

City of San Fernando
Department of Recreation & Community Services

RECSCAPE

ESCAPE THRU PLAY, EXERCISE AND CREATIVITY



WHAT'S INSIDE

WHAT'S NEW

LAS PALMAS
GOLDEN FUN
LEAGUE

COMMUNITY &
EVENTS

FUN FROM HOME

WHAT'S NEW

MOVIES IN THE PARK

Don't Miss Out On

BEDKNOBS & BROOMSTICKS

October 8, 2021

at Layne Park

SCOOBY DOO'S SPOOKIEST TALES

October 22, 2021

at Las Palmas 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
	September 24, 2021	Pioneer Park	828 Harding Ave.	WEAR YOUR RED HOODIE
	October 8, 2021	Layne Park	120 N Huntington St.	COZY UP FOR SOME MAGICAL FUN
	October 22, 2021	Las Palmas Park	505 S Huntington St.	DRESS UP AS YOUR FAVORITE SCOOBY DOO CHARACTER

  [SFCITY.ORG/SFRECREATION](https://sfcity.org/sfrecreation)
818-898-1290

FOLKLORICO IS BACK!

\$60 FOR 12 WEEK SESSION



October 1 - December 29, 2021

BEGINNERS

Fridays 7:00pm-8:00pm

INTERMEDIATE

Wednesdays 7:00-8:00pm

Register online at

sfcity.org/sfrecreation

Bringing Back the Fun!

FITNESS CLASSES

Total Body Conditioning | RP

Mon - Thur 8:00am \$50/month
Tue - Thur 7:00pm \$45/month

Cycling | RP

Mondays 7:00pm \$25/month

Zumba | LP

Mondays 5:00pm \$20/month

Inclusive Zumba | RP

Wednesdays 6:30pm \$15/month

COMMUNITY CLASSES

Senior Music Class | LP

Tuesdays 9:30am \$20/month

Senior Line Dancing | RP

Fridays 10:30am \$10/8 weeks

Folklorico Dance | LP

Fridays 7:00pm (Beginners)
Wednesdays 7:00pm (Intermediate)
\$60/12 weeks

RP: Recreation Park
LP: Las Palmas Park

Parks
Make
Life
Better!



Covid-19 Participant Notice:

All participants, regardless of vaccination status, will be required to wear a mask to enter the facility and while participating in any class or activity. Anyone that has been in contact with or is experiencing symptoms related to Covid-19 are asked to stay home until cleared.

CLASSES START IN OCTOBER

REGISTER ONLINE AT [SFCITY.ORG/SFRECREATION](https://sfcity.org/sfrecreation)

(818) 898-1290 | [SFCITY.ORG](https://sfcity.org)

SFRecreation

OfficialCityOfSanFernando

3 WINS Fitness FREE Exercise Program

For ages 18 and over!

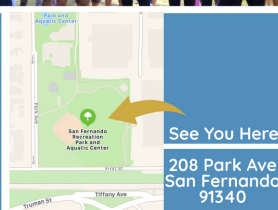


Join us for physical activity available for all levels!

Location: San Fernando Recreation Park

Days: Monday/Wednesday/Friday

Time: 8:15 AM - 9:15 AM



@3winsfitness
 @3winsfitness
<https://3winsfitness.com>

THE CITY OF
SAN FERNANDO

CSUN
KINESIOLOGY

3
WINS
fitness



LAS PALMAS GOLDEN FUN LEAGUE

MONTHLY HIGHLIGHT: SENIOR ZUMBA AND CHAIR ZUMBA

In September, we brought the funk back to the park with Senior Zumba and Chair Zumba.

Due to limited capacity, participants must register weekly for each class. Classes meet outdoors under the pavilion, where it is shady and where we can observe 6-feet for social distancing. All participants are required to wear their mask but can remove once they are in their designated area. Our instructor, Joanne Fajardo, teaches a low-impact exercise routine that helps maintain a healthy heart by keeping active and moving.

Both classes use the whole body and strengthen core muscles, glutes, lower and upper back, legs and arms. The only difference is Chair Zumba exercises utilize a chair while Senior Zumba follows the routine while standing.

If you are interested in improving mobility, and strengthening bones and muscles to the rhythm of good music, this class is for you.

NEW TIME

Senior Zumba – Tuesdays | 10:30am-11:30am
Sponsored by Optum

Chair Zumba – Thursdays | 10:30am-11:30am
Sponsored by SCAN

**Beneficios según sus necesidades,
porque es su plan, no nuestro.**
Como debe ser.

Hablemos sobre qué es importante para usted.



**Para obtener más
información, llame a:**
Monica Ibanez
818-497-5673
N.º de licencia OG09290
Si llama a este número, se
comunicará con un agente/comedor
de seguros con licencia.

**Los beneficios de SCAN Classic (HMO)
para 2019 para el condado de
Los Angeles incluyen los siguientes*:**

- \$ 0 de prima mensual del plan
- \$ 0 por consultas con un
especialista/médico
- \$ 0 por atención hospitalaria para
pacientes internados
- \$ 0 por membresía de SilverSneakers®
en un gimnasio

... ¡y muchos más!

