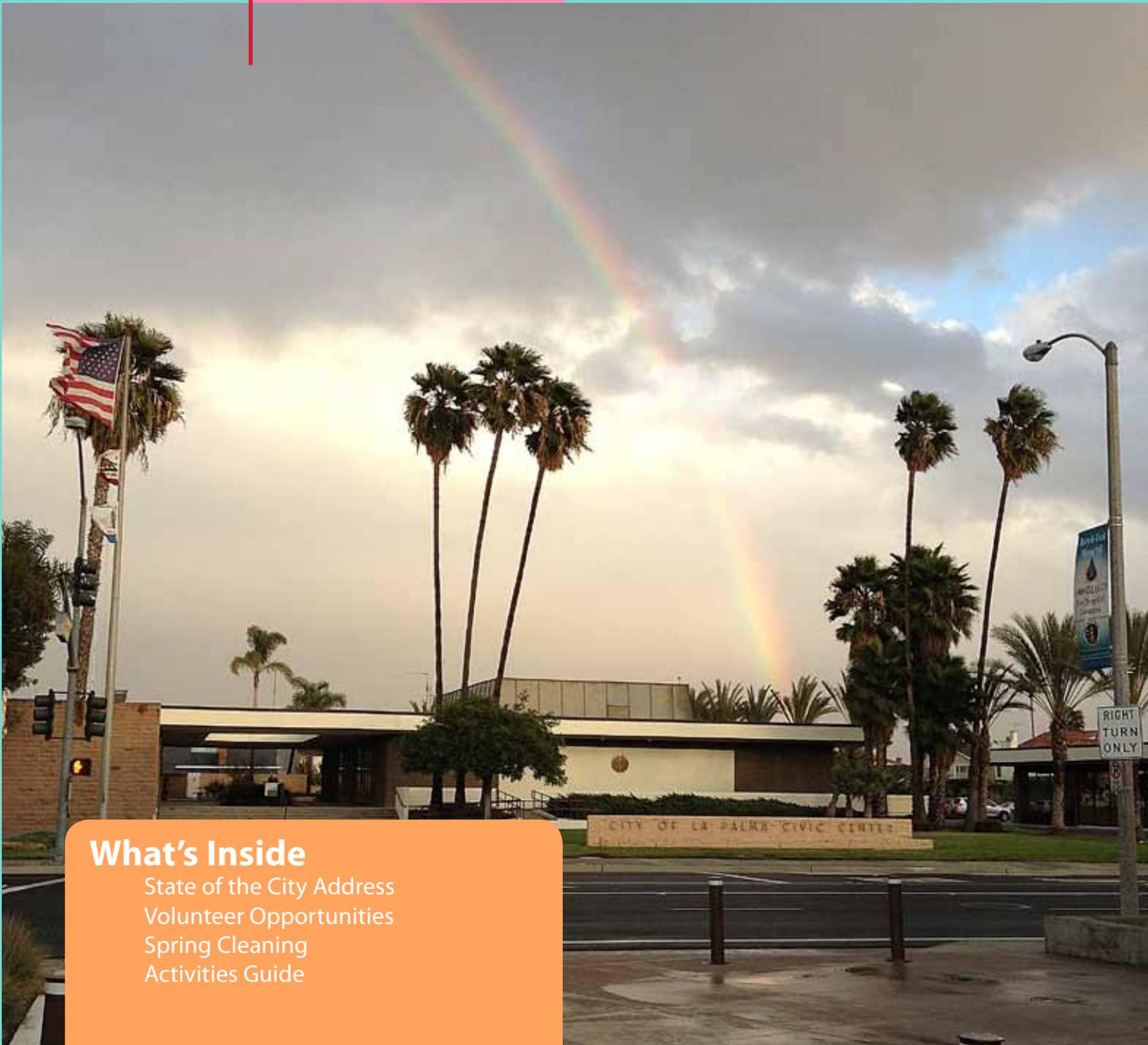


La Palma



# MOSAIC

Spring 2012



## What's Inside

State of the City Address  
Volunteer Opportunities  
Spring Cleaning  
Activities Guide

## City Information

### City Hall Hours:

7:30 a.m. – 5:30 p.m. **Monday – Thursday  
and Alternating Fridays**

**City Council, Community Development Commission, and Planning Commission Meetings** are held on the first and third Tuesday of each month. Meetings start at 7:00 p.m. and are open to the public. Agendas are available by calling the City Clerk's office at (714) 690-3334, or on the City's website at [www.cityoflapalma.org](http://www.cityoflapalma.org) under Agendas and Minutes.

Any person wishing to address the City Council on any matter, whether or not it appears on the agenda, may do so under the Public Communications portion of the agenda. Each individual is allowed five minutes to address the Council. No action will be taken on any items not on the agenda.

**Development Committee Meetings** are held at 7:30 p.m. on the second Monday of January, March, May, July, September, and November.

**Traffic and Safety Committee Meetings** are held quarterly at 6:00 p.m. on the fourth Monday of January, April, July, and October.

**Community Activities & Beautification Committee Meetings** are held at 6:30 p.m. on the second Tuesday of every month, September – June.

All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

### La Palma City Council

G. Henry Charoen, Mayor  
Steve Hwangbo, Mayor Pro Tem  
Ralph Rodriguez, Council Member  
Steve Shanahan, Council Member  
Mark Waldman, Council Member

## A Message from the City

It's time to spring into action! La Palma is excited about all of the upcoming activities that can assist you in sprucing up your homes and our community, enjoying and preserving nature, or perhaps starting a new hobby or wellness program now that the weather is beginning to warm up.

