

City of San Fernando
Department of Recreation & Community services

RECSCAPE

Escape thru Play, Exercise and Creativity

WHAT'S NEW

LAS PALMAS GOLDEN FUN LEAGUE

COMMUNITY & EVENTS

FUN FROM HOME



P. 818-898-1290 | E. RECREATION@SFCITY.ORG

A. 208 PARK AVE., SAN FERNANDO, CA | W. WWW.SFCITY.ORG/SFRECREATION

WHAT'S NEW



MOVIES IN THE PARK

Don't Miss Out On

E.T. THE EXTRA TERRESTRIAL

September 24, 2021
at Pioneer Park



Starting at 7:30pm

THE CITY OF SAN FERNANDO

FREE ADMISSION

Movies in the Park

Join us for a night of popcorn & amazing flicks

Starting at 7:30pm

Movie	Date	Location	Address	Notes
E.T. THE EXTRA TERRESTRIAL	September 24, 2021	Pioneer Park	828 Harding Ave.	WEAR YOUR RED HOODIE
BEDKNOBS AND BROOMSTICKS	October 8, 2021	Layne Park	120 N Huntington St.	COZY UP FOR SOME MAGICAL FUN
SCOOBY-DOO'S SPOOKIEST TALES	October 22, 2021	Las Palmas Park	505 S Huntington St.	DRESS UP AS YOUR FAVORITE SCOOBY DOO CHARACTER

Parks Make Life Better!

SFCITY.ORG/SFRECREATION
818-898-1290

Casa de

LOPEZ



ADOBE

Re-Opening

SUNDAY, SEPTEMBER 26, 2021 | 1PM - 4PM

Considered an important historical point of interest in the state by the California Historical Advisory Committee, the Lopez Adobe is registered as a National Historical Site, and a state and county Historical Site.

The home was purchased from the Lopez family in 1970 and restored in 1974 as the original building for use as an early historical site, opening its doors to the public on April 5, 1975.

ENJOY FREE GUIDED TOURS EVERY
4TH SUNDAY OF THE MONTH, OR
BY APPOINTMENT.

SCHOOL GROUPS ARE ENCOURAGED
TO VISIT THE HISTORIC LANDMARK,
CALL TO INQUIRE.

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

f SFRecreation @ OfficialCityOfSanFernando



CASA DE LOPEZ ADOBE Re-Opening

Sunday, September 26, 2021
1:00 p.m. - 4:00 p.m.

Tours every 4th Sunday of the
month or by appointment.



WHAT'S NEW

UPCOMING FALL SPORTS

THE CITY OF
SAN FERNANDO

TENNIS

CLASSES BY
Johnny Allen
TENNIS

FALL 2021 SESSIONS

- 09/25 - 10/09
- 10/16 - 10/30
- 11/06 - 11/20
- 12/04 - 12/18

SATURDAY MORNINGS

AGES	CITY RESIDENTS	NON CITY RESIDENTS	SATURDAYS
3-5	\$40	\$45	8-15 AM
6-17	\$50	\$55	9AM, 10AM, 11AM

PIONEER PARK TENNIS COURTS
828 HARDING AVE.

SFCITY.ORG/SFRECREATION | 818-898-1290

MISSION CITY
BASEBALL

FALL BALL 2021
SEP TO NOV
LAS PALMAS PARK

*Program will follow current Covid-19 guidelines

THE CITY OF
SAN FERNANDO

AGES 3-6 INDIVIDUAL REGISTRATION
\$80 SF CITY RESIDENTS
\$90 NON-CITY RESIDENTS

AGES 7-14 ADVANCED TEAM LEAGUE
\$1,000/TEAM \$200 non-refundable deposit due at registration, balance due by Sep 3, 2021

REGISTER AT SFCITY.ORG/SFRECREATION
818-898-1290

LAKE SPEED ATHLETICS

THE CITY OF
SAN FERNANDO

FALL SOCCER

Clinic

4 WEEK SESSIONS
AGES 3 1/2 to 11

\$55 Residents
\$60 Non-Residents

Powered by

Thursdays @ Recreation Park
5:00 pm to 7:10 pm
Session 1 Sep 16 - Oct 7
Session 2 Oct 21 - Nov 18*
*No class on 11/11

Saturdays @ Layne Park
2:00 pm to 4:10 pm
Session 1 Sep 18 - Oct 9
Session 2 Oct 30 - Nov 20

REGISTER AT
SFCITY.org/sfrecreation
818-898-1290

*Program will follow current Covid guidelines

THE CITY OF
SAN FERNANDO

FALL BASKETBALL

CLINIC

LAS PALMAS PARK
AGES 3 1/2 TO 11

\$55 Residents
\$60 Non Residents

POWERED BY

4 WEEK SESSIONS
SESSION 1 SEPTEMBER 20 - OCTOBER 11
MONDAYS 5:00 PM - 7:10PM
SESSION 2 OCTOBER 25 - NOVEMBER 15
MONDAYS 5:00 PM - 7:10PM

