JULY TO SEPTEMBER

Summer 2024

City of San Fernando

Recreation and Community Services

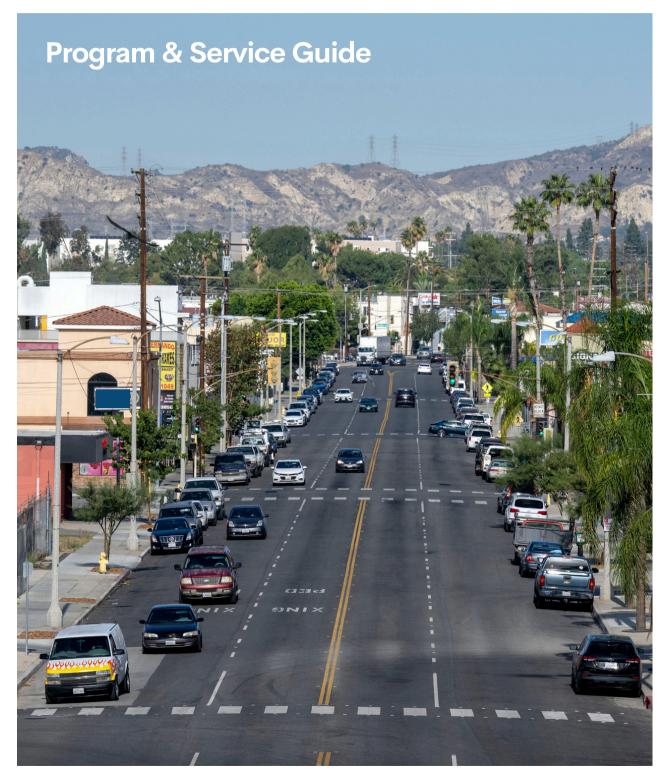


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Our mission is to develop and implement programs and activities that provide for the well-being and personal development of the City's residents. Our staff is dedicated to creating those experiences that provide for good citizenship, sense of community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

Recreation@sfcity.org

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

Parks & Facilities

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 <u>sfcity.org/sfrecreation</u> for additional information or call us at (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

RECREATION

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 AM Parque de Las Palmas



MUSIC CLASS

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

Ages: 18+ Monthly | \$25 Tuesday at 9 AM 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+
Jul. 10 - Aug. 28
8-wk session | \$25
Wednesday at 12 PM
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 Monthly | \$45 Wednesday from 4:00 - 6:00 PM Recreation Park

INCLUSIVE ZUMBA

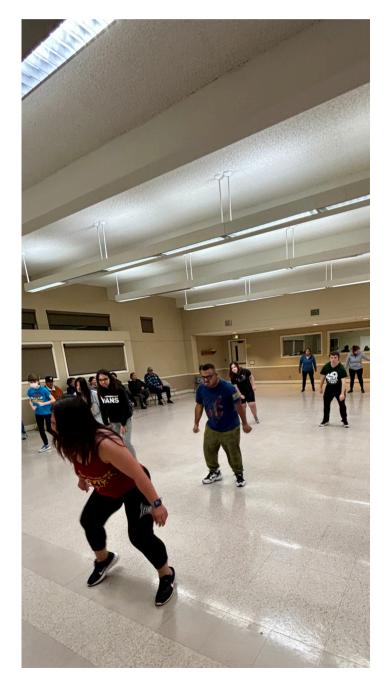
High energy, calorie burning dance party modified for individuals with limited mobility or special needs. A parent, guardian or caretaker must accompany the registered participant.

Ages: 14+

Monthly | \$25

Monday and Wednesday at 6:00 PM

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 PM

Recreation Park

3 WINS FITNESS SAN FERNANDO

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

Ages: 18+
Weekly | Free
Monday/Wednesday/Friday 8:15 AM
Recreation Park





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
Jul. - Sept.
3-week sessions
Ages 3-5: \$40 - \$45
Ages 6-17, \$50 - \$55
Saturday from 8:15 AM - 12 PM
Pioneer Park

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 Saturday at 9 AM Las Palmas Park

NINJA NINJA MARTIAL ARTS

Ninja Ninja Learns is an enrichment program introducing students to fundamental martial arts elements like blocking, striking, stances, and situational awareness in a noncontact and non-competitive environment. Through play based target drills, group games, and physical challenges, students will learn the necessary skills to become a brave ninja.