To assist residents in sprucing up their homes and community, the City has scheduled several events. The week of April 23-27 is the Annual Bulky Item Spring Clean-up. Collections will occur on your normal trash collection day. For the specific details please see the article on page 8. Be aware that hazardous materials such as paint, batteries and cleaners need to be disposed of properly and cannot be collected. For more information on hazardous materials please visit the City's website at [www.cityoflapalma.org/recycling](http://www.cityoflapalma.org/recycling).

Spring is also a great time to reconnect with and preserve our natural environment. To get started, why not join in the City's Arbor Day Celebration? On Saturday, April 28 from 9:30 a.m. until 11:30 p.m. Denni Street Park will host this year's celebration which features fun activities for all ages and, of course, the planting of several trees in the park. For more information on this event please see the back cover or visit [www.cityoflapalma.org/events](http://www.cityoflapalma.org/events). Maybe you'd rather enjoy nature while improving your health, by strolling or jogging through Central Park or down the Edison Right-of-Way (ROW). Did you know that if you walk along the ROW from Valley View Street to Denni Street Park South, you'll have walked 1.68 miles? Do that a few times a week and you'll definitely improve your fitness and wellness. So much so that you'll be ready to participate in the 5K Run or Walk during the La Palma Fitness Run for Fun on July 4th.

In addition to improving yourself and your home, spring is the perfect opportunity to improve your community by getting involved and volunteering. In the next several months the City will begin the process of hiring 20 La Palma teenage volunteers to assist with Club La Palma Day Camp over the summer; the 32nd Run for Fun will be hosted on July 4th, which requires over 150 volunteers to make the run a success; and the planning of La Palma Days will begin. Call the Recreation and Community Services Department at (714) 690-3350 for more information.

The City strives to keep you updated on all events and programs that are offered, including those mentioned above. In today's ever-evolving world of communication, Facebook plays an indispensable role for many. Join us on Facebook and receive real time information on events, emergencies, and much more. The City's page can be found at [www.facebook.com/CityofLaPalma](http://www.facebook.com/CityofLaPalma). New social networking opportunities will also be available later this year.

Happy Spring!

# Calendar of Events

## April



- 2 Volunteer Applications Available
- 3 City Council Meeting – 7:00 p.m.
- 7 Teen Flashlight Egg Hunt – 8:00 p.m.
- 14 Teen Mardi Gras Dance – 7:00 p.m.
- 17 City Council Meeting – 7:00 p.m.
- 18 State of the City Luncheon – 11:30 a.m.
- 20 Teen Dodgeball Night – 7:00 p.m.
- 21 Tiny Tot Registration – 10:00 a.m.
- 22 Earth Day
- 23 Club La Palma Summer Day Camp Registration Begins
- 23-27 Bulky Item Spring Clean-up
- 28 Arbor Day Celebration – 9:30 a.m.

## May



- 1 City Council Meeting – 7:00 p.m.
- 5 Teen Battle of the Bands – 5:00 p.m.
- 7 La Palma Scholarship Applications Due
- 13 Mother's Day
- 15 City Council Meeting – 7:00 p.m.
- 28 Memorial Day, City Office Closed Ceremony at City Hall – 9:15 a.m.

## June

- 2 Teen Aloha Dance – 7:00 p.m.
- 5 City Council Meeting – 7:00 p.m.
- 14 Flag Day

**La Palma 2.0**



**BECOME A FAN  
HELP LA PALMA  
GO VIRAL**

The La Palma Mosaic is your magazine; we welcome your suggestions and feedback, if you would like to see something specific or want to include an upcoming community, school, or business event in the magazine, please contact the La Palma Mosaic Editor at [recreation@cityoflapalma.org](mailto:recreation@cityoflapalma.org).

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## Recap— December, January, and February

The City Council, which also sits as the governing board of the Planning Commission and Successor Agency to the Community Development Commission, meets on the 1st and 3rd Tuesdays of each month, at 7:00 p.m., in the Council Chambers at City Hall. The public is always encouraged to attend and meetings are also audio-cast live on the City's website at [www.cityoflapalma.org/media](http://www.cityoflapalma.org/media). Please note, this recap is a summary only and additional items may have been discussed and/or approved. For a complete copy of the approved minutes, please visit the City's website at [www.cityoflapalma.org/minutes](http://www.cityoflapalma.org/minutes).

### 12/6/2011

The Planning Commission adopted a Resolution approving an amendment to Conditional Use Permit 155 regarding the cocktail lounge at 5442 Orangethorpe Avenue, Cliff's Hideaway. Recently, the City was notified of a change in ownership at Cliff's Hideaway. During review of the new operator's business license, it was discovered that the establishment had a billiards table which had not received previous entitlement. The La Palma City Code requires a Conditional Use Permit for billiards tables. To bring the use into compliance with City Code, Cliff's Hideaway requested an Amendment to their CUP to keep billiards as part of their operation.

