



THE CITY OF SAN FERNANDO

RECREATION AND COMMUNITY SERVICES PROGRAM & SERVICE GUIDE

FALL 2024

OCTOBER TO DECEMBER



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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. 9:00AM-5:00PM

Las Palmas Park
505 S. Huntington St.
818-898-7340
Mon. - Fri. 9:00AM-5:00PM

CONTACT US

Recreation@sfcity.org

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

SPECIAL EVENTS

DAY OF THE DEAD CULTURAL FESTIVAL | 10.26.24 11AM - 4PM | RECREATION PARK

Join us at our annual Day of the Dead festival as we come together as a community to honor and celebrate loved ones who have gone before us. The day will be filled with vibrant and elaborately decorated altars, music and dancing.

HOLIDAY TREE LIGHTING | 12.7.24 | 5PM - 9PM DOWNTOWN SAN FERNANDO

Help us get ready this holiday season with our most celebrated time of the year, our annual Holiday Tree Lighting celebration! Join us for a night filled with festive decorations, live music, dancing, caroling and the lighting of the Holiday tree.

Visit the Lopez Adobe where Santa's Village comes to life with arts and crafts, games, music and photos with Santa himself!



LEISURE CLASSES

CLASE DE CANTO

Descubra el instrumento de la voz. El estudiante aprenderá vocalización, dicción, cuadratura y afinación para lograr expresar un canto con sentimiento y proyectar una emoción efectiva a su público. (Instrucción en Español)

Edades: 18+ | Mensual \$35 | Jueves 9:00AM
Parque de Las Palmas

MUSIC CLASS

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

Ages: 18+ | Monthly \$25 | Tuesdays at 9:00AM
Las Palmas Park

LINE DANCING

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

Ages: 18+ | 8-week session \$25 | Wednesdays at 10:00AM
Las Palmas Park

ACADEMIC DRAWING

This class will focus on perspective, shapes, composition and rendering techniques. Each lesson is a stepping stone for the next one. Classes are two hours with a break in between to allow the creativity to flow.

Ages: 8-12 | 7-week session \$90
October 16 - November 27 4:00PM-6:00PM
Las Palmas Park

*Holiday Class Pass - free class trial in December



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 \$25 | Monday and Wednesday at 6:00PM
Recreation Park

*Holiday Class Pass - free class trial in December

3 WINS FITNESS SAN FERNANDO

A nationally recognized community exercise program focused on promoting healthy and active lifestyles.

Ages: 18+ | Weekly *no fee | Monday/Wednesday/Friday
8:15AM | Recreation Park

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 \$60 | Monday - Thursday at 7:00PM
Recreation Park

*Holiday Class Pass - free class trial in December



YOUTH SPORTS



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 \$45 | Saturdays at 9:00AM
Las Palmas Park

*Holiday Class Pass - free class trial in December

NINJA NINJA LEARNS

Ninja Ninja Learns is an enrichment program introducing students to fundamental martial arts elements like blocking, striking, stances, and situational awareness in a non-contact and non-competitive environment.

Did you know there are more than 200 Kung Fu styles? Originating in Chinese culture, Kung Fu, which translates as "hard work", has been used as a means of self-defense, exercise, and entertainment for more than one thousand years. Most of those styles were inspired by their practitioners observing insects, birds, and mammals in the wild. Through play-based target drills, group games, and physical challenges, children will learn about animal Kung Fu these upcoming sessions!

Ages 2-12 | \$90

September 7 - October 26 & November 2 - December 21
Saturdays 9:00AM-11:45AM | Rudy Ortega Sr. Park



TINY TYKES

Participants will learn the fundamental skills of basketball, soccer, kickball and more.

Ages 3-6 | \$35 San Fernando Residents / \$45 Non-City Residents
Saturdays | October 5 - November 9

Level 1 (Ages 3-4): 9:00AM | Level 2 (Ages 5-6): 10:00AM





NO LIMIT BASKETBALL FALL CLINIC

Participants will build fundamentals in basketball through games, activities and challenges designed to teach proper form and technique. The clinics focus on the importance of sportsmanship and teamwork to be successful in the game.

