

# RecScape

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	November 2021	
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## Park improvements coming soon

Exciting times for the Parks in San Fernando! Back in 2018 the City Council adopted the Park and Recreation Master Plan as an instrument for developing a comprehensive vision for park facility improvements. Since then the department has secured grant funding through the Prop.

68 state program to revitalize Layne Park. The project will include a new ADA playground, U8 soccer field and basketball court among other features.

Prop 68 Per Capita funding will be used to repair the playground at Pioneer Park. The project will include new ADA playground equipment and other features.

Work is scheduled to begin in 2022 for both projects.

## What's New

### Las Palmas Golden Fun League

### Community & Events

### Fun From Home

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# What's New

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## Youth Sports\*

NOW TAKING REGISTRATIONS for the Youth Basketball Winter Showdown and the Mission City Baseball Spring League.

**Youth Basketball** | Jan. 3 - Feb 26, 2022  
Fees: Residents \$50 | Non-Res \$60

**MC Baseball** | March - May, 2022  
Fees: Residents \$100 | Non-Res \$120

Visit the City website for more information and registration link.



THE CITY OF SAN FERNANDO

**YOUTH BASKETBALL WINTER SHOWDOWN 2022**

Ages 9-14  
January 3, 2022 through February 26, 2022  
Player Assessments December 20, 2021

\$50 City Residents | \$60 Non-City Residents

PROMO \$5 OFF before 12/17/21 | VOLUNTEER COACHES NEEDED! Call & Inquire  
\*Program will follow current Covid-19 guidelines

REGISTER ONLINE @ [SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)  
(818) 898-1290 | [WWW.SFCITY.ORG](https://www.sfcity.org)

[SFRecreation](#) [OfficialCityOfSanFernando](#)



**MISSION CITY Spring League**

PONYBASEBALL & SOFTBALL

MAR to MAY 2022

LAS PALMAS PARK

AGES 3-14  
SOFTBALL 7-14

\$100 SF CITY RESIDENT | \$120 NON CITY RESIDENTS  
[SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)  
818-898-1290

[SFRecreation](#) [OfficialCityOfSanFernando](#)

## 3 Wins Fitness Open House

Join 3 Wins on **Nov. 3rd** and learn about the program and the importance of exercise. Presentations will be offered in English and Spanish. **Free!**

**Rec Park**  
**8:15-10:30 am**



**THE IMPORTANCE OF EXERCISE**

AN OPEN HOUSE AND INTERACTIVE EXPERIENCE PRESENTED BY DR. STEVEN LOY AND 3 WINS FITNESS FROM CALIFORNIA STATE UNIVERSITY, NORTHRIDGE.

**LEARN & PARTICIPATE IN ACTIVITIES**

1.) ARE YOU PREDIABETIC?  
2.) ARE YOU AT RISK FOR A FALL?  
3.) DO YOU HAVE MUSCLE WEAKNESSES?

LEARN ABOUT OUR PROGRAM TO REDUCE THE RISK FOR DIABETES, HEART DISEASE, AND HIGH BLOOD PRESSURE

**REDUCE ALL CAUSE MORTALITY**

SAN FERNANDO RECREATION PARK ON NOVEMBER 3RD, 2021  
208 PARK AVE. SAN FERNANDO CA, 91340  
8:15-10:30 AM

COME FEEL, SEE, HEAR, AND EXPERIENCE WHY YOU NEED TO GET ACTIVE NOW

Join our FREE 3 WINS Fitness Program for Adults 18+ FOR ALL FITNESS LEVELS

OUTDOORS & SOCIALLY DISTANCED!

**3 WINS FITNESS** **SAN FERNANDO Anthem**

PRESENTED IN ENGLISH & SPANISH

COFFEE AND WATER PROVIDED BY ANTHEM

## \*Covid-19 Sports League Disclaimer

All youth sports leagues will continue to follow the **LACo DPH Protocols for Organized Youth Sports** until further notice. Weekly testing for all non-vaccinated participants, volunteers and staff for indoor sports and for non-vaccinated participants, volunteers and staff over 12 years of age for outdoor sports. Masks required by all for indoor sports.

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# Las Palmas Golden Fun League

## Join the Fun!

Check out the schedule for November and register today for some of the fun workshops hosted at Las Palmas Park.

Click on the flyer to register or call Las Palmas Park at (818) 898-7340 for more information.