The City Council adopted an Ordinance amending Chapter 26 of the La Palma City Code pertaining to Density Bonuses within residential districts. This item was previously reviewed and recommended for adoption by the Planning Commission on October 18 and by the City Council on November 15. In 2004, the State of California passed Senate Bill 1818, pertaining to residential density bonuses for projects that include affordable housing. The purpose of the bill was to encourage developers to build affordable housing by requiring local governments to provide increases in density and other incentives when affordable units are included in development projects. The proposed Density Bonus Ordinance closely follows State Law and will allow the City to impose specific procedures, collect fees, and standardize monitoring and enforcement of the specified units produced in accordance with the ordinance.

The City Council appointed Ryan DeCook and Megan Hsiao as youth members to the Community Activities and Beautification Committee with terms expiring August 31, 2012.

### 12/20/2011

The City Council conducted its annual reorganization and selected Henry Charoen as Mayor and Steve Hwangbo as Mayor Pro Tem.

The Community Development Commission (CDC) received and filed the annual financial and compliance audit reports, Fiscal Statement, HCD Housing Report, and the State Controller's Annual Financial Transactions Report for the Fiscal Year ended June 30, 2011. During the year, the majority of the CDC's expenditures focused on repaying debt incurred for previous blight-remediation projects. Specifically, the CDC expended \$865,690 for payment of principal and interest on bonds, \$197,211 for payment of principal and interest on general redevelopment activity loans, \$244,061 for payment of principal interest on affordable housing loans, and \$1,500,000 to purchase residential property in the community. The City Council received and filed the Comprehensive Annual Financial Report

(CAFR) of the City of La Palma for the fiscal year ended June 30, 2011. The report includes the Independent Auditor's Report from Vavrinek, Trine, Day & Co., LLP, who expressed an unqualified opinion that the report presents fairly, in all material respects, the financial position of the City, the results of its operations, and the cash flows of its proprietary funds in conformity with accounting principles generally accepted in the United States of America (GAAP). The documents are available for viewing on the City website at [www.cityoflapalma.org/finance](http://www.cityoflapalma.org/finance).

The City Council awarded a contract in an amount not-to-exceed \$17,000 annually, to West Coast Arborists of Anaheim, for annual tree maintenance services over a period of three (3) years, with an option to extend the contract for two additional one-year terms. For the past 12 years, the City has utilized the services of West Coast Arborists. The contractor is highly qualified to perform the maintenance services for trees as required by the City, including trimming, pruning, planting, and removal of trees.

### 1/3/2012

The Planning Commission conducted a Public Hearing and adopted a Resolution approving Precise Plan 272 and Vesting Tentative Tract Map 17431 for the Construction of a 12-unit Residential Townhome Development at 4611 La Palma Avenue. This property was previously purchased by the CDC in 2011 in anticipation of this project and the Olson Company was selected as the developer. The Project involves the construction of an affordable housing development consisting of twelve (12) townhome units within the Denni Street Affordable Housing Specific Plan area that was approved in March 1995. The townhomes will be sold, with 50% of the units at restricted income levels and with the others at market prices. The Olson Company has proposed four, three unit triplex buildings that will have three separate floor plans, ranging in square footage from 1,326 to 1,826 square feet, all with three bedrooms.



The City Council conducted a Public Hearing and introduced for first reading an Ordinance Amending the City's Zoning Map to apply the Village Overlay (VO) designation to the parcels at 5052 and 5062 La Palma Avenue. The State of California requires Cities to designate sufficient areas within the General Plan Housing Element to allow multifamily developments at a minimum density of 20 units per acre. The

purpose and intent of this by-right zoning is to foster the development of affordable housing. The proposed Ordinance to apply the Village Overlay (VO) designation to the parcels will meet the requirements for adequate site implementation. The City Council appointed members to external committees and internal subcommittees as follows:

Committee/Subcommittee	Representative	Alternate Representative
California Joint Powers Insurance Authority	Council Member Shanahan	Mayor Charoen
Orange County Fire Authority	Council Member Rodriguez	Council Member Shanahan
Orange County Sanitation District	Council Member Waldman	Mayor Pro Tem Hwangbo
Orange County Vector Control District	Mayor Pro Tem Hwangbo	No alternate
Orange County Library Advisory Board	Mayor Charoen	Council Member Rodriguez
MWDOC Elected Officials Meeting	Council Member Waldman	No alternate
Public Schools Liaisons	Council Member Shanahan and Waldman	
Student Recognition Awards Subcommittee.	Mayor Charoen and Council Member Shanahan	
Business Subcommittee	Mayor Charoen and Council Member Shanahan	

**1/17/2012**

The City Council awarded a contract in the amount of \$105,000 to S. Parker Engineering, of Costa Mesa for the installation of Americans with Disabilities Act (ADA) pedestrian ramps and removal and replacement of curb, gutter, and sidewalk at various locations in the City. The installation of pedestrian ramps is associated with this year’s residential pavement rehabilitation project.

City Council adopted a Resolution electing to be the Successor Housing Agency for the dissolved Community Development Commission. The recent ruling by the Supreme Court is a significant change in California public policy that will have significant immediate and lasting effects on La Palma. By choosing to act as the Successor Housing Agency, the City will be able to have the greatest level of control afforded to it by the law in seeing how the housing assets of the CDC are handled.

The City Council adopted an Ordinance Amending the City’s Zoning Map to apply the Village Overlay (VO) designation to the parcels at 5052 and 5062 La Palma Avenue. This item was previously introduced and discussed on January 3.

The City Council conducted a Study Session regarding the General Plan Update. The City Council provided the Consultant and Staff with input on the most important issues and concerns facing the community, and provided feedback on the proposed land use focus areas.

