

# RecScape

*Escape thru Play, Exercise and Creativity*

## *What's Happening...*

### **Recreation Month** We are Parks & Recreation

### **Las Palmas Golden Fun Club** Virtual Activities for Older Adults

### **Camp at Home** Activities for Kids

### **Virtual Fitness & Classes** Stay Active

### **Virtual Recreation & Community Services**

p. 818-898-1290

e. [recreation@sfcity.org](mailto:recreation@sfcity.org)

a. 208 Park Ave., San Fernando, CA

w. [www.sfcity.org/sfrecreation](http://www.sfcity.org/sfrecreation)



## **Recreation in the time of Quarantine**

The shutdown of parks and programming left our community in the dark for several months. Youth and adult leagues unfinished, seniors without a place to congregate and socialize and celebrations postponed. Covid-19 has definitely made an impact on the way we gather and recreate and as we adapt to our new reality we must be open to new ideas.

RecScape will provide a monthly list of activities, links and videos for community members of all ages to access directly from their home until we are able to reopen our facilities.

*Photo: Recreation staff and Cardio Instructor setting up for the Virtual Fitness video shoot.*



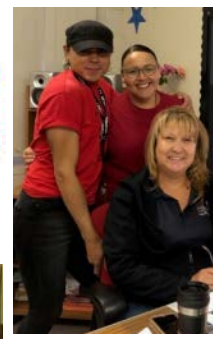
# JULY IS RECREATION MONTH



SAN FERNANDO  
Teens For A Better Community

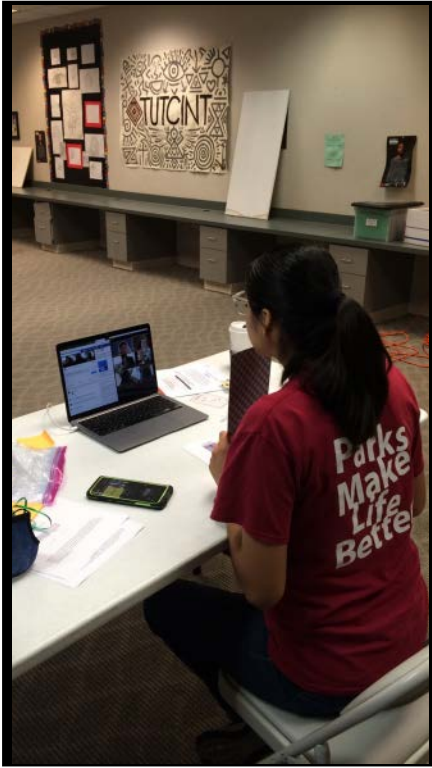


# WE ARE PARKS AND RECREATION





# LAS PALMAS GOLDEN FUN LEAGUE



On June 3rd the Community Services team kicked off the Las Palmas Golden Fun League, a virtual meeting for older adults ages 55+. Marisol, Linda and Juan led the inaugural activity, Coffee Chats, using Facebook Live to connect with seniors from our programs. Staff shared department updates and guests were able to ask questions and also share what they have been up to during the quarantine.



The fun continued on June 12th with a Lunchtime Trivia game on Facebook Live. Questions were all based on science ranging from easy common knowledge to head scratching scientist level questions. Everyone learned something new during the trivia.



We continued learning new ways to meet and greet from a distance. On June 17th staff used a Zoom meeting to play an exciting game of Loteria. Through Zoom, staff and participants were able to see each other for the first time since April, it was a thrill seeing one another. Loteria ended with a tie for first place between Emily Petito and Laura Almanza.

## ***Stay Connected and Join the Fun!***

If drinking coffee, chit-chat, games and fun exercises are your "cup of tea" then this virtual fun league is for you! July will feature more Loteria, Trivia, Coffee Chats, Bingo and "Chat with a Doctor".

Stay connected and learn of all the upcoming activities by following us on Facebook [@SFRecreation](#), don't forget to invite your friends!



# CAMP AT HOME

Check out our weekly themes and activities and join the fun! Click on the week you would like to view for links with step by step instructions and videos and start crafting and experimenting using supplies you have at home, projects for ages 5-13. Remember to submit your weekly photos at [Recreation@sfcity.org](mailto:Recreation@sfcity.org).