## GOLDEN FUN LEAGUE

### NOVEMBER

FOR SENIORS 55+ YEARS

**@ Las Palmas Park**  
505 S. Huntington St. San Fernando 91340

<b>Nov</b> <b>03.17</b>	<b>Tech Wednesday Workshops @ 1:30pm</b> Are you struggling to carry out simple tasks on your smart device? We can help, join us for workshops and be on your way to become a tech-savvy senior. <b>Nov. 3: How to download an App Nov. 17: Zoom 101</b>
<b>Nov</b> <b>04</b>	<b>Loteria with Regal @ 11:30am</b> Prizes will be provided. Space is limited. 
<b>Nov</b> <b>09</b>	<b>Taller de Alcohol y Drogas @ 9:30am</b> Conozcamos los mitos y realidades sobre el alcoholismo y los efectos que provoca en la familia. <b>FREE/GRATUITO</b>
<b>Nov</b> <b>16</b>	<b>Journaling @ 11:30am</b> De-stress and improve your memory through creative writing. <b>FREE</b>
<b>Nov</b> <b>16</b>	<b>Bingo Night @ 5:30 pm</b> Join us for bingo fun and win prizes. Register today. <b>FEE: \$15 for 1 booklet (5 sheets of 3 cards each)</b>
<b>Nov</b> <b>18</b>	<b>Senior Holiday Craft @ 11:30am</b> Space is limited. Register today. <b>FEE: \$5</b>
<b>Nov</b> <b>22</b>	<b>Matinee Celebration @ 1pm</b> Join us in celebrating the holidays and a special viewing of <b>La India Maria</b> . <b>FREE</b>

For more information or to register call (818)898-7340 or visit [www.sfcity.org/SFRECREATION](http://www.sfcity.org/SFRECREATION)

**Las Palmas Bingo Fridays @ 11:00am**

Join us for bingo fun and win prizes. Register today.  
**FEE: \$5 for 1 booklet (3 sheets of 3 games each)**

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**Coffee with the Supervisor Nov. 5 @ 9:00 am**

Join this men's group and talk about life with Juan Salas.  
Únete a este grupo de hombres y habla de la vida con Juan Salas.

Acompañenos durante el mes de noviembre para uno de los talleres divertidos que serán ofrecidos en el parque de Las Palmas.

Haga click al volante para registrarse o llame al (818) 898-7340 para mas informacion.

## WALK WITH EASE

a program for better living

**Experience the Walk With Ease Program**  
Arthritis Foundation Certified. Doctor Recommended.

“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”  
— Walk With Ease participant

The Arthritis Foundation Walk With Ease Program is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

**Benefits to You**  
Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

Classes are one-hour each. Three times per week for six weeks.

Partners in Care is the able project office for the California Department of Aging, providing ongoing technical support to sites and leaders offering evidence-based programs.

**Location:** Las Palmas Park  
505 S. Huntington St., San Fernando, CA 91340

**Time:** 8:30am- 9:30am

**Date:** Monday, Wednesday, Friday

**Week 1:** November 1 & 3 & 5  
**Week 2:** November 8 & 10 & 12  
**Week 3:** November 15 & 17 & 19  
**Week 4:** November 22 & 24 (No class on November 26)  
**Week 5:** November 29, December 1 & 3  
**Week 6:** December 6 & 8 & 10  
**Week 7:** December 13

### Camine Con Gusto

un programa para una vida mejor

Certificado por la Fundación por la Artritis Recomendado por médicos

**Implementado por**  
**Partners in Care Foundation**

**Arthritis Foundation** desarrolló el programa de Camine con Gusto que está basado en evidencia. Fue hecho con la intención de ayudar individuos a crear e implementar un plan de camita para cumplir con sus necesidades. Este programa le ayudara a mantenerse motivada, controlar su dolor y aprender hacer ejercicios seguros para mantener sus músculos fuertes y sus articulaciones estables. Camine con gusto fue creado para ayudar a los participantes a aumentar la energía, reducir el estrés y controlar el peso.

Los beneficios de programa incluyen:

- Aumento de la actividad física
- Aumento de distancia andando
- Incremento en la velocidad al caminar
- Disminución del dolor

Las clases son 3 veces a la semana por 6 semanas por 45 minutos a 1 hora.

**¿Quién puede asistir?**  
Cualquier persona que desee incrementar su habilidad para moverse alrededor cómodamente. Los participantes deben poder estar de pie 10 minutos sin dolor.