**2/7/2012**

The City Council awarded a contract in the amount of \$206,000 to All American Asphalt of Corona, for the Pavement Rehabilitation of Residential Streets with Conventional Asphalt Concrete Overlay Project. The project consists of the pavement rehabilitation of the public streets/driveways within the La Palma Village and Village La Palma Condominium complexes. The scope of work consists of the removal of 2 inches of existing asphalt concrete pavement and the installation of 2-inch asphalt concrete overlay using conventional asphalt. Conventional asphalt will be used for these locations in lieu of Asphalt Rubber Hot Mix due to sharp vehicular turning movements associated with the vehicles turning into garages.

The City Council approved the purchase of one replacement police emergency equipped motorcycle. The proposed replacement motorcycle will be a BMW R1200RT-P, with the purchase being made in conjunction with a San Diego Police Department order. The total cost to purchase the vehicle is \$25,905, including the installation of all emergency equipment and police colored paint schemes.

The City Council approved the implementation of a single-family residential source-separated commingled recycling program as proposed by EDCO. At a Study Session in October of 2010, the City Council asked EDCO to bring forward a proposal to implement a source-separated commingled recycling program. EDCO submitted a proposal to implement commingled automated residential recycling in La Palma with no additional charge to residents. As part of the

program, each single-family residential customer will be provided with a 65-gallon, blue, wheeled recycling container with a hinged lid. Additional large containers will be available for those that request them and a smaller 35 gallon cart will be available for those with special needs or limited gate clearance. All of the other waste will continue to be collected manually in the current manner, with unlimited containers of the resident’s choosing.



The program is currently anticipated to launch after July 1 and the summer La Palma Mosaic will have additional information about this new program.

**02/21/2012**

The City Council received and filed the Second Quarter Financial Report for Fiscal Year 2011-12 and adopted mid-year budget adjustments. Current revenue projections through the end of the Fiscal Year anticipate a General Fund surplus of \$1.8 million, a direct result of a larger beginning fund balance and increased sales tax receipts. The City’s General Fund budget appropriations were also increased by \$206,000, to fund critical services previously funded by the Community Development Commission (CDC) and additional legal services associated with the CDC dissolution and labor negotiations.

The Planning Commission conducted a Study Session regarding a proposed Chase Bank Development at 5962 La Palma Avenue. The proposed Chase Bank will be a free-standing single use building which will operate under traditional “Bank Hours.” The bank operational hours are one of the lesser intense retail uses, and a suitable land use adjacent to residential uses. Chase Bank’s development plan reduces the number of driveway approaches on the arterial down to two. Additionally, the proposed comprehensive architectural package with high quality lighting and signage, extensive landscaping, public art in the form of a historical depiction plaque, upgraded complementary

bus shelter, and economic mitigation proposal, comply with the Planned Neighborhood Development Zoning design guidelines and the Municipal Code.

The City Council adopted a Resolution of Intention to approve an amendment to the contract with the California Public Employees' Retirement System (CalPERS) and introduced for first reading an Ordinance authorizing an amendment to the contract between the City of La Palma and CalPERS. The Ordinance will establish a second tier retirement formula of 2% at 55 for new Safety employees, first hired in a safety classification after the effective date. The new retirement formula had previously been approved by the La Palma Police Association during the labor negotiation process completed in November 2011.

The City Council approved the execution of an agreement with E2G2, Inc. for participation in a Business Licensing Software Test Pilot Program. In exchange for agreeing to be a beta test site, E2G2 provides its business licensing software and services at no cost to the City and all business license fees are forwarded to the City without any fee deducted. E2G2, uses the licensing process to encourage businesses to purchase an Enhanced Listing in a business directory (all businesses get a free listing) and to establish a greater online presence (web design, social networking coupons, etc.). The City receives 20% of the gross revenues associated with the Enhanced Listings. The new program should be launched and available just in time for business license renewals in July.

## Contingency Planning

Because these are uncertain times, the La Palma City Council has requested a Contingency Plan be developed, which explores how the City would respond to a reduction of up to 20% of the City's revenues. While there is no immediate crisis facing the community, the City Council feels that it is better to have a plan and not need it, than to need a plan and not have one prepared.

The Contingency Plan is examining services Citywide, identifying those services that are mandated, services which are core to the City's functions, and enhanced services. It is expected that many of the enhanced services would likely be cut or greatly trimmed in the unfortunate event the plan has to be implemented. Some examples of enhanced services include: La Palma Days, summer concerts, teen programs, youth sports, police explorers, and crossing guard services.

Public participation is critical to a successful Contingency Plan. Therefore, the City Council will be conducting community meetings and will use modern interactive tools to encourage public participation in the process. For instance, residents are encouraged to sign on to the City's website and share their ideas through the Community Voice, a new forum that lets the public make suggestions and allows others to comment and vote on those ideas. More information about the Plan, supporting documents, and access to the new Community Voice, can be viewed on the City's website at [www.cityoflapalma.org/contingency](http://www.cityoflapalma.org/contingency).

## La Palma Adopts Goals for 2012

On January 23, the La Palma City Council conducted its annual goal setting session. After a lengthy discussion, the City Council adopted six priority goals for the year. The priority goals are to: engage in proactive economic development; maintain financial stability; begin a Citywide technology upgrade by expanding public Wi-Fi services at Central Park and the Civic Center; continue multicultural outreach efforts; improve social media outreach; and investigate new community building projects.