October 2024 | 4-weeks | Recreation Park | \$30-\$40
In-Session



YOUTH BASKETBALL WINTER LEAGUE

Ages: 7-14 | January - March 2025
\$80 City Resident / \$90 Non Resident
Saturdays 9:00AM-5:00PM | Recreation Park
*\$5 off before 11/30/24
*Late registration fee of \$20 after 12/14/24



MISSION CITY FALL BALL

Youth baseball program for young athletes ages 3-14.
September - November 2024
In-Session



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 | October 12-26 & November 2-16
Saturdays 8:15AM-12:00PM | \$40-\$55
Pioneer Park

YOUTH PROGRAMS



TEENS FOR A BETTER COMMUNITY

Teens for a Better Community (TBC) is a youth leadership program that empowers high school students to take part in community service projects, summer/winter camps, and city-wide events.

Upcoming Meeting Dates: Oct. 23 | Nov. 13 | Dec. 11

Recreation Park at 6:00PM-7:30PM

For more information: (818) 898-1290/ jsalas@sfcity.org



TUTCINT

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

Online Tutoring - Tuesdays | Cultural Program - Thursdays

Las Palmas Park Rec/Outings | Monthly Incentives

For more information 818-639-3932 ext 2003 <https://www.pukuu.org>



AFTER SCHOOL TEEN PROGRAM

The park facilities will be open for teens in our community for homework help, open gym, games and other activities.

Ages 11-17 | Monday - Friday | 3:00PM-6:00PM

Recreation Park



WINTER CAMP

3 fun-filled weeks of winter activities for children ages 5-13 years.


December 16 - January 3 | Monday - Friday | 7:30AM-6:00PM

\$120 per child/per week

*Registrations begin November 18 - December 15

CULTURAL ARTS


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+ | September 20 - December 12 | 12 week session
Wednesday or Friday at 7:00PM | Las Palmas Park | \$60-\$65


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 *no fee
Thursdays at 7:00PM | Las Palmas Park

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, call to inquire.
(818) 898-1290



ADULT SPORTS



ADULT COED SOFTBALL

Fun, friendly and competitive adult coed league.
Fall Season In-Session
Tuesdays 6:00PM-10:00PM | Recreation Park



ADULT BASKETBALL

The Wednesday night league is designed for adults ages 18 & up.
Teams will play 5 on 5 with a maximum of 12 players on the roster.
Fall Season In-Session
Wednesdays 6:00PM-10:00PM | Recreation Park



ADULT VOLLEYBALL

Bump, set & spike!
Volleyball open gym is a free drop-in program for adults.
Year Round
Thursdays 5:00PM-9:00PM | Recreation Park



PICKLEBALL

Looking to improve your skills or just have some fun? Come out to our Pickleball Open Gym! All abilities welcome.
Equipment available for use
Tuesdays 6:00PM-9:00PM | Recreation Park
Free Pickleball instructional class 5:30PM-6:30PM

SENIOR WELLNESS PROGRAMS

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 \$30 | Fridays at 9:00AM
Las Palmas Park

WALKABLE WEDNESDAYS

Come stroll with us every Wednesday to complete 30 minutes of walking. Everyone is welcomed to walk at their own pace.

Weekly *no fee | Wednesdays at 8:30AM
Las Palmas Park Picnic Tables

CHAIR ZUMBA GOLD

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 \$10 | Thursdays at 10:30AM
Las Palmas Park

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).

ZUMBA GOLD

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 *no fee | Tuesdays at 10:30AM

Las Palmas Park

*Must register monthly

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 \$10 | Thursdays at 8:00AM

Las Palmas Park

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 *no fee | Mondays at 10:00AM

Las Palmas Park



SENIOR SOCIALS

MONTHLY BIRTHDAY CELEBRATION

Join us on the first Wednesday of the month to celebrate birthdays. Birthday cake, coffee, and tea will be provided.

