

CITY OF

SAN FERNANDO

DEPT. OF RECREATION & COMMUNITY SERVICES

SPRING

is here

**Program and
Service Guide**

**Spring 2022
Edition**

MISSION STATEMENT

Our mission is to develop and implement programs and activities that provide for the well-being and personal development of the City's residents. Our staff is dedicated to creating those experiences that provide for good citizenship, sense of community and better quality of life.

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DEPARTMENT OFFICES

RECREATION PARK | 208 Park Ave.
LAS PALMAS PARK | 505 S. Huntington St.

CONTACT US

www.sfcity.org | Recreation@sfcity.org
(818) 898-1290 | Mon - Fri, 9-5pm

RECREATION FACILITIES

The City of San Fernando has seven parks, three of which have actual facilities or community centers. All facilities are within a 2-mile radius and accessible from public transit.

- Casa de Lopez Adobe, 1100 Pico St.
- Cesar E. Chavez Memorial, Truman & Wolfskill
- Las Palmas Park, 505 S. Huntington St.
- Layne Park, 120 N. Huntington St.
- Pioneer Park, 828 Harding St.
- Rudy Ortega Sr. Park, 2025 Fourth St.
- San Fernando Recreation Park, 208 Park Ave.
- 8th Street Natural Wash Park



FACILITY RENTALS

Whether you are planning a small meeting or a large gathering, the City of San Fernando provides the ideal setting for your event. Visit the website for additional information or call us at (818) 898-1290 for location availability.

COMMUNITY SERVICES

SENIOR SERVICES

Social Clubs

Las Palmas Senior Club

A membership driven program designed to give seniors a place to gather and socialize. Club activities include monthly meetings and dances as well as excursions.

Ages: 55+

Fees: \$42.34/year (new members)

Meeting Schedule

Las Palmas Park
Sundays, 1:30 p.m.
April 3, 2022
May 1, 2022
June 5, 2022

Dance Schedule

Las Palmas Park
Saturdays, 7:00 p.m.
April 23, 2022
May 14, 2022
June 18, 2022

For more information on becoming a member call (818) 898-7340.



Park Ave Club

Weekly social club gathers for crocheting, bingo and monthly potlucks. Free

Tuesdays at Recreation Park | 9am | Free

For more information or trip registration call the office at Las Palmas Park (818) 898-7340.

Crafty Ladies Club

Weekly program focused on the art of the hook. Learn and share crochet, knitting and other fun crafting techniques. Free

Wednesdays at Las Palmas Park | 9am | Free



Las Palmas Park Gardening Club

Join us in beautifying Las Palmas Park. De-stress and socialize while learning about sustainable gardening. Become a skilled gardener and if you're already an experienced gardener, share your own practical tips. Free

Meets every 1st & 3rd Wednesday of the month at Las Palmas Park | 11am | Free



SENIOR SERVICES

Social Clubs

Upcoming Senior Trips

The senior trips are sponsored by the Las Palmas Senior Club but are open to the general public as well. No membership required to register for a trip.

Dodgers Home Game

Fun filled night watching the Los Angeles Dodgers.

Friday, May 13, 2022

\$55 per person

Reno, Nevada

3 nights in the El Dorado Hotel/Casino in Reno. The trip includes a day trip to Lake Tahoe and Virginia City. Each person will receive three \$8 meal coupons.

Sunday, June 26 - Wednesday, June 29

Trip includes Lake Tahoe & Virginia City

Double: member- \$240/ Non-member- \$250

Single: member- \$330/ Non-Member- \$340

Registration begins: Monday, March 14, 2022

Last day to register & full payment due: Monday, May 23rd.



For more information or trip registration call the office at Las Palmas Park (818) 898-7340.

Mother's Day Tea Party

Join us to celebrate all the mothers. Enjoy refreshments, a good atmosphere, and crafts. Please bring your own cup and saucer for tea. Dress for the occasion.

Space is limited. RSVP by calling us at 818.898.7340. FOR SENIORS 55+

May 10, 2022 | 12:00-1:30pm | Las Palmas Park



SENIOR Expo

Join us in an expo that consists of wellness checks, health screenings, and senior information.

May 20, 2022 | Las Palmas Park



SENIOR SERVICES

Health & Wellness Programs

Diabetes Self-Management Program

San Fernando Recreation Park Club Room

Thursdays, May 19 - June 23 | 1 - 3:30pm

*Last day to register is May 26

Partners In Care Wellness Club

Providing health education and self-management skills for seniors 60+.