Many of these priority goals include specific action items that City departments have begun to pursue and will follow throughout the year. Some of the key action items include: manage the loss of redevelopment; facilitate the arrival of anchor tenants in retail centers; complete the Contingency Plan; adopt a balanced budget without raising fees and maintaining the Utility User Tax at 4%; and look for additional social media opportunities.

A complete listing of the goals can be found on the City's website at [www.cityoflapalma.org/goals](http://www.cityoflapalma.org/goals).

## Utility Users Tax Exemption for Low Income Households

The La Palma Municipal Code exempts very low income households from paying the City's local Utility User Tax (UUT) on telephone, electricity, natural gas, and cable television bills. In order to qualify, a resident must submit an application and meet the "very low income" standards established by the California Department of Housing and Community Development for Orange County, as described in the table below.

2011 COMBINED GROSS INCOME	
Number Of Persons In Household	Gross Income
1	\$32,350
2	\$36,950
3	\$41,550
4	\$46,150
5	\$49,850
6	\$53,550
7	\$57,250
8	\$60,950

If your total household gross income is less than the income thresholds listed in the table, you can apply for an UUT exemption. The application process only requires a completed UUT Exemption Application and copies of ALL household members' previous year wage and income statements (2011 W-2's, 2011 1099, etc.). Once an application is approved, the local utilities are contacted to suspend the UUT collection, which may take a few billing cycles. Exemptions are valid through the end of the calendar year and a new application is required each year. For application materials or more information, please visit [www.cityoflapalma.org/UUTexempt](http://www.cityoflapalma.org/UUTexempt), La Palma City Hall, or call (714) 690-3334.

## State of the City Luncheon

Mayor Henry Charoen will deliver this year's State of the City Address on Wednesday, April, 18, 2012, with a "Focus on the Future." The luncheon, scheduled from 11:30 a.m. to 1:00 p.m. will be held in the Royal Palm Room at the Community Center in Central Park at 7821 Walker Street. This event is an opportunity to bring together businesses, civic organizations, residents and the City leadership.

The annual speech is used to highlight recent accomplishments and set the community agenda for the upcoming year. Mayor Charoen is the proud new father of a baby boy and is starting his second term on the City Council. These milestones have inspired the Mayor to place an emphasis on this year's State of the City Address to look forward to what lies ahead in 2012 and beyond. Mayor Charoen said, "We cannot afford to be satisfied relishing the glory days of the past at the sacrifice of our present. Being stuck in that mode limits La Palma's ability to live passionately in the future and create increasing community wealth."

You can attend the State of the City luncheon by RSVP. Individual tickets are \$25 in advance and limited seating at the door for \$35. Please RSVP by April 4, 2012. You may contact the City at (714) 690-3340 to book your reservation or become an event sponsor.



## City Manager Lazzaretto Says Good Bye

On March 15, Dominic Lazzaretto, said his good-byes and signed his last official documents as City Manager for the City of La Palma. He will be the new City Manager for the City of Arcadia, located in the San Gabriel Valley. Mr. Lazzaretto began his career with the City of La Palma in 2003, as a Community Development Director, was promoted to Interim City Manager in October 2006, and appointed as the City's seventh City Manager on July 17, 2007.



In announcing his resignation, Dominic said, "The talented and dedicated employees in La Palma have inspired me since my arrival here. I am very proud of the things we have accomplished and I am sure that La Palma will continue to be extremely successful in the years to come." He also said, "I want to thank the people of La Palma for the opportunities they have given me. I will miss the kind and welcoming residents and businesses that make up this very special community."

The City Council has selected Terry Matz as the Interim City Manager while a nationwide recruitment is conducted for a new permanent City Manger. Mr. Matz, a resident of Cerritos, has held City Management positions for several cities, including Agoura Hills, Stanton, Blythe, and Duarte, and retired from the City of Brea as their Assistant City Manager in 2009.

On March 20, the City Council conducted a study session seeking public input regarding the type of candidate the community desires for the new Manager. The City Council is also encouraging the community to provide additional input regarding the City Manager recruitment, by logging on to the City's website at [www.cityoflapalma.org/communityvoice](http://www.cityoflapalma.org/communityvoice).

## 2012 La Palma State of the City Luncheon

Featuring

Mayor G. Henry Charoen  
Wednesday, April 18, 2012  
11:30 a.m.

La Palma Community Center  
Royal Palm Room

For further information and to purchase  
tickets, please contact the City at  
(714) 690-3340.



# Community | Safety

## Springing Forward

On March 11, we sprang into Daylight Savings Time! Not only did we change our clocks, but it was also a good time to take care of a few other semi-annual tasks that will improve safety in your home. Follow this simple checklist every six months when you reset your clocks:

- Check and replace the batteries in your smoke and carbon monoxide (CO) alarms. Remember, smoke alarms only provide protection for ten years. If you check your smoke alarm, and there is no date on it, it is time to replace your smoke alarm. Carbon monoxide alarms are only good for five years, and provide the best protection when placed closer to the floor.
- Check the content of your home, car, and work disaster kits. Test and replace any battery-operated devices, rotate your food and water if necessary, and rotate out any prescription medication.
- Check your home and any surrounding storage areas for expired hazardous materials. Properly discard any that are outdated, no longer used, or in poor condition. Move any that are in reach of children or pets.
- Check your medicine cabinets and bathrooms for expired medications. Once medications have expired, they lose their ability to provide the benefits they were prescribed for, and some very common over-the-counter medications can cause serious problems due to change through aging. DO NOT flush those expired medications down the toilet or throw them into the trash. Bring them to La Palma City Hall, and dispose of them in our pharmaceutical disposal box.
- In addition to smoke detectors and CO detectors, the semi-annual time change is also a great time to change ALL the batteries in the house. This includes, clocks, controls with backup timers (thermostats, irrigation, outdoor lighting, etc.), phone accessories, flashlights, and portable electronics. Remember to dispose of the used batteries properly and never throw them into the trash!