Co-Sponsor: Pink Tree Insurance

For Seniors 55+ | 10:00AM-11:00AM

*We will sing Happy Birthday at 10:15AM



NOON MATINEE

Take a break and immerse yourself in a captivating film during an afternoon. Grab your friends and enjoy a cinematic escape!

Las Palmas Park | Free

Oct. 3 | Cantiflas en El señor fotógrafo

Nov. 7 | La India Maria: El Coyote Emplumado

Nov. 14 | Tom Hanks- Greyhound

Dec. 5 | Elf



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. Check-in by 12:30PM to participate in the Costume Contest!

Thursday, October 31, 12:00PM-2:00PM

Las Palmas Park | \$2 fee

Register online or at Las Palmas Park



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.



THANKSGIVING DROP-N-GO - THE GIFT OF CORN

Stop by and enjoy a CORNy treat on us.
Monday, November 25, 10:00AM-11:00AM
Las Palmas Park | \$2 fee
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.
Friday, December 20, 12:00PM-2:00PM
Las Palmas Park | \$2 fee
Register online or at Las Palmas Park

ELDERLY NUTRITION PROGRAM

Must be 60 years or older to participate.
To register call (818) 654-8990 or email
CountyMeals@Onegeneration.org Provided by One Generation
Weekly | Free Monday - Friday | 11:00AM-12:00PM
Las Palmas Park
Dining room opens at 10:00AM



**Brandman Centers
for Senior Care PACE**
LOS ANGELES JEWISH HEALTH



Program of All-Inclusive Care for the Elderly (PACE)

BCSC PACE provides seniors with vibrant activity centers and dedicated care teams helping participants stay healthy, active and mentally engaged while still residing in their homes.

BrandmanSeniorCare.org
(818) 774-8444



MONTHLY SENIOR CRAFTS

TUESDAY THERAPY

Did you know that coloring is a great way to relax and improve your brain's function? Stop by our coloring table to pick up a coloring sheet.

Weekly *no fee | Tuesdays at 10:00AM
Las Palmas Park
*Supplies provided



DAY OF THE DEAD - CLAY WORKSHOP

Don't miss the chance to transform modeling clay into a one-of-a-kind masterpiece with skull art, adorned with vibrant flowers and dazzling beads.

Monday, October 7, 9:30AM-11:00AM
Las Palmas Park | \$5 fee
Register online or at Las Palmas Park



FALL FABRIC ART BOARD

Join us for a fun and creative art class where fabric, ribbons, and your imagination come together to transform a simple cutting board into a stunning piece of art.

Monday, November 18, 9:30AM-11:00AM
Las Palmas Park | \$5 fee
Register online or at Las Palmas Park



WINTER WALL ART

Join RCS Staff for a hands-on art class to create a stunning winter holiday-inspired hanging wall decor using modeling clay.

Monday, December 2, 9:30AM-11:00AM
Las Palmas Park | \$5 fee
Register online or at Las Palmas Park



SENIOR CLUBS

LAS PALMAS SENIOR CITIZENS 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. | 1:30PM
Oct. 6 | Nov. 3 | Dec. 8

Dance Schedule

Las Palmas Park
Oct. 19 | Nov. 23 | Dec. 14
Dec. 31

Senior Trips

Oct. 7 | Aquarium of the Pacific
Oct. 12 | Morongo Casino
Nov. 1 | Placita Olvera
Dec. 7 | Viejas Casino



PARK BINGO

Fridays from 11:00AM-12:00PM

Las Palmas Park

Bingo playing cards, \$6 or 2 for \$10



CRAFTY LADIES

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

Wednesdays at 9:00AM

Las Palmas Park



PARK AVENUE CLUB

Weekly social club gathers for crocheting, bingo and monthly potlucks. Birthday Celebrations on the last Tuesday of each month.