Tomando Control de su Salud (Español)

Parque Las Palmas Learning Center

Jueves, abril 7 - mayo 12 | 1 - 3:30pm

*Ultimo dia para registrarse es el 13 de abril



Taller de Planificación Patrimonial e Incapacidad by Elvira Ceballos

martes, mayo 22 | 1 - 3:30pm | Las Palmas

Living Trust vs. Will Workshop by Elvira Ceballos

Thursday, June 16 | 1 - 3pm | Las Palmas



Mental Health Series

Fortalezca su salud mental y emocional a través de nuestros talleres. Las clases son proveídas por el Departamento de Salud Mental del Condado de Los Ángeles.

Etapas del Duelo y Perdida

¿Cuál ha sido su perdida? ¿Un familiar, una casa? ¿Un trabajo? Aprendamos como manejar una perdida por medio de ejercicios mentales.

12 de abril | 9:30am | Las Palmas

27 de abril | 9:30am | Recreation Park

El Bienestar Emocional de la Comunidad

Sientase bien! Acompañenos a tomar un momento a valuar los elementos más sencillo al alcance.

10 de mayo | 9:30am | Las Palmas

25 de mayo | 9:30am | Recreation Park

Estrés traumático causado por las leyes migratorias

Conozca sus derechos en una redada de emigración y como prepararse.

7 de junio | 9:30am | Las Palmas

22 de junio | 9:30am | Recreation Park

Doc Talk by Regal Medical Group

Join us for a presentation by Dr. Viswanathan, who specializes in integral medicine, gut health and diabetes. Free

Monday, June 6 | 9:30am | Las Palmas



COMMUNITY SERVICES

SENIOR SERVICES

Health & Wellness Programs

Senior Arts & Crafts Projects

Join us every month for a fun and creative Do-It-Yourself (DIY) project. Supplies and instruction included.

Homemade Piñata

\$5 per piñata

Part 1 Thursday, April 7 | 11:30am

Part 2 Thursday, April 14 | 11:30am



Tie dye- Patriotic shirts

\$5 per shirt

Thursday, June 9 | 11:30am

Senior Zumba | Las Palmas Park |

Zumba combines low and high intensity dance moves through choreographed routines to offer an interval style, calorie burning dance fitness party suitable for all fitness levels.

Monthly | Tuesday | 10:30am | FREE

sponsored by Optum
must register monthly



Movement for Life | Las Palmas Park |

Come join our instructor, David Jimenez in a 6-week fun fitness challenge.

Build your strength and endurance through challenging but rewarding workouts to help you feel independent.

6-Week class | Monday | 10:30am | \$10

Walkable Wednesdays

Let's get active together! Join this FIT and FUN club that meets to complete a 30 minute walk. All levels are welcome.

Meets every Wednesday at Las Palmas Park
Outdoor Pavillion | 8:30am

Chair Zumba | Las Palmas Park |

Zumba combines low and high intensity dance moves through choreographed routines to offer an interval style, calorie burning dance fitness party suitable for all fitness levels.

Monthly | Thursday | 10:30am | \$10
must register monthly

THE CITY OF
SAN FERNANDO

SFRecreation
 OfficialCityOfSanFernando

Movement for Life

For seniors 55+

NEW start date:
April 4, 2022

MONDAYS
9:30AM-10:30AM

\$10 for
6 - Week Program

Come join our instructor, David Jimenez, in a 6-week fun fitness challenge.

Build your strength and endurance through challenging but rewarding workouts to help you feel independent.

FREE DEMO
March 28
9:30am

LAS PALMAS PARK
505 S. HUNTINGTON ST.
(818) 898-7340
SFCITY.ORG/SFRECREATION

For more information and registration assistance please call Las Palmas Park at (818) 898-7340.

COMMUNITY SERVICES

COMMUNITY & YOUTH SERVICES

Teens For a Better Community

Teens for a Better Community (TBC) Youth Leadership Program offers youth the opportunity to work side by side with Recreation staff to obtain valuable work experience and earn service hours. It is a great opportunity for current high school students to develop leadership skills and be a role model for our community.



Winter Highlights

January: Teens participated in a Vision Board Workshop activity that provided teens a place to reflect on their accomplishments and goals for the New Year such as graduating from high school, traveling, having a healthier lifestyle, and applying for a job.

February 5th: 15 teens came to the Valentine's Card Making workshop where teens created and decorated over 80 Valentine's Day cards for the women and children at the Hope Gardens Center for Woman and Children in Sylmar.

March 23rd Resume Building workshop for teens to learn how to include details of their your skills, training, education, accomplishments and work experience in a resume.

If you're a high school student and would like to join the TBC Youth Leadership Program, complete the online application at <https://tinyurl.com/TBC2021app>

All program hours will be recorded as community service hours and be awarded a certificate of completion at the end of the program.