## Water Safety



When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat.

Most people don't think much about water safety – but they should. For

people between the ages of 5 and 24, drowning is the second leading cause of accidental death.

It doesn't have to be that way, though. Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines. Learning how to swim is essential if you plan on being on or near water.

### Swimming Smarts:

Buddy Up! That's what swimming instructors say. Always swim with a partner, every time—whether it's in a backyard pool or in a lake. When people swim together, they can help each other or go for help in case of an emergency.

Get skilled. Speaking of emergencies, it's good to be prepared. Learning some life-saving skills, such as CPR and rescue techniques, can help you save a life.

Know your limits. Swimming can be a lot of fun – and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in the water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers.

Swim in safe areas only. It's a good idea to swim only in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, rip currents, sudden storms, or other hidden dangers.

Be careful about diving. Diving injuries can cause permanent spinal cord damage, paralysis, and sometimes even death. Protect yourself by only diving in areas that are known to be safe, such as the deep end of a supervised pool.

Alcohol and water never mix. Alcohol is involved in numerous water-related injuries and up to half of all water-related deaths. The statistics for teenage guys are particularly scary: One half of all adolescent male drowning are tied to alcohol use.

Now have fun! The pool and beach are great places to learn new skills and socialize. So don't let paying attention to safety turn you off. Being prepared will make you feel more comfortable and in charge.

### Annual Student Recognition Awards

Each year, the La Palma City Council recognizes four graduating high school seniors and one community college student who are La Palma residents. Students must demonstrate outstanding conduct in activities that serve the community or the City of La Palma. Each award recipient receives a framed City proclamation and \$500.

More information and application materials for the 2012 La Palma Student Recognition Awards are available at [www.cityoflapalma.org/awards](http://www.cityoflapalma.org/awards), at La Palma City Hall, or from school counselors. Completed applications must be submitted to La Palma City Hall by 5:00 p.m., on Monday, May 7, 2012.

### La Palma Days Seeking Volunteers

It's already time to start planning this year's La Palma Days event scheduled for Saturday, November 10. The La Palma Recreation and Community Services Department is actively seeking creative, energetic and dedicated community members to assist in the planning for the various components for the event. Committees include Parade, Activities, Entertainment, Historical and Cultural and the La Palma Pageant. If any of these are of interest to you, please call (714) 690-3350.

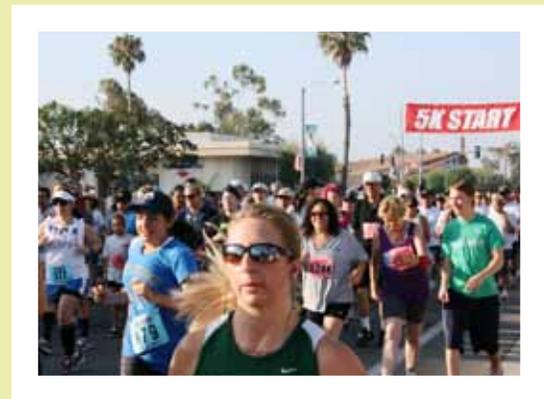
### LA PALMA FITNESS RUN FOR FUN JULY 4, 2012

### La Palma's Fitness Run For Fun – Volunteers Needed

This year La Palma will be conducting the 32nd Fitness Run for Fun. This annual event continues to attract participants from all over the Southland and beyond! To continue this successful patriotic event we need over 150 volunteers to staff the 3.1 mile course every year!

The Fitness Run for Fun, which includes a 5K & 10K run along with a 5K walk, begins at 7:30 a.m. sharp on Monday, July 4th. In addition, a Yankee Doodle Dash for our younger participants starts at 8:30 a.m. What a healthy way to start Independence Day with your family and friends.

You can become an important part of this 32nd Fitness Run for Fun by getting involved to make this great event successful. There are several opportunities available. Call the La Palma Recreation and Community Services Department at (714) 690-3350 for more information.



# Community | **Pride**

## Home Spotlight

### ***Spring 2012 Home Spotlight Award Winner***

The City of La Palma would like to congratulate Mitchell Worthington and Annette Rolon of 5362 Montclair Circle for winning the 2012 Spring Home Spotlight Award!

Mitchell and Annette purchased the home from the original home owner in 2004. Since then they have made many improvements and renovations to the home. They replaced all the windows with high efficient, dual glazed units; installed solid two inch wood exterior doors; added insulation in all exterior walls, and installed a garage door. Due to these improvements they do not require the use of their air conditioning, which reduces electricity usage year round. Additionally, they installed a low water irrigation system for all the landscape; selected drought resistant plants and shrubs, and chose a low water lawn to be installed as well. In addition, a flagstone pathway connects the front and rear landscaping. They installed a stone veneer to the front of the house as well as the planter under their window. Mitchell and Annette enjoy living in the wonderful City of La Palma and look forward to many more years here.