Tuesdays at 9:00AM | Recreation Park

Free Crafting from 9:00AM-11:00AM

Bingo from 9:45AM-11:00AM | Bingo playing cards, \$6 or 2/\$10



WORKSHOPS



TECHNOLOGY ASSISTANCE

Technology Wednesday

Get one-on-one assistance with your devices— smartphones, tablets, or laptops! Call Las Palmas Park at (818) 898-7340 to schedule your appointment.

Technology Workshops

Call Las Palmas Park at (818) 898-7340 to learn about upcoming dates!



CUIDÁNDONOS JUNTOS

Únase a nuestro taller educativo sobre salud cerebral y Alzheimer, diseñado para informar y empoderar a la comunidad.

9:00AM–10:30AM | Las Palmas Park

Jueves, 3 de octubre y Jueves, 7 de noviembre

*Se le ofrecerá un refrigerio.





DOC TALKS WITH DR. POULOSE

Join Dr. Poulose for an hour of valuable information and learn new ways to maintain and improve your health.

DIET & NUTRITION IN THE ELDERLY

Friday 9:30AM-10:30AM | Las Palmas Park
October 4
Please RSVP

LUNCH & LEARN DOC TALK SERIES

Wednesdays 12:00PM-1:00PM | Las Palmas Park
October 9 - Medicare 101 Educational Workshop
October 23 - Prescribed Medication vs. Over-the-Counter Medication
November 13 - Blood Pressure Management
*Light lunch will be provided.
Please RSVP



CLASES DE INGLES

Únase a nuestra clase de inglés y aprenda a decir números, identificar figuras y sustantivos. Para inscribirse en nuestra próxima sesión, ¡llámenos!
Las Palmas Park



RESOURCES



BUSINESS & COMMUNITY RESOURCE CENTER

Discover our vibrant hub for information, resources, and collaboration on business growth, community, and housing support!

San Fernando City Hall
117 N. Macneil St., San Fernando
Hours of Operation: Monday - Thursday
9:00AM-12:00PM & 2:30PM-5:30PM
Resources@sfcity.org



Scan for contact information!



FOOD SECURITY RESOURCES

ONEgeneration- Elderly Nutrition Program

Mon.- Fri. | 10:00AM-12:00PM | Las Palmas Park
Call: (818) 654-8007 | countymeals@onegeneration.org
*Meal program for individuals 60+; Registration on-site
*Home delivered meals for San Fernando residents

LA Regional Food Bank

First Monday of the month | 9:00AM-11:00AM | Las Palmas Park
Call: (323) 234-3030 ext. 170
*Meal program for individuals 60+; ID Required

Lighthouse of San Fernando

Fridays | 3:00PM-4:00PM | 622. N. Maclay Ave., San Fernando
Call: (818) 403-6432

St. Ferdinand Outreach Center

2nd & 4th Friday of the month | 9:00AM-11:00AM
Call: (818) 365-3194
1040 Coronel St., San Fernando

WIC (Moms, Babies & Kids under 5)

Call 1-888-WIC-WORKS | Call 2-1-1 for walk-up distribution sites
CalFresh (individuals of Families) | 1-866-613-3777 | GetCalFresh.org

SPECIAL INTEREST

CASA DE LOPEZ ADOBE

The two-story Monterey-type adobe home 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.

Tour Dates

October 26 & December 7

5:00PM-8:00PM

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.



PARKS & FACILITIES

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 (818) 898-1290 for location availability.

* Parks with Facilities or Community Centers

Facilities

1. Casa de López Adobe

1100 Pico St.

- Lopez Adobe House
- Restrooms
- Fountain
- Street parking

2. Cesar E. Chavez Memorial

Truman & Wolfskill

- Walking Path
- Cesar E. Chavez Statue, Memorial, & Mural
- Eagle Fountain Wall

3. Las Palmas Park*

505 S. Huntington St.

- Indoor Facility: Multi Purpose Rooms & Gymnasium
- Outdoor Baseball Fields (4) & Basketball Courts
- Playground & Fitness Area
- Picnic Areas & Public BBQs
- Restrooms