**CONTACTAR:** Marisol Diaz  
(818) 898 - 7340

**LUGAR:** Las Palmas Park  
505 S. Huntington St., San Fernando, CA 91340

**HORARIO:** Lunes, Miércoles, Viernes  
8:30am - 9:30am

**FECHAS DE LAS CLASES:**  
 Semana 1: noviembre 1, 3, 5  
 Semana 2: noviembre 8, 10, 12  
 Semana 3: noviembre 15, 17, 19  
 Semana 4: noviembre 22, 24 (No clase noviembre 26)  
 Semana 5: noviembre 29, diciembre 1, 3  
 Semana 6: diciembre 6, 8, 10  
 Semana 7: diciembre 13

The Arthritis Foundation Exercise Program is offered through the Health Innovation Programs department of Partners in Care Foundation. Partners in Care Foundation is the state project office for the California Department of Aging, providing ongoing technical support to sites and leaders offering evidence-based programs.

Register Today!

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# Las Palmas Golden Fun League

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## 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:

- [www.ssa.gov](http://www.ssa.gov) | Social Security Administration
- [www.medicare.gov](http://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](http://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](mailto: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

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## TBC Canned Food Drive

Teens for a Better Community will host a canned food drive November - December. Donations (canned goods, dry pasta, dry beans and jarred food) can be dropped off at Las Palmas Park and Recreation Park, Monday - Thursday, 9am-5pm.

All the items will be donated to MEND's Christmas Program. For more information call 818-898-7340.



## Tutćint Youth Empowerment Program

During the month of November, Tutćint Youth Empowerment Program (TYE) will focus on emotional and mental wellness. The topic will be covered in the program's online Cultural curriculum offered on Thursdays from 6-8pm. TYE will also continue to provide online academic support/tutoring every Wednesday from 3-6pm.

*Tutćint is a FREE six-month program, serving youth ages 12-17 in the Northeast San Fernando Valley and surrounding communities. Online referrals can be completed here <https://www.pukuu.org/tutćint/>*



*TYE Program visits the Tataviam Interpretive Village in Fillmore, Ca*



## Las Palmas Senior Club

After a 20 month hiatus, the Las Palmas Senior Club is back! The club is designed to give seniors a place to socialize and make new friends. They have monthly meetings, dances and trips. For more information on becoming a member, contact Las Palmas Park at (818) 898-7340.

### Upcoming Club Events:

General Membership Meeting

Sunday, November 7, 2021 | 1:30pm

Holiday Dance

Saturday, December 11, 2021 | 7:00pm

*Proof of vaccination required to attend.*

### Upcoming Program Excursions:

Pt. Mugu State Park Hiking Trip | Nov. 6

El Presidio de Santa Barbara | Nov. 13





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# Community & Events

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## Reindeer Dash 2021

It's that time of the year again to dust off those running shoes and hit the pavement for the City's virtual Reindeer Dash!

**Nov. 25 thru  
Dec. 4, 2021**



**Choose your race and run at your own pace!**

Registered participants will have two-weeks to complete their race of choice. The Reindeer Dash will culminate at the City's Holiday Tree Lighting on December 4th where participants will be able to claim their goodie bags and completion award.



### RACE OPTIONS & FEES



#### Virtual Reindeer Dash

5K- Adults | \$5

10K- Adults | \$5

\*Students 17 & under are FREE



#### Kid's 1-mile Rudolf Trot

Ages 10 & under

FREE!

**Registrations open Nov. 6, 2021**

**SFCITY.ORG/SFRECREATION**

## Holiday Tree Lighting

**Save the Date**



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# Fun From Home

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## Handprint Acorn Lacing Craft Ages 5-6



Supplies: light & dark brown card stock, twine, hole puncher, tape and glue

## Fall Leaf Hedgehog Ages 5-6

Supplies: Hedgehog template or white or light brown card stock, markers or crayons, leaves, and glue



## Leaf Sun Catcher Craft Ages 5-8

Supplies: leaf template, tissue paper, clear contact paper or self-adhesive laminating sheets, scissors, glue stick and black construction paper



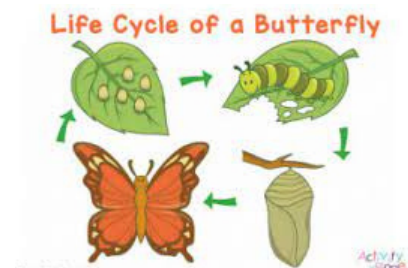
## Bean Animals Ages 7-13

Supplies: scrap cardboard, pencil, glue, beans (various shapes and sizes), paint brushes, acrylic paints (various colors)



## Butterfly Themed Virtual Field Trip

### Life Cycle of a Butterfly



### Life of a Monarch Butterfly



*Adult assistance required*

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