Proud, diligent homeowners are the heart of strong, safe neighborhoods and a vibrant city. By keeping La Palma beautiful, residents like these are one of many reasons why La Palma has been named one of the best places to live in the United States. We thank Mitchell and Annette for contributing!



Each quarter a home is selected by the La Palma Community Activities & Beautification Committee to receive La Palma's Home Spotlight Award. The award recognizes property owners that have excelled with the upkeep and appearance of their property. Do you know a home that you think should be considered for this award? If so and you'd like to nominate a home for the Home Spotlight Award, please contact (714) 690-3350, email [recreation@cityoflapalma.org](mailto:recreation@cityoflapalma.org) or visit our website at [www.cityoflapalma.org](http://www.cityoflapalma.org).

## Annual Spring Clean-Up

### ***April 23 – April 27***

The "Annual Bulky Item Spring Clean-Up" for large household and yard items will be conducted the week of April 23 through April 27, 2012. Collection will occur on your normal trash collection day and items must be placed near the curb. While this clean-up event includes the removal of most large or bulky items, please note the following types of items cannot be collected:

- Tree branches longer than four feet (please cut them down to smaller sizes).
- Construction materials including: concrete, asphalt, dirt, rocks, sod, etc.
- Automobile-related items including: motor oil, auto parts, engines, tires, etc.
- Household hazardous waste including: all batteries, fluorescent light bulbs, paints, pesticides, etc.
- E-Waste items including: TVs, computers, monitors, VCR/DVD players, etc.



For information regarding the proper disposal of Household Hazardous Waste or E-waste items, please visit the City's website at [www.cityoflapalma.org/recycling](http://www.cityoflapalma.org/recycling); some of these items can be collected as part of the City's curbside special waste collection program. If you want to know whether a specific item can be collected as a part of the annual clean-up event or through the special waste collection program, please call Park Disposal directly at (714) 522-3577.

# Community | Pride

## SPRING into Action!

We all want our neighborhoods to look their best and protect property values in the City. In order to maintain the quality neighborhoods that our residents have come to expect and enjoy, the City's Code Enforcement Division is working with residents to ensure properties are maintained at a high standard and in compliance with the City's code. The City would like to remind our residents of several regulations that involve keeping La Palma's neighborhoods beautiful. The following are some of our most common violations that occur in our residential areas:

- Basketball Hoops- Section 26-52.1 and 22-7, requires that the sidewalk area be used as a pedestrian walk-way. You may not store, place, or display any items that will obstruct the sidewalk.
- Trash cans- Section 11-3 and 17-6, prohibits the storage of trash, garbage, refuse, trash cans, etc. from being stored within public view. Refuse containers are to be removed within 24 hours of pickup.
- Vehicle Driveway Storage- Section 26-27, requires that all vehicles parked or stored in driveways, be road operational including being currently registered, kept clean, and free of debris.
- Yard/Lawn Landscaping Maintenance- Section 26-65, requires that all yards visible from public streets and sidewalks be properly landscaped and maintained in a neat and orderly condition.
- Holiday Lighting- Section 590.3(b) of the California Electrical Code requires that all temporary lighting, including temporary decorative holiday lighting, be removed within 90 days after an event or holiday being celebrated.

Compliance with these provisions will help to keep the appearance of the City's neighborhoods aesthetically pleasing. Neighborhoods with exceptional curb appeal maintain strong property values and protect your equity.

If you have any questions or would like to report a code violation, please contact the City's Code Enforcement Division at (714) 690-3342. For RV exemptions or to report parking violations such as boat or trailer storage, please contact the City of La Palma Police Department at (714) 690-3370.

## George and Barbara Mast Named Americana Award Winners

On Saturday, February 25, 2012 the City of La Palma proudly honored George and Barbara Mast as its Citizens of the Year, presented by the Cypress College Americana Awards. The Cypress College Americana Awards were established in 1976 to commemorate America's Bicentennial. Since their inception, La Palma has annually named an individual or family to receive this prestigious award.



For the past 20 years, George and Barbara Mast have been active in La Palma. Their involvement has been deep and long-standing, earning the accolades as "pillars of the community". George's interest in volunteering began early. Being in the Boy Scouts instilled a sense of importance in helping others. As he says, "One of my greatest joys is helping someone either solve a problem or assist them with something". As an adult, George continues his involvement in Boy Scouts of America. He has served as an assistant scoutmaster, a den leader, a cubmaster and even now as a scoutmaster and unit commissioner. In 1967, he became an Eagle Scout, and as a scoutmaster, he has mentored 34 young men as they became Eagle Scout themselves. In 2002 he was inducted into the Order of the Arrow, scouting's National Honor Society; and the Orange County Council recognized George as a distinguished Scoutmaster in 2004 and honored him with the Silver Beaver Award in 2006.

Barbara, too, volunteered with scouts. She helped at all levels of girl scouting, from Brownies through Senior Girl Scouts, and was a Boy Scout of America Webelos den leader. Seven of her eleven Webelos went on to become Eagle Scouts. In addition to scouting, Barbara was active in the PTSA and with the Kennedy High School band, as well as Christ Community Church. For the last two years Barbara has been a member of the "CATS" team in the American Cancer Society's Buena Park/La Palma Relay for Life event. Not only was she the top fundraiser for her team, she also became an inspiration to other cancer patients, sharing her own cancer story with them. She was also very involved with the City of Hope.

