

JULY 2021

CITY OF SAN FERNANDO
DEPARTMENT OF RECREATION & COMMUNITY SERVICES

OUR ONE YEAR ANNIVERSARY OF
RECSCAPE

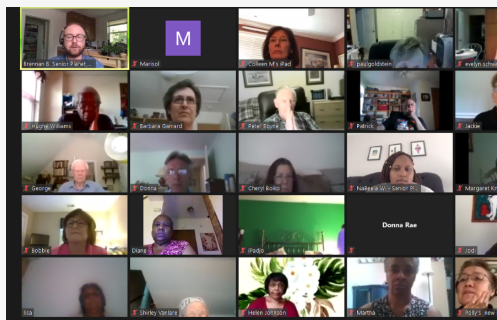
ESCAPE THRU PLAY, EXERCISE AND CREATIVITY



WHAT'S NEW
LAS PALMAS GOLDEN FUN LEAGUE
FUN FROM HOME
COMMUNITY & EVENTS

P. 818-898-1290 | E. RECREATION@SFCITY.ORG |
A. 208 PARK AVE., SAN FERNANDO, CA | W. WWW.SFCITY.ORG/SFRECREATION

JULY IS RECREATION MONTH



**RECSCAPE
JULY 2021**

JULY IS RECREATION MONTH



In honor of Park & Recreation Month, the Department of Recreation & Community Services is proud to recognize **RCS Coordinator Marisol Diaz** for all her efforts and dedication in keeping the senior community connected during the pandemic. Over the past 15 months, the entire world was forced to change the way we do simple everyday routines like going to the supermarket. Our department was no different. Now imagine overseeing a free lunch program, programming, exercise classes and you would get a glimpse of how Marisol's job drastically changed during the stay at home orders.

Over the past year, Marisol has been the lead in not only training all staff on the new adaptations but also educating the public. She established the "Tech Wednesdays" program in which staff would safely teach seniors how to use zoom, create an email account, and other basic technological skills. With this help, we were able to teach over 30 seniors how to join us through their cell phone or computer and remain active from the safety of their home. The Las Palmas Golden Fun League was developed and offered Bingo, loteria, trivia games, Zumba classes via Zoom and Facebook Live. Mental health was also a big part of our programming- at least one mental health workshop was held every week during 2021.

With over 400 active older adults on file, Marisol learned that not all had access to technology so she had to communicate with them the old fashioned way- through the mail. Every month, Marisol would create a newsletter recapping previous events and promoting future ones. She would also create a monthly calendar showing all of the events for the month in addition to including a crossword puzzle which older adults could mail back to qualify for a raffle.

Marisol has demonstrated her ability to quickly adapt and keep older adults active and involved. During Park and Recreation Month, we want to recognize Marisol and her part time staff; Daisy Corona, Jenniffer Moreno, and Laura Almanza for all of their hard work in keeping our older adults active during this past year.



WHATS NEW



SUMMER CAMP IS IN SESSION

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).

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. Visit the City website for more information and registration link.

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

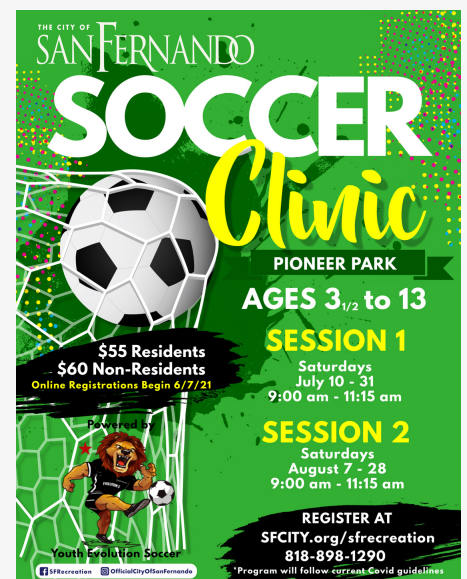
Basketball Clinic: Mondays | July 12 - Aug. 2 & Aug. 16 - Sept. 13, 2021 | Pioneer Park*

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

City Residents: \$55 per session/sport

Non-City Residents: \$60 per session/sport

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



RESCAPE
JULY 2021

LAS PALMAS GOLDEN FUN LEAGUE



THE CITY OF
SAN FERNANDO

SENIOR TECH WEDNESDAY

Having trouble using your smart device? Do you need the confidence to get started?

We can help! Learn how to download an application, use Zoom, set up an email and more. Call in or set up an in-person appointment.