*Program will follow current Covid guidelines

Register at SFCITY.org/sfrecreation
818-898-1290

More information on page 6

Las Palmas Golden Fun League

Tip of the Month: Don't Ignore the Signs

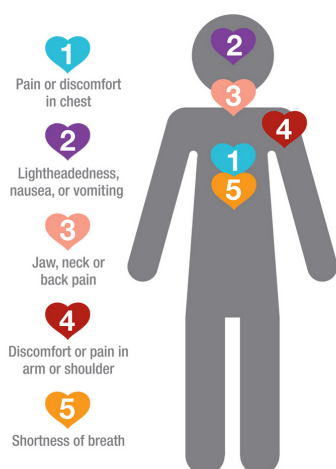
Did you know that about half of all heart attacks are mistaken for less serious problems and can increase your risk of dying from coronary artery disease?

These days, more than ever, life is full of difficulties. Feelings of stress, loneliness, sadness, depression, or grieving the loss of a loved one can cause an individual to overlook subtle symptoms of a heart attack.

The symptoms may be as simple as feeling tired, heartburn or a case of the flu. Recognizing when to seek medical attention can be the difference between life and death.

If you do notice symptoms of a Silent Heart Attack, try to stay calm and call 911 immediately. Make it clear to your care provider that you think you may be having a heart attack. Advocate for yourself or, if you can, bring along someone who will advocate for you.

Common Heart Attack Warning Signs



Symptoms of a Silent Heart Attack

- Shortness of breath
- Weakness or fatigue
- A general feeling of unease or discomfort
- Sweating
- Nausea or vomiting
- Lightheadedness or dizziness
- Mild pain in the throat or chest
- Pain in the back or arms, like a sprained or pulled muscle

Risk Factors

- Men 45+ years old and women 55+ years old
- Diabetes
- Overweight
- High blood pressure
- High cholesterol
- Sedentary lifestyle
- Smoking
- A family history of heart disease

Preventative Measures

Preventative measures include knowing the risk factors, exercise, avoid smoking, and above all, listen to your body when something does not feel right. Don't ignore the signs!



Las Palmas Golden Fun League

Keep your brain in tip-top shape

In August, we brought back the Art of Journaling to you, our fellow senior participants. This activity brings the opportunity for you to build your own journal, exercise critical thinking, and think of the past, present, and future. During this activity, you will be asked a few questions to get the mind thinking before you start to write on your own. Then you will have the opportunity to share your thoughts, which is voluntary and valuable for those who are listening. Some of the benefits of journaling are improving memories, relieving stress, keeping thoughts organized, and self-reflection. Join us for one of our sessions and distress the mind through writing.

Tuesday, September 21 at 11am

Tuesday, October 19 at 11am

Tuesday, November 16 at 11am



Try this exercise:

Get a notebook/piece of paper and a writing utensil.

Write down:

What piece of advice would you give yourself 10 years ago?

What piece of advice would you give your future self?

What would you change within these years to follow your advice?

Senior Highlight: *Grandparents Day*

This year National Grandparents Day falls on Sunday, September 12. Grandparents and children have a special connection that contribute to living longer and emotional resilience. This month, we asked grandparents to share what they most enjoyed about this special role.

Margarita Montanez

I have 10 grandchildren and 1 great-grandchild

The best part of being a grandparent is "feeling happiness when spending time with them."

The activities I enjoy to do with my grandchildren are "watching them at their games and going on vacation with them".



Maria Carillo

I have 5 grandchildren and 4 great-grandchildren

The best part of being a grandparent is "the experience is different from being a parent because you don't have to reprimand them. We could just help them".

The activities I enjoy to do with my grandchildren are "spending time with them and talking with them".



Theresa Vasquez

I have 4 grandchildren

The best part of being a grandparent is "watching them learn, run the hills together near their home - that has kept me more fit, and kept them active, and enjoying the natural world around us.

The activities I enjoy to do with my grandchildren are "baking and cooking. This is practical for their development. We play card games and a favorite is to build Legos together".



Juan Ortiz

Yo tengo 10 nietos y 1 bisnieto

La mejor parte de ser abuelo es "la experiencia es bonita"

Las actividades que me gusta hacer con mis nietos son "me gusta abrazarlos y platicar con ellos".



Yolanda Burgos

Yo tengo 3 nietos

La mejor parte de ser abuelo es "me gusta compartir con ellos".

Las actividades que me gusta hacer con mis nietos son "plantar y hacer actividades manuales con ellos. También ir al río y divertirnos".