4. Layne Park

120 N Huntington St.

- Outdoor Basketball Courts
- Playground & Picnic Area

5. Pioneer Park

828 Harding St.

- Outdoor Baseball Fields (2), Basketball Court, & Tennis Courts (2)
- Playground
- Picnic Areas & Public BBQs
- Restrooms

6. Rudy Ortega Sr. Park*

2025 Fourth St.

- Tea House
- Walking Trail

7. San Fernando Recreation Park *

208 Park Ave.

- Indoor Facility: Multi Purpose Rooms & Gymnasium
- Outdoor Softball Field & Basketball Court
- Playground & Fitness Areas (2)
- Picnic Areas & Public BBQs
- Restrooms

8. Cindy Montañez Natural Park

801 8th St.

- Walking Trail

RCS DIRECTORY

Administration

RCS Director: **Julio C Salcedo**
JSalcedo@sfcity.org | (818) 898-7381

Executive Assistant: **Maria Calleros**
MCalleros@sfcity.org | (818) 898-7380

Administrative Assistant: **Linda Bowden-Moreno**
LMoreno@sfcity.org | (818) 898-7349

Office Clerk (Las Palmas Park): **Soledad Chavez**
SChavez@sfcity.org | (818) 898-7340

Recreation & Community Services

RCS Supervisor (Recreation Park): **Maribel Perez**
MPerez@sfcity.org | (818) 361-7156

RCS Supervisor (Las Palmas Park): **Juan Salas**
JSalas@sfcity.org | (818) 898-1296

RCS Coordinator: **Marisol Diaz**
MDiaz@sfcity.org | (818) 898-7341

Social Services Coordinator: **Cristina Moreno**
CMoreno@sfcity.org | (818) 898-7350

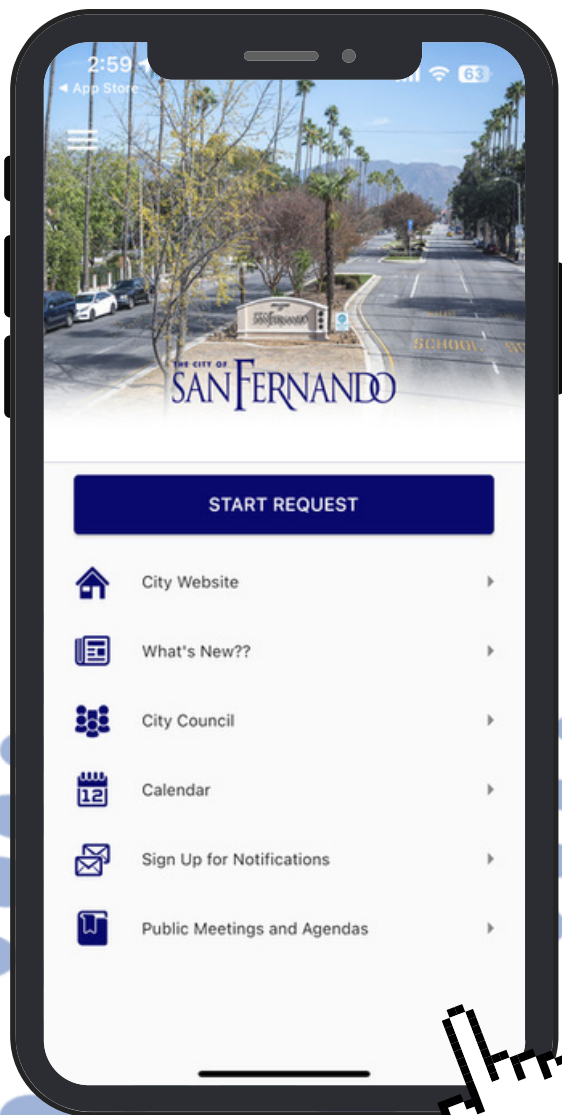
RCS Program Specialist (Recreation): **Freddy Tapia**
FTapia@sfcity.org | (818) 898-7360

RCS Program Specialist (Community Services): **Patty Garcia**
PGarcia@sfcity.org | (818) 361-7155





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