340

Yasmin Guillen
yguillen@sfcity.org | 818-898-7340

Las Palmas Golden Fun League

Marisol Diaz
mdiaz@sfcity.org | (818) 898-7340.

Day Camp

Patty Garcia
pgarcia@sfcity.org | 818-898-7340

Tutçint Youth Empowerment Program

Carrie A. Castro
carrie.castro@pukuu.org
661-670-1311

RECREATION

Recreation

Maribel Perez
mperez@sfcity.org | 818-898-1290

Recreation@sfcity.org | www.sfcity.org/sfrecreation



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