Jul 6. - Aug. 24 | Sat. | 9 - 11:45 AM Ages 2-12 (age specific levels) 8-week | \$90 Recreation Park



MISSION CITY SUMMER BASEBALL CLINIC

The Mission City Baseball Summer Clinic will teach fundamental concepts and focus on techniques using activities that build on each other and help gradually increase the participant's ability to play the sport. Baseball clinic powered by Game Speed Athletics

Jul. - Aug. | 4-weeks
Tue. & Thur. | 6 - 7:30 PM
Las Palmas Park* | \$65 - \$70
*Location may change



YOUTH BASKETBALL SUMMER SEASON

Jun. - Aug. 2024
Ages 7 - 14
Games are played on Saturdays
Recreation Park | 9 - 5 PM
In-Season

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





ADULT VOLLEYBALL

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

Year Round | Thur. | 5 - 9 PM Recreation Park

Summer League: Jun. - Aug. \$250 per team (No free agents)

ADULT COED SOFTBALL

Fun, friendly and competitive adult coed league. Gather 16 of your friends and family and register for the upcoming season.

Jun. - Aug. | Tue. | 6 - 10 PM Recreation Park \$325 per team (No free agents)

MEN'S WOODEN BAT SOFTBALL

Fun, friendly and competitive adult men's softball league. Gather 16 of your friends and family and register for the upcoming season.

Jul. - Sept. | Wed. | 6 - 10 PM
Recreation Park
\$325 per team
(No free agents)

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.

Sept. - Nov. | Wed. | 6 - 10 PM Recreation Park \$310 per team (No free agents)

PICKLEBALL

Jul. - Aug. | Tuesday | 6-9 PM
Las Palmas Park | Free
Pickleball instructional Class
5:30-6:30 PM
All abilities welcome
Equipment available for use





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 Prog | Thu. | Las Palmas Park

Rec/Outings | Monthly Incentives

For more information

818-639-3932 ext 2003

https://www.pukuu.org



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:
Aug. 28 | Sept. 25

Las Palmas Park at 6:00 PM - 7:30 PM

For more information:
(818) 898-7340/jsalas@sfcity.org

SUMMER DAY CAMP

Summer Day Camp is well underway!
Children have enjoyed a summer of fun activities: arts & crafts, outdoor sports, swim, cooperative games, field trips and more! Registrations are ongoing until July 20th for Week 7.

Ages: 5-13 years

June 17 - August 2

Monday-Friday from 7:30am - 6pm

Recreation Park

SENIOR CLUBS



Senior Trips

Aug. 2 | Old Spanish Days, Santa Barbara Aug. 24 | Agua Caliente Casino Sept. 14 | Viva la Tradicion-Ford Theatre Sept. 22 | Chumash Casino

For more information on trip details: visit Las Palmas Park or call 818-898-7340

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 Sunday at 1:30 PM July 7 | August 4 | September 8

> Dance Schedule Las Palmas Park

Saturday at 7:00 p.m.

July 27 | August 17 | September 21

SUMMER 2024 10

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.

PARK AVE CLUB

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

> Tuesday at 9 AM Recreation Park | Free

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



CRAFTY LADIES

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

> Wednesday at 9 AM Las Palmas Park | Free

PARK BINGO

Fridays from 11 AM - 12 PM
Las Palmas Park
Bingo playing cards, \$6 or 2 for \$10



HEALTH & FITNESS FOR SENIORS









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/month Friday at 9 AM Las Palmas Park **Starts in August**

PICKLEBALL

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

Weekly | Free Monday at 10 AM Las Palmas

WALKABLE WEDNESDAYS

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

Weekly | Free Wednesday at 8:30 AM 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/month
Thursday at 10:30 AM
Las Palmas Park



Optum



Optum proudly supports Las Palmas



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

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

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 | Free
Tuesday at 10:30 AM
Las Palmas Park
Must register monthly
Sponsored by





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/month Thursday at 8 AM Las Palmas Park



PROGRAM

Weekly | Free Monday - Friday | 11 AM to 12 PM Las Palmas 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



PARTNERS IN CARE WELLNESS CLUB

Discover the benefits of our Arthritis Exercise Program, where you'll keep your joints flexible, strengthen your muscles, boost your energy, enhance your overall well-being, and enjoy better sleep. Join us and feel the difference!

