

FALL

2023

CITY OF SAN FERNANDO

RECREATION & COMMUNITY SERVICES



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.



DEPARTMENT OFFICES

Recreation Park
208 Park Ave.
818-898-1290 | Mon. - Fri. 9-5 PM

Las Palmas Park
505 S. Huntington St.
818-898-7340 | Mon. - Fri. 9-5 PM

CONTACT US

Recreation@sfcity.org

Visit SFCITY.org/SFRecreation
to download this current issue to your PHONE

Fall 2023

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SPECIAL INTEREST

Casa Lopez Adobe
Cesar E. Chavez Memorial

Facilities & Rentals

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

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 our website sfcity.org/sfrecreation for additional information or call us at (818) 898-1290 for location availability.

* Parks with
Facilities & Community Centers



FACILITIES

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.

Cindy Montañez Natural Park
801 Eighth St.



Recreation Scholarship Program

The San Fernando City Council established a Recreation Scholarship Program (RSP) to assist families wishing to participate in the fee-based programs offered to San Fernando residents. RSP assistance is available to San Fernando residents for all recreational programs offered by the Recreation and Community Services Department, including programs for youth, adults, and seniors.



ELIGIBILITY

- Must be a resident of the City of San Fernando
- Complete a brief self-certifying form
- Include proof of San Fernando residency
- Assistance will be available on a first come, first serve basis.
- Program based on availability

Apply at:

RECREATION PARK | LAS PALMAS PARK
OR [SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)

Recreation

Leisure & Fitness Classes



MUSIC CLASS

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

Ages: 18+

Monthly | Tue. | 9 AM

Las Palmas Park | \$20



CLASE DE CANTO

Descubra el instrument de la voz. El estudiante aprendera vocalizacion, diccion, cuadratura y afinacion para lograr expresar un canto con sentimiento y proyectar una emocion efectiva a su publico. (Instruccion en Español)

Edades: 18+

Mensual | Jue. | 9 - 11 AM

Parque de Las Palmas | \$30



LINE DANCING

Explore different styles of Line Dance with a variety of music including country, pop, rock & roll, latin and big band.

Ages: 18+

Sep. 27 - Nov. 15

8-week session | Wed. | 10 AM

Recreation Park | \$25

TOTAL BODY CONDITIONING

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.

Ages: 18+

Monthly | Mon. - Thu. | 7 PM

Recreation Park | \$60



INCLUSIVE ZUMBA

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.

Ages: 14+

Monthly | Mon. or Wed. | 6:00 PM

Recreation Park | \$15



3 WINS FITNESS

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).

Ages: 18+

Weekly | Mon., Wed., Fri. | 8:15 AM

Las Palmas Park | Free



Recreation

Sports



JOHNNY ALLEN TENNIS

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.

Ages: 3-17

Oct. - Dec. | 3-week sessions | Sat.

8:15 AM - 12 PM | Pioneer Park

Ages 3-5: \$40 - \$45 | Ages 6-17, \$50 - \$55

KARATE

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.

Ages: 5-16

Monthly | Sat. | 9 AM

Las Palmas Park | \$45

WINTER YOUTH BASKETBALL

Ages: 7-14

Jan. - Mar. 2024

Games are played on Saturdays

Recreation Park | 9 AM-5 PM

Pre-season trainings and evaluations scheduled in November. Season runs January - March 2024.



VOLLEYBALL OPEN GYM

Bump, set & spike! Volleyball open gym is a free drop-in program for adults.

Thu. | 5-9 PM | Recreation Park

PICKLEBALL OPEN GYM

Sep. 12 - Nov. 14

Tue. | 5-9 PM | Recreation Park | Free

Pickleball instructional Class | 5:30-6:30 PM

All abilities welcome

Equipment available for use

MISSION CITY BASEBALL

Ages: 3-14

Mar. - May 2023 | Las Palmas Park

Fool 3-4 | \$125, \$135

Shetland 5-6 | \$150, \$160

Baseball 7-14 | \$170, \$180

RSP eligible

COACHES NEEDED

Call (818) 898-1290 to inquire



**BUILD
YOUR BODY
BUILD YOUR LIFE**



Sign up for a complimentary class today! Just send us an email with your name, number, email and preferred day and time you'd like to attend.