Call 818-898-7340 to set up a 15 minute appointment.

Las Palmas Park –
505 S. Huntington St., San Fernando, CA 91340



LOTERIA

with  **Regal Medical Group, INC**

Thursday, July 29 10am

Las Palmas Park - Banquet Room

**Prizes will be provided.
Space is limited.**

**Sign up with Las Palmas Park at
818-898-7340 or at
www.sfcity.org/SFRECREATION**



Fee: **\$5**

LAS PALMAS GOLDEN FUN LEAGUE PRESENTS...

JULY CRAFT

FOR SENIORS

Thursday, July 8
1pm - 2pm

Las Palmas Park - Banquet Room

Space is limited. Register today.
Register at www.sfcity.org/SFRECREATION
or call Las Palmas Park at
(818) 898-7340.

 **Parks Make Life Better!** THE CITY OF **SAN FERNANDO**

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

*Parental Assistance Needed



HOW TO MAKE A PAPER HAT (5-8)

Supplies: colored paper, ruler, pencil, scissors, glue or tape, markers

DIY RECYCLED SUSPENSION BRIDGE (6-8)*

Supplies: empty cereal box, 4 toilet paper tubes (or 2 paper towel tubes), blue & green painter's tape, string, small rubber bands, hole punch, scissors

DIY CRACKED MARBLE NAIL POLISH JEWELRY STONES (10-13)*

Supplies: various colors of nail polish, clear glass stones, pie plate, oven, jewelry backings (adult help required)

DIY: ALCOHOL INK PENDANTS (10-13)*

Supplies: glass stones gems, nail polish, alcohol ink or food coloring tubes, scrap felt piece or cotton balls

FOURTH OF JULY CONFETTI POPPER ROCKETS (5-8)

Supplies: toilet paper or paper towel tube (cut in ½), colored paper, colored cardstock, tape or glue, ribbon, colored tissue paper, stickers, markers, homemade confetti, string



TUTORIAL: HOW TO MAKE A FLAT BRIMMED PAPER HAT (9-13)

Supplies: white or colored cardstock, pencil, scissors, tape, glue stick, empty cereal or cracker box



HOW TO MAKE ORIGAMI NINJA STARS

Supplies: colored paper, scissors

3D ORIGAMI PAPER TETRAHEDRA SCULPTURE

Supplies: colored paper, scissors

COMMUNITY EVENTS

COUNSELORS IN TRAINING (CIT) PROGRAM



CIT's will be volunteering alongside Summer Camp Counselors that will provide them with work experience. They will be at Las Palmas Park until the end of July.

Tutčint Youth Empowerment Program

FREE Summer Program has many activities planned for the month of July, for youth ages 13-17, in the Northeast San Fernando Valley, and surrounding communities.

Featured will be in-person and virtual field trips (Descanso Gardens, Jet Propulsion Lab, "In the Heights" movie screening), Summer Reading, and Cultural Program (In-person at Las Palmas Park, and Online).

Our Summer Reading Program participants can also earn a free admission ticket to Six Flags Magic Mountain. See our flyers for more information and link to enroll.

pukuu  **TUTČINT**
CULTURAL COMMUNITY SERVICES YOUTH EMPOWERMENT

**TUTČINT YOUTH EMPOWERMENT
FREE SUMMER PROGRAM 2021
JUNE 29TH - JULY 30TH**

TUESDAYS: Field Trips/Events

WEDNESDAYS: 1:00-3:00PM
Online Reading Program

THURSDAYS: Las Palmas Park
Dinner **5:00-6:00pm**
Cultural Program **6:00-7:30pm**

SATURDAYS: 8:00-10:00am
Recreational activities at
Las Palmas or local hikes

  **SEE YOU THERE!**

pukuu  **TUTČINT**
CULTURAL COMMUNITY SERVICES YOUTH EMPOWERMENT

**TUTČINT SUMMER PROGRAM 2021
JUNE 29TH - JULY 30TH**

Planned Trips/Events

- Art Activities
- Getty Museum
- Gene Autry Museum
- State Beach/Park
- Hiking/Recreation
- Big Heart Ranch Animal Rescue, Malibu
- Reading Program Incentive: Magic Mountain

 **SUBMIT ONLINE REFERRAL AT:
WWW.PUKUU.ORG/TUTCINT/**

CITY OF SAN FERNANDO

RCS DEPARTMENT 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

Tutćint Youth Empowerment Program

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

RECREATION

Recreation

Maribel Perez
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SFRecreation



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JULY 2021**