

RecScape

December 2021



Farewell Newsletter...

After 18 months in circulation we bid farewell to the Department's pandemic newsletter, RecScape.

As we move along on the road to normalcy and begin to offer more in person programming, RCS has decided to bring back the quarterly brochure.

The digital brochure will provide a list of classes, programs and services available to the community in addition to feature pieces showcasing City events and department happenings.

Would you like to advertise your business in our quarterly brochure? Email us at Recreation@sfcity.org

What's New
Las Palmas Golden
Fun League
Community &
Events
Fun From Home

What's New

San Fernando's One Stop Fitness Shop

Take advantage of our Holiday Promo during the month of December and sample all the classes for one low price.

Register today and get a head start on the "new year, new me" trend!



**San Fernando's
ONE STOP
Fitness Shop**

December 6 - 17 | \$30 ^{one} 20 Classes

Holiday Promo!

TOTAL BODY CONDITIONING		
Monday/Wednesday 8:30am Tuesday/Thursday 7pm		
CYCLING Monday 7pm (Limited Space)	ZUMBA Monday 5pm Tue/Thur 7pm Friday 6pm	YOGA Tue 5:30pm Thur 8am

REGISTER ONLINE SFCITY.ORG/SFRECREATION

THE CITY OF SAN FERNANDO | SFR Recreation | 818-898-1290
OfficialCityOfSanFernando | Rec Park | 208 Park Ave

WINTER CAMP
ONLINE REGISTRATIONS:
DECEMBER 6 - 17, 2021
SFCITY.ORG/SFRECREATION
\$85 PER WEEK/PER CHILD
818-898-1290



Holiday Tree Lighting

Celebrate The Holidays With Us!

Saturday, December 4th
5:00pm - 9:00pm
San Fernando Mall

Free Photos with Santa
Live Performances
Santa's Workshop &
Shop our local Vendors

818-898-1290
SFCITY.ORG/SFRECREATION

SFR Recreation | OfficialCityOfSanFernando

Part of the City of San Fernando
Kaiser Permanente | thrive
HEALTHY SAN FERNANDO
SAN FERNANDO
ASSENAZY
SAN FERNANDO

Holiday Tree Lighting

Join us on Saturday, December 4th for the City's annual Holiday Tree Lighting. Music, crafts, photos with Santa, car show and over 75 local vendors will line the streets of the San Fernando Mall this year!



THE CITY OF SAN FERNANDO
Recreation and Community Services Department

Winter Camp
Ages 5 - 13
2021

December 20th - January 7th
Monday - Friday, 7:30am - 5:30pm
Las Palmas Park
505 S. Huntington Street

Online Registrations
December 6th - December 17th
\$85.00 per week/per child
*Program will follow current Covid-19 guidelines

SPACES ARE LIMITED, REGISTER TODAY!
SFCITY.ORG/SFRECREATION

(818) 898-1290 | SFCITY.ORG SFR Recreation | OfficialCityOfSanFernando

Las Palmas Golden Fun League

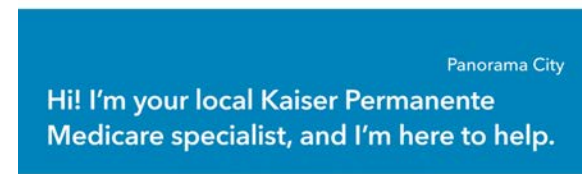
Join the Fun!

Register today for some of the fun activities being held at Las Palmas Park this month!

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



Acompañenos para un taller informativo sobre la depresion estacional. Llame al (818) 898-7340 para mas informacion o para registrarse.



I know choosing a Medicare health plan can be challenging. Let me help make it simple.

Now's the time to find out if you could be getting more out of your plan. I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan and how it can help you thrive
- Find a doctor (all our available doctors accept our Medicare health plan members)
- Learn about the new 2022 plan benefits and enhancements
- Add extra benefits like dental, vision, and hearing to your plan
- Learn how to enroll and how I can help you enroll*



Manny Rivera
Kaiser Permanente
Medicare specialist
Call me at
818-968-1575
Se habla español



Join me at a Live Neighborhood Seminar, either online or in person, to learn more.

I'm happy to help you and can meet you in person, online, or by phone. Visit me at mykpagent.org/mannyr, call me at 818-968-1575, or email me at Manny.D.Rivera@kp.org.

*You must meet all Medicare health plan enrollment requirements. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91106-8514.

♻️ Please recycle. 705995586 CA August 2021
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KAISER PERMANENTE.