OUR *SERVICES*

GROUP CLASSES

High energy 55 minute workouts that host up to 24 participants at a time. Lower body. Upper body. Full body. 3 day splits to hit every muscle group 7 days a week. Where weightlifting meets bootcamp.

PERSONAL TRAINING

Work closely with one of our personal trainers to help you reach your goals. Sign up today for one on one, semi private or partner training!

NUTRITION COUNSELING

Get a comprehensive nutrition program with a dedicated coach keeping you on track!



ABOUT OUR *FACILITIES*





GROUP CLASS FACILITY

Specifically designed to accommodate up to 24 participants for our group classes. Equipped with squat racks, benches, cable machines and much more to deliver the best workouts for our members.

PERSONAL TRAINING FACILITY

A fully equipped private space dedicated to personal training. From squat racks to dumbbells, to cable machines: our personal training facility is the perfect place to start or continue your fitness journey.

OUR *CONTACT*

-  UPLIFTEDATHLETICS@GMAIL.COM
-  (818) 928 - 7204
-  1023 PICO ST, SAN FERNANDO, CA 91340
-  WWW.UPLIFTEDATHLETICS.COM
-  @UPLIFTEDATHLETICS

**START YOUR
TRAINING TODAY**



 **WEBSITE**



 **CLASS SCHEDULE**

Community Services

Community & Youth Services



TUTCINT

Tutčint Youth Empowerment is now enrolling for our next six-month program. We aim to raise Academic Achievement, promote Cultural and Community engagement.

Online Tutoring | Tue.

Cultural Program | Thu. | Las Palmas Park/ online via Zoom

Recreation/Outings | Monthly

For more information 818-639-3932 ext 2003



TEENS FOR A BETTER COMMUNITY

Teens for a Better Community includes interactive activities with local organizations and monthly meetings. Every hour participating in TBC can count towards service learning hours.

Wed. | Oct. 25, Nov. 15, Dec 13

6 PM – 7:30 PM | Las Palmas Park

If you would like to register for the program or get updates and information email

CMoreno@sfcity.org and JSalasesfcity.org



Community Services

Senior Services



LAS PALMAS SENIOR CLUB

A membership-driven program designed to give seniors a place to gather and socialize.

Club activities include monthly meetings, dances, and excursions.

Ages: 55+ | Fees: \$42.00/year

Meeting Schedule

Las Palmas Park

Sun. | 1:30 PM

Oct. 1 | Nov. 5 | Dec. 3

Dance Schedule

Las Palmas Park

Sat. | 7:00 p.m.

Oct. 14 | 7 PM

\$15 MEM/ \$25 NON-MEM

Nov. 18 | Dinner: 5 PM | 7 PM

\$30 MEM/ \$35 NON-MEM

Dec. 17 | Dinner: 5 PM | 7 PM

\$30 MEM/ \$35 NON-MEM

Senior Trips

Oct. 8 | California Avocado Festival

Oct. 21 | Agua Caliente Casino

Nov. 4 | Downtown Temecula & Falkner Winery

Nov. 10 | Chumash Casino

Dec. 2 | Viejas Casino

Dec. 17 | Noche Buena | Soraya Theater



PARK AVE CLUB

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

Tue. | 9 AM

Recreation Park | Free

Park Bingo | 9:45 AM-11 AM

Bingo playing cards | \$6 each or 2/\$10

CRAFTY LADIES

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

Wed. | 9 AM

Las Palmas Park | Free

ELDERLY NUTRITION PROGRAM

Mon. - Fri. | 11 AM to 12 PM

Las Palmas | Free

Dining room opens at 10 AM

Must be 60 years or older to participate

To register call (818) 654-8990 or email
COUNTYMEALS@ONEGENERATION.ORG

Provided by One Generation

CALLING ALL VOLUNTEERS!