Arthritis Exercise
The Exercise Program will help you...
• Keep joints flexible and muscles strong

- Increase energy
 Improve your well-being
 - Sleep well

September 26 - November 2 Tuesday & Thursday from 11 AM - 12PM Recreation Park | Free

AGE YOUR WAY-SENIOR SOCIALS & FESTIVITIES

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+ | 10:00 AM - 11:00 AM We will sing Happy Birthday at 10:15 AM.





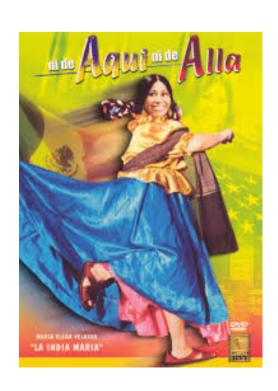
NOON MATINEE

Join us for our monthly movie screening and enjoy complimentary popcorn on the first Thursday of every month.

Las Palmas Park | Free July 11 - Greyhound Aug. 1 - Nide Aqui, Nide Alla Sept. 5 - Los Alegres Aguilares







CRAFTS FOR SENIORS

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 | Free Tuesday at 10 AM Las Palmas Park Supplies provided

INDEPENDENCE TIE DYE!

Get ready to celebrate
Independence Day!
Participate in a step-bystep tie-dye class to learn
about different designs.

Jul. 1 | Free
10 AM
Las Palmas Park
Supplies provided
Register by Jun. 21 online
or at Las Palmas Park

PAINT A TERRACOTTA POT LIKE A PRO!

Learn how to paint and seal a terracotta pot properly. What is the best part? You keep your pot!

Aug. 5 | Free
10 AM
Las Palmas Park
Supplies provided
Register by Aug. 1 online or
at Las Palmas Park

medicare advantage

Could Medicare Advantage be right for you?

Meet with a SCAN Medicare Advantage expert to discover your options!

As a SCAN Health Plan® representative, I can provide a personal consultation toget your Medicare questions answered and help you navigate the often complex health care system.



Call me directly to set up a time and location that is convenient for you.

Amy Romero (805) 515-8457 a.romero1@scanhealthplan.com



I can answer your questions regarding:

- Your Medicare eligibility
- Benefit and co-pay comparisons
- Prescription drug coverage
- Medicare Advantage versus
- Medicare Supplements

SCAN Health Plan is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. Calling the numbers above will connect you to a licensed insurance agent/broker.

PAINTING WITH PARKS

Let's take the time to slow down and express ourselves through some fun art therapy.

Sept. 9 | Free
10 AM
Las Palmas Park
Supplies provided
Register by Sept. 4 online
or at Las Palmas Park

WORKSHOPS AND RESOURCES

PLÁTICAS DE LA VIDA CON CAFÉ

Acompáñenos para charlar sobre la vida, compartir experiencias y recivir apoyo mientras conversamos sobre nuestras emociones, ansiedades y mucho más. ¡Será una oportunidad maravillosa para conectarnos y fortalecernos juntos!

11 y 25 de julio 8 y 22 de agosto 12 y 26 de septiembre 9 AM | ¡Gratis! Las Palmas Park



CLASE DE INGLÉS

¡Únete a nuestra clase de inglés y aprende a decir números, identificar figuras y sustantivos! Para inscribirte en nuestra próxima sesión, ¡llama a Las Palmas Park al (818) 898-7340.







DOC TALKS WITH DR. POULOSE

Join Dr. Poulose for an hour of valuable information and learn new ways to maintain and improve your health. This class offers an overview of diabetes, covering its definition, diagnosis, and management.

Bring your health and wellness questions for a chance to win a \$10 gift card! (one gift card per class).

Friday, July 12 9:30 AM - 10:30 AM Las Palmas Park RSVP: (818) 898-7340



THE BETTER BANKING CLASS FOR TEENS

Join the Independent Advantage program for fun, relaxed financial courses that teach high school students modern money skills. Get real-world tools to manage your future finances like a pro!

July 10, 17, 24, 31 12 PM - 2 PM Las Palmas Park



Limited space available.