\*Trouble with the links? Just hold the CTRL button and click on the link or right-click and select "Open Hyperlink"\*

## SPIRIT WEEK

How To Draw the American Flag  
Salt Paintings  
Fireworks In a Jar  
Solar Oven Box Experiment



## WILDERNESS WEEK

Fruit Bird Feeder  
Cheerio Bird Feeder  
Popcicle Stick Bird Feeder  
Nature Portraits  
Twig Art  
Junior Ranger Activity Book  
Virtual Tour of 12 National Parks



## OUT OF THIS WORLD

Straw Rockets  
Balloon Rockets  
Balloon Powered Car  
Hand Soap Slime  
Virtual Field Trip: NASA



*Projects and activities were obtained from the following sources: YouTube, Pinterest & DIY.com*

## Summer Fun Week

Do It Yourself Lava Lamps  
Bubble Snake Maker  
Bubble Solution  
Magazine Paper Wall Art  
Magazine Wall Art- Heart  
Sharpie Tye Dye



## UNDER THE SEA WEEK

The Snail and the Whale  
Pufferfish  
Paper Plate Ocean Animals  
Sea Shell Creatures  
Driftwood Seahorse  
Virtual Exploration of the Coral Reef



## **NEXT MONTH'S PREVIEW:**

### **END OF THE SUMMER PIRATE WEEK**

**SPONGE BOATS / TREASURE CHESTS**  
**PIRATE SHIPS / PIRATE BATTLE SHIPS**  
**BATTLE SHIP WATER BATTLE**



## **MISSING YOUR CAMP COUNSELORS?**

Visit the [City website](#) for staff-led activity videos

- **Nature Pencil Holder**
- **San Fernando Camp Slime**
- **Lava Lamp & Color Bombs**
- **Homemade 5-minute Ice Cream**



Videos will be  
posted on July 6th





Grab your water and towel and start your workout today!

## VIRTUAL FITNESS

Is the "quarantine-15" getting the best of you? Check out our free virtual fitness classes led by some of our very own instructors. The classes are easy to follow and meant for all levels of fitness. Workout at your own pace from the comforts of your home.

Don't have any equipment at home? Don't worry, Berenice and Miguel show you how to use basic household items to tone and shed those quarantine pounds!

### VIRTUAL FITNESS CLASSES:

- [Total Body Conditioning with Berenice](#)
- [Total Body Cond.: Lower Body & Core](#)
- [Strength & Energy: Legs with Miguel](#)
- [Strength & Energy: Upper Body](#)
- [Zumba Dance Workout with Leilani](#)

## VIRTUAL LEISURE CLASSES

### KARATE @ Home

Great set of virtual classes for beginners or technique refreshers for more experienced students. Click below to get started!

- [Basic Technique](#)
- [Fighting Basics](#)
- [Stances](#)
- [Kicks](#)



### BASKETBALL @ HOME

The Jr.NBA offers many resources to help keep youngsters conditioned while at home. Click on the link below to access great videos covering everything from warm ups, drills, workout sessions and some fun games and challenges.

- [Jr. NBA at Home](#)



## STAY CONNECTED

Visit the City website for updates & news:

[www.sfcity.org/sfrecreation](http://www.sfcity.org/sfrecreation)



# HEALTH & WELLNESS TIPS

## 12 ways to stay Happy & Healthy



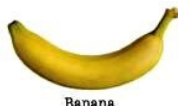
Leafy Greens  
boost Energy



Walnuts - Omega 3  
brain nutrients



Smiling releases  
happy hormones



Banana  
boosts serotonin



Spend time  
in nature



Epsom Salt  
Calming



Oats  
Eases Depression



Cayenne Peppers  
Relieves Depression



Water Hydration  
More Energy less stress



Green Smoothie  
Energy boost, zap!



Almonds  
Brain Food-Magnesium



Walking- clears mind  
boosts serotonin

## 100 CALORIE HEALTHY SNACKS YOUR GUIDE TO HEALTHY SNACKING! GET HEALTHY

1/2 CANTALOUPE



1 SMALL BANANA



1 SWEET POTATO



1/2 CUP EDAMAME



1 TABLESPOON  
PEANUT BUTTER



1 CUP BLUEBERRIES



3 CLEMENTINES



3 CUPS POPCORN



30 CHERRY  
TOMATOES



14 ALMONDS



1/2 AVOCADO



1 APPLE



30 GRAPES



4 MEDIUM CARROTS



1 EGG



## MENTAL MINUTE



This month's Mental Minute features a virtual escape to one of America's most beautiful National Parks. Click, relax and enjoy!

- [Yosemite National Park](#)

## FREE SUMMER LUNCH & SNACK

### RECREATION PARK

208 Park Ave., San Fernando, Ca 91340

Tuesday- Friday, 11:30 AM to 12:30 PM

June 15 - August 7, 2020

Ages: 18 & Under

- Child must be present to pick-up the lunch pack.
- Participants must adhere to all social (physical) distancing guidelines.
- Face coverings must be worn.
- Program is a Grab & Go, no access to indoor facility.



Los Angeles County Parks and Recreation

## FREE SUMMER LUNCH AND SNACK

**TUESDAY - FRIDAY**  
**11:30 AM to 12:30 PM**  
Ages 18 and under

Find a location near you at:  
[parks.lacounty.gov/summerlunch](https://parks.lacounty.gov/summerlunch)



"Grab and go" lunch and snack can be picked up simultaneously. Face covering and physical distancing required.