Be a part of the team! Volunteers must be 18 years of age, enjoy working with seniors, and willing to work in a variety of areas such as: meal services, participant check-in, room setup/tear down, and as activity lead.

Call us today for more information, [818-898-7340](tel:818-898-7340).



**Optum
proudly
supports**

Las Palmas



Caring for more
than **2 million**
patients in California.

Visit **optum.com/california** for
more information.

SENIOR ZUMBA

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.

Ages: 55+

Monthly | Tue. | 10:30 AM

Las Palmas Park | FREE

Sponsored by Optum

Must register monthly

CHAIR ZUMBA

Chair Zumba combines low to mid intensity dance moves through choreographed routines to offer an interval style, calorie burning dance fitness party suitable for all fitness levels. All of the routines are done by sitting on a chair and includes some exercises leaning on a chair.

Ages: 55+

Monthly | Thu. | 10:30 AM

Las Palmas Park | \$10/ month

MOVEMENT FOR LIFE

Come join our instructor, David Jimenez in a fun fitness challenge. Build your strength and endurance through challenging but rewarding workouts to help you feel independent.

Monthly | Wed. | 9 AM

Las Palmas Park | \$10/ month

PARTNERS IN CARE WELLNESS CLUB

The arthritis exercise program will help you...

- Keep joints flexible and muscles strong
- Increase Energy
- Improve your well-being
- Sleep Well

Sep 26 - Nov. 2 | Tue & Thu. | 11:30 AM-12:30 PM
Recreation Park | Free

DOCTOR TALKS WITH REGAL MEDICAL GROUP

Las Palmas Park | Free

Ask the Pharmacist | Sep. 8 | Fri. | 9:30 AM
Medicare 101 Workshop | Oct. 6 | Fri. | 9:30 AM
Be Red Cross Ready * | Nov. 3 | Fri. | 9:30 AM
Kidney Care | Dec. 1 | Fri. 9:30 AM
* includes a hands only CPR demo



PLATICAS DE LA VIDA CON CAFÉ

Acompáñenos para charlar sobre la vida y
conversar sobre nuestro dolor emocional,
nuestras ansiedades y mucho más.

12 de oct.

26 de oct.

9 de nov.

7 de dic.

9 AM | Las Palmas Park | Free



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



PICKLEBALL

Come and experience the fastest-growing sport in the country. If you have played tennis or ping-pong, you are sure to enjoy this exciting new game! Beginners are trained and will practice with staff. All equipment provided.

Weekly | Mon. | 10 AM
Las Palmas | Free

CHAIR YOGA

Chair Yoga is a form of exercise specifically geared towards the elderly. Benefits include increased mobility and flexibility, improved mental health, and reduced stiffness and stress.

Monthly | Fri | 9 AM
Las Palmas | \$30/ month

LAS PALMAS MONTHLY BIRTHDAY CELEBRATION

Come join us on the first Wednesday of the month to celebrate birthdays. Birthday cake, coffee and tea will be provided.
Co-Sponsoring Pink Tree Insurance

For Seniors 55+ | 10 AM-11 AM
We'll sing happy birthday at 10:15 AM.

WALKABLE WEDNESDAYS

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

Weekly | Wed. | 8:30 AM
Las Palmas Park - Picnic Tables | Free

PARK BINGO

Fri. | 11 AM - 12 PM
Las Palmas | Bingo playing cards -\$6 or
\$10 for 2

TECH WEDNESDAYS FOR SENIORS

Having trouble using your smart device? Do you need the confidence to get started? We can help! Learn how to download an application, set up an email and more. Call for an appointment.

Computer Lab Hours coming soon!
For more information call Las Palmas Park at 818- 898-7340

CRAFTS FOR SENIORS

TIE DYE MONDAYS

Bring your clothing and create a fun design with fun colors on your shirts.