For more information:

email, Yasmin Guillen yguillen@sfcity.org

Graziella Jensen gjensen@sfcity.org

Juan Salas jsalas@sfcity.org

Tutcint Youth Empowerment

Tutcint Youth Empowerment offers a FREE Hybrid program, with online Academic Support/Tutoring on Wednesdays from 3-6pm, and Cultural Program on Thursdays from 5-8pm. Thursday program is held in-person at Las Palmas Park, 505 S. Huntington St., San Fernando, CA, and youth unable to attend have the option of joining Online via Zoom. There are also recreational outings at least one Saturday per month to various California State Parks and cultural events.



Open to youth ages 12-17 years in San Fernando and surrounding communities. Referrals can be made on our website at: <https://www.pukuu.org/tutcint/>
For more information call (818) 639-3932.



COMMUNITY SERVICES

COMMUNITY & YOUTH SERVICES

Family Hiking Program

National Parks Workshop

Learn what National Parks are. Learn why it is so important for YOU to be involved in YOUR community and to speak up for parks. Learn how to be a voice today!

Malibu Creek State Park

April 30, 2022, 8am-3pm

Located in the Santa Monica Mountains, you'll be led by an expert on a moderate to challenging scenic walk. Must attend at least one National Parks Workshop.

Malibu Lagoon State Beach

Saturday June 4, 8am-3pm

Visit this unique eco-system where the Malibu Creek connects to the Pacific Ocean. Must attend at least one National Parks Workshop.

Transportation Included. Limited Space. Register at Las Palmas Park. Open to all ages. Minors must be accompanied by an adult. 1 child (under 13 years of age) per adult.

Las Palmas Park - 818-898-7340



Summer Day Camp | Recreation Park | Ages 5-13

Enjoy a fun filled summer camp with arts & crafts, science, water games, sports, and cooperative games. Registration begins May 16th

June 20th-August 12th

Mon-Fri | 7:30am-6pm | \$125/child per week
Limited Space



CULTURAL ARTS & EVENTS



Folklorico | Las Palmas Park | Ages 5+

Experience the classical style of Mexican Culture; learn regional dances of Mexico through movement and music. Participants will be separated into two categories, beginners and intermediate, and assigned a class day to attend.

12- week sessions | Wed or Fri , 7pm | \$60

Apr. 6 - Jun 29, 2022

Aztec Dance | Las Palmas Park | Ages 5+

Explore the music, choreography and poetry of this ancient dance tradition while understanding the history behind Danza. Mexica Danza is a form of art that helps build identity and self esteem through the use of culture, history, and the preservation of indigenous traditions.

Monthly | \$10 | Thursdays, 7pm

Mariachi Master Apprentice Program

MMAP unites community youth with Grammy Award-winning master musicians to preserve the mariachi music genre. The program is supported in part by the National Endowment for the Arts, and the City of San Fernando. Led by Master Musicians from Mariachi Los Camperos.

Limited space available. Call (818) 898-1290 for enrollment information.



CULTURAL ARTS & EVENTS



THE CITY OF
SAN FERNANDO



LOS ANGELES
EDUCATION
PARTNERSHIP



best start
NORTHEAST VALLEY
COMMUNITY

SPRING

Jamboree

SAT
APRIL
16TH
10 AM
to
1 PM

ARTS & CRAFTS
GAMES ~ FOOD
ROCK CLIMBING
WALL
(Tennis shoes required)
&
PHOTO WITH
THE BUNNY

For more information please call (818)-898-1290

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



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CULTURAL ARTS & EVENTS

Save the Date

SUMMER EVENTS

Fourth of July Laser Show
July 4th, 2022

Movies in the Park

King Richard: July 22, 2022

Encanto: July 29, 2022

Jurassic Park: August 5, 2022

Concerts in the Park

August & September 2022



RECREATION

COMMUNITY & FITNESS CLASSES

Line Dance Class | Las Palmas Park |

Ages 18+

Come learn to line dance from a group of fun-loving dancers. Each dance is broken down step by step whereby participants increase their balance, coordination, and endurance. All skill levels are welcome. No partner is required.

8-week sessions | Fridays | 10:30am | \$10
April 15 - June 3, 2022

Jive Dance Class | Recreation Park |

Ages 18+

A lively style of dance made popular by the rockabilly scene of the 1950's, performed to swing or rock and roll music. Get ready to stroll, bop and jive! No partner needed just the will to dance.

Second Wednesday of the Month | 5pm | \$20
Next classes: April 13, May 11, & June 8

Music Class | Las Palmas Park |

Ages 18+

Learn to play an instrument, singing techniques and participate in community presentations.