Program runs June 16 through August 7 (except July 3)





# SPIRIT WEEK

JULY 1-3, 2020

## HOW TO DRAW THE AMERICAN FLAG

All Ages  
Supplies:

- Paper
- Pencil & Eraser
- Black marker
- Red and blue crayons or markers



## SALT PAINTINGS

All Ages  
Supplies:

- Glue
- Salt
- Food Coloring or Water Colors
- Paint brush or straw



## SOLAR OVEN BOX EXPERIMENT

All Ages (Parental assistance required)

Supplies:

- Cardboard box (pizza or any box)
- Foil
- Clear Wrap
- Tape, Scissors
- Dark construction paper

Experiment Supplies:

- Graham crackers
- Chocolate candy bar
- Marshmallows



## FIREWORKS IN A JAR

Ages: 8-13

Supplies:

- Jar, Bowl & Fork
- Cooking Oil
- Food Coloring





# Wilderness Week

## July 6 - 10, 2020



Trouble with the links? Hold the CTRL button and click on the link or Right-click and select "Open Hyperlink".

### Fruit Bird Feeder

Ages: 5-8

Supplies:

- Fishing line or pipe cleaner
- Fruit



### Cheerio Bird Feeder

Ages: 5-8

Supplies:

- Fishing line or pipe cleaner
- Cheerios or Froot Loops

### Nature Portraits

Ages: 5-8

Supplies:

- Paper plate
- Leaves
- Glue
- Crayons

### Popsicle Stick Bird Feeder

Ages: 9-13

Supplies:

- Popsicle sticks
- Glue
- String
- Bird seeds



### Twig Art

Ages: 9-13

Supplies:

- Twigs
- Glue
- Cardboard



### Junior Ranger Activity Book

All Ages

Download and Print



### Virtual Tour of 12 National Parks

All Ages



SUBMIT YOUR PHOTOS AT  
[Recreation@sfcity.org](mailto:Recreation@sfcity.org)





# OUT OF THIS WORLD WEEK

**JULY 13-17th**

## Straw Rockets

Ages: 5-8

Supplies:

- Printable template
- Scissors
- Tape
- 2 straws (one smaller than the other)

## Balloon Rockets

Ages: 9-13

Supplies:

- Balloon
- Yarn
- Straw
- Scissors & Tape

## Balloon Powered Car

Ages: 9-13

Supplies:

- Cardboard (body of car & wheels)
- Crazy Glue
- Scissors
- 3 straws
- 2 skewers or toothpicks for axles
- Optional: plastic circles for wheels

## Hand Soap Slime

All Ages

Supplies:

- Hand Soap
- Sugar

**Virtual Field Trip: NASA**

# SUMMER FUN WEEK

JULY 20-24TH

## DO IT YOURSELF LAVA LAMPS

All Ages

Supplies:

- Plastic Bottle
- Vegetable Oil
- Water
- Food Coloring
- Alka-Seltzer Tablet

## BUBBLE SNAKE MAKER

Ages: 5-8

Supplies:

- Plastic Bottle
- Piece of Terry Cloth or old Tube Sock
- Rubber Band
- Bowl
- Dish Detergent
- Water

## MAGAZINE PAPER WALL ART

Ages: 9-13

Supplies:

- Newspaper or Magazine Sheets
- Stencil
- Glue & Scissors
- Pencil
- Paper or Cardboard

## MAGAZINE WALL ART- HEART

## BUBBLE SOLUTION

All Ages (parental assistance needed)

Supplies:

- Water
- Sugar
- Dish Detergent
- Bubble Maker or Bubble Wand

## SHARPIE TYE DYE

Ages: 9-13

Supplies:

- White Cotton T-Shirt
- Fork & Rubber Bands
- Permanent Markers (sharpies)
- Rubbing Alcohol





# UNDER THE SEA WEEK

July 27th– 31st

## Pufferfish

Ages: 5-8

Supplies:

- Paper Plates
- Paint/Markers or Crayons
- Q-tips
- Scissors & Glue
- Construction Paper

## The Snail and the Whale

Ages: 5-8

Supplies:

- Paper Plates
- Two shades of Blue Paint/Markers or Crayons
- Craft Stick
- Tape & Scissors
- Construction Paper- white, grey and yellow

## Sea Shell Creatures

Ages: 9-13

Supplies:

- Sea Shells (variety of sizes)
- White Air Dry Clay
- Paint & Brushes
- Glue or Hot Glue Gun

## Paper Plate Ocean Animals

Ages: 5-8

Supplies:

- Paper Plates
- Paint/Markers or Crayons
- Scissors & Glue

## Driftwood Seahorse

Ages: 9-13

Supplies:

- Driftwood or Twigs
- Cardboard
- Pencil, Scissors
- Glue or Hot Glue Gun

## Virtual Exploration of the Coral Reef