Contact Cristina Moreno to register!

cmoreno@sfcity.org | (818) 898-7350

TEENS FOR A BETTER COMMUNITY BEACH CAMPING OUTING

FamCamp® is a California State Parks access program promoting nature and outdoor recreation as vital for health and well-being. This unique overnight camping trip offers high school students opportunities for growth and discovery.

July 19 - 21 Leo Carrillo State Park

Limited space available.

Contact Cristina Moreno to register!

cmoreno@sfcity.org | (818) 898-7350





TECHNOLOGY ASSISTANCE

TECHNOLOGY WEDNESDAY

One-on-one assistance with devices (smart phone, tablet or laptop).

Call Las Palmas Park at (818) 898-7340

for an appointment.

TECHNOLOGY WORKSHOPS

Call Las Palmas Park at (818) 898-7340 to inquire about upcoming dates.



BUSINESS AND COMMUNITY RESOURCE CENTER

Discover our vibrant hub where information, resources, and collaboration opportunities for all your needs, from business growth to community and housing support can be found!

San Fernando City Hall

117 N. Macneil St. San Fernando Hours of Operation: Monday - Thursday

9:00 AM - 12:00 PM & 2:30 PM - 5:30 PM

Resources@sfcity.org



FOOD SECURITY RESOURCES

ONEgerneration- Elderly Nutrition Program

Mon. - Fri. | 10 - 12 PM | Las Palmas Park | 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 | 9-11 AM | Las Palmas Park | 323-234-3030 ext. 170 *Meal program for individuals 60+; ID Required

Lighthouse of San Fernando

Fridays | 3-4 PM | 622. N. Maclay Ave. San Fernando | 818-403-6432

St. Ferdinand Outreach Center

2nd & 4th Friday of the month | 9-11 AM | 1040 Coronel St. San Fernando | 818-365-3194 *Bring a cart to haul food box

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

SUMMER MEAL PROGRAM

FREE Summer meals for kids ages 1 - 18. No enrollment or registration needed.

Monday - Friday | July 5 - August 2 11:00 AM - 12:00 PM Recreation Park | (818) 898-1290





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+

Jun. 28 - Sept. 18

12-wk session | Wed.or Fri. | 7 PM

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 | Thu. | 7 PM Las Palmas Park | Free/Drop In

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















EVENTS 2024

SUMMER EVENTS



CONCERTS IN THE PARK

Join us for an evening under the stars, serenaded by the melodies of live music! Bring your lawn chair or cozy blanket for comfortable seating.

AUG. 10 | Yari More Latin Band | Recreation Park AUG. 17 | Brothers & Others Band | Recreation Park AUG. 24 | Beach Street A GoGo! | Downtown S.F

Gather your friends and family, grab your lawn chair or blanket and come by the park for a memorable outdoor cinematic experience!

JUL. 19, 2024

Sonic the Hedgehog | Recreation Park

JUL. 26, 2024

The Grinch (2018) | Pioneer Park

AUG. 2, 2024

Super Mario Bros. Movie | Recreation Park

CITY OF SAN FERNANDO 113TH BIRTHDAY CELEBRATION

Casa de Lopez Adobe AUG. 31, 2024

SAN FERNANDO VALLEY MILE | OCT. 2024

In your marks, get set, GO! Grab your running shoes and join us for the third annual San Fernando Valley Mile Run!



DAY OF THE DEAD CULTURAL FESTIVAL | OCT. 2024

Come together for the City's annual Day of the Dead Cultural Festival to honor and celebrate the lives of loved ones who have passed away. This vibrant festival features music, dancing, and elaborately decorated altars with offerings and mementos of the dearly departed.





HOLIDAY TREE LIGHTING | DEC. 2024

Get ready to kick off the holiday season with the most magical event of the year - the annual Holiday Tree Lighting celebration! Join in for an unforgettable night filled with festive decorations, lively music, and the lighting of the City's stunning Christmas tree. Free family friendly event for all ages!





CASA 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

Jul. 27 | Aug. 31 | Sept. 28 6-8:30 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.

RCS DIRECTORY



Administration

RCS Director: **Julio 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

Office Clerk (Recreation Park): **Tiffany Hernandez** THernandez@sfcity.org | (818) 898-1290

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



MY SAN FERNANDO



AVAILABLE NOW

- Access Information
- Submit ServiceRequests
- Report Issues
- And more...

Download App Now