Mon. | 10 AM

Las Palmas Park | Free

Sep. 11 | Tie dye T-shirt

Oct. 9 | Tie dye Shorts

Nov. 13 | Tie dye Socks

*Socks, t-shirt, and shorts are not provided.

HOLIDAY CARD MAKING

It's that time for giving. Drop by and create your own personalized holiday card for a friend.

Dec. 11 | Mon. | 10 AM

Las Palmas Park | Free

RSVP online or at Las Palmas Park

Register online or at Las Palmas Park.

AGE YOUR WAY SENIOR SOCIALS AND FESTIVITIES

NOON MATINEE

12PM | Las Palmas Park | Free

Oct. 1 | Book of Life

Nov. 2 | Queen Bees

Dec. 7 | Home Alone

HALLOWEEN COSTUME PARTY

Trick or treat! Come have fun at our annual "Monster Mash" for Seniors. Don't forget to dress up in your scariest Halloween costume.

The fun starts at 12 PM.

Oct. 31 | Tues | 12 PM - 2 PM

Las Palmas Park | FREE

RSVP online or at Las Palmas Park.

THANKSGIVING DROP-N-GO TREAT THE GIFT OF CORN

Stop by and enjoy a CORNy treat on us.

Nov. 20 | Mon. | 10 AM-12 PM

Las Palmas Park

RSVP online or at Las Palmas Park.

JINGLE BELL ROCK OUT - HOLIDAY PARTY

Come and celebrate the season with us.

Raffles, music, photobooth, and more!

Don't forget to wear your most festive sweaters

Dec. 15 | 12-2 PM

Las Palmas Park

RSVP online or at Las Palmas Park



PRESENTACIONES EDUCATIVAS POR ALZHEIMER'S LOS ANGELES

Hay que crear una conciencia sobre la salud cerebral, la demencia y la enfermedad de Alzheimer. Asiste todas las clases y reciba un certificado de finalización

Problemas con la memoria y el Alzheimer: ¡Platiquemos! | Oct. 4 | 12 PM

Como crear un hogar más seguro | Oct. 11 | 12 PM

Comportamientos y la enfermedad de Alzheimer: Utilizando ¡IDEA! | Oct. 18 | 12 PM

Comunicación y Demencia: Como comunicarnos con una persona que vive con pérdida de memoria | Oct 25 | 12 PM

¡Reserva su espacio hoy! Llame al parque de Las Palmas al 818-898-7340.

Cultural Arts



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.



AZTEC DANCE

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.

Ages: 5+
Monthly | Thu. | 7 PM
Las Palmas Park | Free/Drop In

FOLKLORICO

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.

Ages: 5+
Sep. 29 - Dec. 15
10- week sessions | Wed. or Fri. | 7 PM
Las Palmas Park | \$50-\$55



Events



SAN FERNANDO VALLEY MILE & DIA DE LOS MUERTOS FESTIVAL

Come join us for our annual San Fernando Valley Mile Run & Dia de los Muertos Festival

Oct. 28, 2023 | 8:30 - 5 PM

Health Expo: 8:30 - 11 AM

Dia de los Muertos Festival: 11 AM - 5 PM

Race starts on Maclay st. & 8th st.

Elite Run: 8:30 AM

Perfect Mile Run: 8:45 AM

Family Mile Walk/ Run: 9 AM



Dia de Los Muertos Festival

Maclay St. / 3rd st.

Artisan & Food vendors

Entertainment

Dia de los Muertos Altars



TREE LIGHTNING FESTIVAL

Kick off the holiday season with the lighting of the Downtown holiday tree. Join us for all the festive fun with holiday carols, entertainment, visit from Santa himself and more!

Sat. Dec. 2, 2023 | 5 PM - 9 PM

Downtown San Fernando

Special Interest

CASA LOPEZ ADBOBE

Tours are back!

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.

Free Tours

Oct. 21 & Dec. 2 | 5-8 PM or by appointment, call (818) 898-1290.

For more information on monthly events visit:
www.SFCity/SFRecreation.org

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.