*Los beneficios que se mencionan son para SCAN Classic (HMO) en el condado de Los Angeles únicamente. Se encuentran disponibles otras opciones de planes de SCAN en este condado y los beneficios del plan pueden ser diferentes de los mencionados aquí. Para obtener más información, llame a SCAN. SCAN Health Plan es un plan HMO con un contrato de Medicare. La inscripción en SCAN Health Plan depende de la renovación del contrato. Esta información no es una lista completa de los beneficios. Llame al 1-877-452-5899 (TTY 711) para obtener más información.

Y0057_SCAN_11334_2019F_M_SP_03092019\$890 03/19

No tiene SCAN. Está CON SCAN.



LAS PALMAS GOLDEN FUN LEAGUE

WALKABLE WEDNESDAY AT LAS PALMAS PARK

This group is going strong and will continue to meet up in October. Join us Wednesdays at 8:30am for a 30-minute walk around the park. Everyone is encouraged to walk at their desired pace and distance.

For more information, please call 818-898-7340.



FOR SENIORS 55+ YEARS

WALKABLE WEDNESDAY

at Las Palmas Park

8:30am - 9:00am

Let's do it together! Join us every Wednesday in October to complete a 30-minute walk at your pace.

Group meets at the outdoor picnic tables.

For more information, call us at 818-898-7340.

MOVING YOUR BODY FEELS NICE



Parks Make Life Better! THE CITY OF SAN FERNANDO

MEDICARE OPEN ENROLLMENT 2022

First chance to sign up

When turning 65 years of age, you have 3 months before your birthday and 3 months after (a total of 7 months) to register for Medicare.

How do I apply for Medicare?

You can apply online by going to one of these official government websites:

1. www.ssa.gov - Social Security Administration
2. www.medicare.gov - Official Government Website for Medicare

The open enrollment period is October 15 thru December 7 of each year. During this time, you can change, drop or add a new plan.

You can join a Medicare plan that offers drug coverage or you can drop drug coverage entirely. You can change from Original Medicare to Medicare Advantage or vice versa.

Don't forget

It is important to remember the enrollment period dates otherwise you will need to wait for the general enrollment period of January 1 thru March 31 of the following year.

If you have any questions regarding the different plans available, medicare.gov is available to you along with licensed Medicare Advisors.

Information obtained from Social Security Administration and Medicare.gov

Let's explore your Medicare plan options

As a local Anthem Medicare representative, I can help you choose a plan with the benefits you deserve for the coming year.

1-on-1 help in person, online, or over the phone

Isabel Fuentes

1-747-444-7397 TTY: 711

8 a.m. to 6 p.m., 6 days a week

Orieta.Fuentes@wellpoint.com

CA Lic. #OD96598

Authorized Agent

Hablo español.

Anthem. 

Together, we can:



Discuss your specific health needs and your current situation.



Review your plan options, so you feel confident in your choice.



Walk through the enrollment process, and I will answer any questions you may have along the way.

Hay disponibles servicios de traducción; póngase en contacto con el plan de salud o su agente. 我們提供翻譯服務；請聯絡您的醫療保健計劃或代理人。 For costs, exclusions, limitations, terms, and complete details of coverage, please contact your agent or the health plan. Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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COMMUNITY & EVENTS

BASKETBALL CLINICS

Ages 3.5-12

Fee: \$55/\$60

Mondays at Las Palmas Park

5:00pm-7:10pm

Clinic Sessions:

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:

October 16, 2021 – October 30, 2021

November 6, 2021 – November 20, 2021

December 4, 2021 – December 18, 2021

FALL SPORTS



SOCCER CLINICS

Ages 3.5-13

Fee: \$55/\$60

Thursdays at Recreation Park

5:00pm-7:10pm

October 28, 2021 – December 2, 2021
(no class on 11/11 & 11/25)

Saturday at Layne Park

2:00pm-5:10pm

October 30, 2021 – November 20, 2021



REGISTER AT
SFCITY.ORG/SFRECREATION

COMMUNITY &
EVENTS

SAVE THE DATE

DIA ^{DE}_{LOS} MUERTOS

CULTURAL FESTIVAL & CONCERT



10.30.2021

10:00am-4:00pm
RECREATION PARK

Build an alter in memory of a loved one, a friend, or a hero
Call (818) 898-1290 to reserve your space

FUN FROM HOME

PAPER BOWL PUMPKIN CRAFT (5-8)

Supplies: paper bowls, orange and black paint, paint brush, colored cardstock, brown construction paper, scissors, glue



FLYING BAT (5-9)

Supplies: bat print out, purple tissue paper, scissors, glue, string

DECK THE HOWLS: 6 EASY HALLOWEEN CRAFTS (5-13)

Supplies: craft sticks, glue, white yarn, plastic spider, paper plates, colored markers, black construction paper, clothes pins, plastic water bottles (empty), orange tissue



HOW TO MAKE A KITE *(5-13)

Supplies: full sheet newspaper, 2 wooden dowels, scissors, pencil, string, masking tape or packing tape, ruler, yarn or ribbons, little handsaw or utility knife

FIND YOUR WAY THROUGH A VIRTUAL CORN MAZE – EDMONTON CORN MAZE *(7-13)



*Parental Assistance Required