Las Palmas Golden Fun League

Senior Highlights

Maria Flores **October 2018**

Enjoys the Zumba class because it keeps her active and healthy and helps her lose weight. Maria also likes the mental health classes and is a big fan of the Tech Wednesdays. Her favorite holiday is Thanksgiving Day because she enjoys cooking for her family and spending time with them.



Miguel Monjaraz **Summer 2020**

Miguel enjoys participating in the Chair Zumba class and is looking forward to the return of all the other classes. His holiday traditions include gathering with friends and family to celebrate.



Alignment Healthcare

1-888-979-2247 (TTY 711)
24 hours a day, 7 days a week

ALIGNMENTHEALTHCARE.COM

Maria De La Luz Ramirez **enero 2021**



Maria comenzo participando virtualmente en la clase de Zumba y despues en persona con el grupo de caminantes. Para cerrar el año, Maria espera celebrar las fiestas en familia y las convivencias en el centro de Las Palmas.

Ana Miriam Flores **Pre-Pandemia**



Ana comenzo como voluntaria en el programa de nutrición antes de la pandemia. Durante este tiempo a participado en la clase de Zumba y la recomienda por su beneficio a la salud mental y porque quita el estres y la gordura. Ana espera el regreso de los viajes a casinos o cualquier otro viaje pronto.

Esther Huerta **mayo 2021**



Esther es participante de la clase de Zumba y Artes Manuales, cual le encanta por los proyectos creativos. Su dia festivo favorito es el dia de Thanksgiving y Navidad por la reunión y el convivio familiar.

Para mas información sobre los programas para personas mayores, llame al Parque Las Palmas (818) 898-7340.

Community & Events

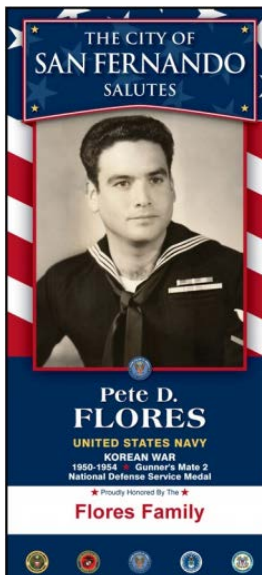
TBC Canned Food Drive

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

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



Veteran Recognition Program



The City of San Fernando Veteran Recognition Program was created to honor and recognize local U.S. Military Veterans that reside (current or previously) or have

a family member that resides in the City of San Fernando. Veteran Banners will be displayed throughout the City from May through November 2022. At the conclusion of the cycle, banners will be returned to the applicant.

Eligible military branches include: Army, Marine Corps, Navy, Air Force, Coast Guard, Merchant Marine, and National Guard- Active Reserve.

Interested individuals can access the program application on the City website or by clicking here: **[Veteran Banner Program Application](#)**. Complete application and documents can be returned to Las Palmas Park or City Hall. For more information or questions please call (818) 898-7340.



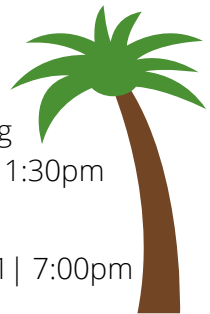
Las Palmas Senior Club

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, December 5, 2021 | 1:30pm

Holiday Dance
Saturday, December 11, 2021 | 7:00pm
Proof of vaccination required to attend.



Community & Events

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.



*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.

REGISTER NOW



Fun From Home

Polar Bear on Ice

Ages 5-6

Supplies: white construction paper, water colors, black markers, googly eyes, glue and scissors

Paper Plate Yarn Penguin Craft

Ages 5-8*

Supplies: penguin template, paper plate, black paint, paint brush, construction paper (black, orange, white), white yarn, glue, hole punch, plastic yarn needles (optional)

Sock Snowmen- Olaf

Ages 5-10*

Supplies: white sock, rice, ribbon, small black buttons for eyes or googly eyes, 2-3 colored buttons for belly, black yarn, pieces of orange and black felt, colored pom poms, fabric glue or hot glue gun

How to Make a Snow Globe

Ages 7-13*

Supplies: small jar with lid, glitter, water, water resistant glue (crazy glue), small figurine

Fishing For Ice

Ages 5-13

Supplies: 1 cup of water, ice cubes, table salt, piece of string

Grow Your Own Christmas Tree

Sponge | Ages 5-8

Supplies: tray or pie tin, sponge (cut into christmas tree shape), grass seed, water

Christmas Science Experiments

5 Minute Holiday STEM Activities

Ages 5-13

**Adult assistance required*

HAPPY
HOLIDAYS