Monthly | Tuesdays | 9am | \$20

3 Wins Fitness Program | Recreation Park |

Ages 18+

A nationally recognized community exercise program focused on promoting healthy and active lifestyles. The program is led by Kinesiology students from CSUN and offers a structured curriculum modified to three levels of fitness: Introductory (basic, modified exercise), Beginner (moderate intensity), Advance (high intensity) and Senior Fitness (Champions for Life).

Weekly | Mon, Wed & Fri | 8:15am | Free

RECREATION

COMMUNITY & FITNESS CLASSES



Total Body Conditioning | Recreation Park | Ages 18+

Moderate-to-high intensity full body workout designed for all fitness levels. Develop strength, balance and endurance through cardio and resistance training while increasing cardiovascular agility, burning calories and sculpting your body.

Monthly | Mon-Thu | 7:00pm | \$50



Yoga | Recreation Park | Ages 18+

Increase flexibility through stretching, relaxation and breathing exercises all the while developing muscle tone and enhancing coordination and balance. Great classes for beginners, mat required.

Monthly | Tuesdays | 5:30pm | \$40

Monthly | Fridays | 8am | \$40

Inclusive Zumba | Recreation Park | Ages 16+

High energy, calorie burning dance party modified for individuals with limited mobility or special needs. A parent/guardian or caretaker must accompany the registered participant.

Monthly | Wednesdays | 6:30pm | \$15
Zoom Class option available at registration



Zumba | Recreation Park | Ages 18+

Ditch the workout and join the dance party! Zumba combines low and high intensity dance moves through choreographed routines to offer an interval style, calorie burning dance fitness party suitable for all fitness levels.

Monthly | Mondays | 5pm | \$20

Monthly | Tue/Thu | 7pm | \$40

Monthly | Fridays | 6pm | \$20



RECREATION

YOUTH & ADULT SPORTS

Johnny Allen Tennis | Pioneer Park |

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.

3-week sessions | Saturdays | 8:15am - 12pm
Ages 3-5, \$40 - \$45 | Ages 6-17, \$50 - \$55

Apr. 9 - 23, 2022

May 7 - 21, 2022

Jun. 4 - 18, 2022

Karate | Las Palmas Park |

Ages 5-16

Class will teach the traditional form of martial arts known as Shotokan Karate. Sensei Paul Gale will focus on the basic techniques of punching, striking, kicking, blocking and partner drills. The class will emphasize calisthenics, stretching and overall respect towards others.

Monthly | Saturdays | 9am | \$45



Youth Evolution Sports Clinics |

Ages 3-13

The sports clinic program is a 4-week introduction to Basketball and Soccer for kids ages 3-13. Participants will learn fundamental concepts and focus on techniques using activities that build on each other and help gradually increase their ability to play the sport.

Basketball | Mondays | 5:30pm | \$55 - \$60

Apr. 11 - May 2, 2022 | Las Palmas
(ages 3 - 8)

May 16 - Jun. 13, 2022 | Las Palmas Park (no class 5/30)

Soccer | Thursdays | 5:30pm | \$55 - \$60

Apr. 14 - May. 5, 2022 | Layne Park

May. 19 - Jun 9, 2022 | Layne Park



Youth Basketball (Summer)|

Ages 7-16

League is designed to provide community youth with the opportunity to develop their skills, learn the importance of teamwork and good sportsmanship all while participating in healthy competition and having fun.

10-week program | Jun-Aug, 2022 | \$70-\$80

**FOR MORE INFORMATION OR
REGISTRATION LINK VISIT
[SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)**

SPECIAL INTEREST

Casa de Lopez Adobe

The two-story Monterey-type adobe town house was completed in 1883 by Valentin Lopez as a gift for his sister Catalina and her husband Geronimo Lopez. The family lived in the area long before the city of San Fernando was conceived and became known as the town's "first family." Members of the Lopez family lived in the adobe until 1962. 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.



Guided Tours | 4th Sunday of the month | 1 - 4pm or by appointment, call (818) 898-1290.

Cesar E. Chavez Memorial

The memorial honors the life, work and legacy of Cesar E. Chavez and includes artistic elements such as a mural, statues and eagle fountain which reflect the struggle of the farm workers. Open year-round for self-led tours.



San Fernando Recreation and Community Services



CLICK HERE TO ACCESS OUR CONVENIENT ONLINE REGISTRATION SYSTEM ON MYREC.



Let's explore your Medicare plan options

- Discuss your specific health needs
- Review your plan options
- Walk through the enrollment process

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
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CA Lic. # 0D96598 Authorized Agent
Hablo español.

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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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FREE INCOME TAX PREPARATION

LAS PALMAS PARK

January 29, 2022 - April 9, 2022

Saturdays | 10:00 a.m. - 2:00 p.m.

To make an appointment, visit csun.edu/vita.

For more information or assistance, call
(818) 677-3688.