Jose Garcia

I have 4 grandchildren

The best part of being a grandparent is "the happiness, they keep me busy. Them knowing I love them".

The activities I enjoy to do with my grandchildren are "baseball and walking with them".



We celebrate all grandparents and your love for your grandchildren. May you sip a glass of ice cold lemonade and enjoy your day surrounded by your grandchildren.

Community & Events

FALL SPORTS

BASKETBALL CLINICS

Ages 3.5-12

Fee: \$55/\$60

Mondays at Las Palmas Park

5:00pm-7:10pm

Clinic Sessions:

September 20, 2021 - October 11, 2021

October 25, 2021 - November 15, 2021



TENNIS CLASSES

Ages 3-17

Participants will learn the basics of tennis like hand-eye coordination and balance before moving into technique, placement and movement and advancing into competitive skills. Classes will be taught by Johnny Allen Tennis. Great program for beginners!

Fee:

Ages 3-5: \$40/\$45

Ages 6-17: \$50/\$55

Saturdays at Pioneer Park

8:15am-12:00pm

Clinic Sessions:

September 25, 2021 - October 9, 2021

October 16, 2021 - October 30, 2021

November 6, 2021 - November 20, 2021

December 4, 2021 - December 18, 2021



SOCCER CLINICS

Ages 3.5-13

Fee: \$55/\$60

Thursdays at Recreation Park

5:00pm-7:10pm

September 16, 2021 - October 7, 2021

October 28, 2021 - December 2, 2021

(no class on 11/11 & 11/25)

Saturday at Layne Park

2:00pm-5:10pm

September 18, 2021 - October 9, 2021

October 30, 2021 - November 20, 2021



**REGISTER AT
SFCITY.ORG/SFRECREATION**

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. If you are a current high school student with a genuine interest in character building, leadership development, have a positive attitude, and would like to join the TBC Youth Leadership Program by completing the online application at <https://tinyurl.com/TBC2021app>. Please complete the online application by Friday, August 27, 2021. The program runs from September 2021 through May 2022. 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 program.

Tutčint Youth Empowerment Program



TUTČINT
YOUTH EMPOWERMENT

Now Enrolling Youth 12-17 yrs
for six-month program (Sept. 2021-Feb. 2022)

Free Online Program

Tutoring: Tuesdays 3:00-6:00pm
Cultural Program: Thursdays 6:00-8:00pm
Recreation & Wellness Trips: Alternate Saturdays

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

Complete Referral on Our Website:
<https://www.pukuu.org/tutcint/>
Email: TUTCINT@pukuu.org

pukuu 
CULTURAL COMMUNITY SERVICES

Call (818) 898-7362 for Information

Now enrolling youth ages 12-17
into Cohort 5 which runs from
September 2021 through
February 2022.

Our FREE program offers
academic support, Cultural/
Community engagement, and
outdoor activities such as trips to
California State Parks, Beaches
and Recreational Areas. See our
website for more information,
and to submit on online referral
at:
<https://www.pukuu.org/tutcint/>



TUTČINT
YOUTH EMPOWERMENT

Registre a jóvenes de 12-17 años ahora
para programa de seis meses (Sept. 2021-Feb. 2022)

Programa a través de la aplicación Zoom

Tutoría: Martes 3:00-6:00pm
Programas Culturales: Jueves 6:00-8:00pm
Viajes de recreación y bienestar: Sábados alternos

El programa se enfocará en crear líderes de justicia social
restableciendo nuestro conocimiento indígena
y bienestar holístico.

Formulario de inscripción:
<https://www.pukuu.org/tutcint/>
Correo Electrónico: TUTCINT@pukuu.org

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CULTURAL COMMUNITY SERVICES

Llame (818) 336-6105 para más información

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

[DIY Paper Spinner \(Ages 7-13\).](#)

Supplies: strips of colored paper, glue, skewer stick (cut in half), scissors

[TwirlIGIG- Paper Spinner Toy \(5-13\).](#)

Supplies: colored paper, scissors, skewer, glue

[Crayola Paper Spinners *\(5-8\).](#)

Supplies: construction paper, colored pencils, markers, glue stick, cardboard, circular object, string, scissors

[How To Make Foosball table *\(8-13\).](#)

Supplies: clothes pins (16), wooden dowels (6), paint, box, scissors or cutting knife

[Science & Art for Kids- Marbled Milk Paper \(5-13\).](#)

Supplies: almond milk, watercolor paper or cardstock, dish soap, Qtips, food coloring, shallow dish

*Adult assistance needed

Resources: Pinterest, DIY, You Tube, Crayola and STEM

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

Teens For A Better Community

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

Yasmin Guillen
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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

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