Certainly the City of La Palma has benefited from the generous spirit of George and Barbara Mast. Barbara's untimely death this past January has been deeply felt by many people and organizations. Barbara and her community spirit will certainly be missed, but her legacy will continue.

Congratulations to La Palma's Citizens of the Year - George and Barbara Mast!

## The Ocean Begins at Your Front Door

### ***Sewer vs. Storm Drain***

Storm Drains are NOT Sewers. The sewer system takes all the water from INSIDE homes and businesses (sinks, bathtubs, washing machines, toilets, etc.) and sends it, via underground pipeline, to a water treatment facility (in La Palma's case the Orange County Sanitation District in Fountain Valley) where the water is cleaned before either being released to the ocean or treated to drinking water quality and injected into Orange County's groundwater basin to replenish groundwater supplies.

The storm drain system takes all the water from OUTSIDE homes and businesses (rain, overwatering of lawns) and sends it, untreated, straight to our local creeks, rivers, bays, and eventually to the ocean. For La Palma, the water travels into the large storm drain channels known as the Moody Creek and Coyote Creek Storm Drain Channels. The storm drain system is designed as a flood control system to allow water from heavy rainstorms to flow quickly to our waterways to avoid flooding of our streets, homes, and businesses. However, the rainwater can pick up pollutants as large as shopping carts or as microscopic as pesticides and fertilizer and flush it all into our waterways damaging the fish, plants, and other living things in our ecosystem.

Because stormwater runoff is untreated, it is extremely important that we do not allow pollutants into flow into our waterways.

Particular pollutants of concern include:

Litter (recycle or throw away your trash)

Motor Oil (if you change your oil at home, recycle it appropriately)

Copper from Brakedust (use a commercial car wash where the washwater is recycled)

Pet Waste (pick up after your pets when you take them for walks. Dog waste bags are available when you walk the Edison Right-of-Way)

Fertilizer (Don't apply fertilizer right before it rains. Don't use more fertilizer than is required)

Pesticides (Don't apply pesticides right before it rains. Don't use more pesticide than is required).

## Resources for La Palma Residents

Have you ever needed assistance but did not know where to go or who to ask? The City of La Palma has resource information available that can assist children to seniors including child care, food and shelter, unemployment assistance and disaster relief. Some of the available resources are listed below:

### ***2-1-1***

2-1-1 Orange County was established in response to a fundamental challenge: most people in need do not know there are local programs that might assist them or that they are eligible to receive. 2-1-1 offers help in many areas, including:

- Food/Shelter/Clothing needs/Utility assistance
- Children's needs such as child care, after-school programs, school supplies and counseling
- Health information such as local clinics, medical assistance for pregnant women, dental care and insurance information.
- Employment assistance such as unemployment benefits, employment agencies and job training.
- Disaster relief such as emergency shelter, non-emergency medical care, water and road closures.

The 2-1-1 number is toll-free, available 24 hours-a-day, offered in more than 150 languages and confidential. This number is designed for non-emergency help and is available to all Orange County Residents.

### ***Older Adult Information and Referral***

If you or someone you know needs help, call Orange County Senior Information and Referral. This is a program designed to provide older adults access to the available agencies and human services programs that can assist them with their problems, legal information, nutrition programs, and much more. Information and Referral is there to help you and to follow up, if necessary, on any contact that might be made. Call the Orange County Senior Information and Referral Office at 714-567-7500.

### ***Meals on Wheels***

Meals on Wheels is a local, community based Senior Nutrition Program that delivers over 1 million meals per day across the nation. The La Palma Meals on Wheels program, in partnership with the La Palma Intercommunity Hospital, offers nutritionally balanced meals to La Palma residents who are physically unable to prepare their own meals. Friendly volunteers deliver meals during each weekday and provide more than a meal; they offer much needed interaction with the clients. For more information please call 714-690-3350.



## Toddlers / Preschool

### Educational

#### Tiny Tots

Age: 3 – 5

Our preschool teachers, Ms. Andi and Mrs. Andrea, team up to teach our enrichment program for POTTY-TRAINED, 3 to 5 year-olds. The Tiny Tots program is dedicated to improving the well-being of all young children, with a focus on socialization, education and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

The Tiny Tot program is held 5 days a week. Monday, Wednesday and Friday class is geared to the older 4- and 5-year-olds preparing for kindergarten. The Tuesday and Thursday class is geared for the newer and younger 3- and 4- year-olds.

AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, APRIL 21, 2012 (RESIDENTS AT 10:00 AM AND NON-RESIDENTS AT 10:30 AM), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first served. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10:00 a.m. There is a MANDATORY parents meeting for ALL STUDENTS on Saturday, April 21, 2012 at 11:15 a.m. following registration to discuss the philosophy and what parents can expect from the Tiny Tot Class.

No phone-in or online registration will be accepted. If class minimum of 12 participants is not met, the class will be cancelled!

2nd payment for the first session is due by Friday, May 11.

Fees: \$122 for 7 weeks on M/W/F \$93 for 7 weeks on T/Th

Tuesday/Thursday class is limited to 24 students

Monday/Wednesday/Friday class is limited to 30 students

Instructors: A. Terry & A. Turner

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
9161	M/W/F	4/23-6/8*	9:00-12:00 p.m.	\$122/7
9162	T/Th	4/24-6/7	9:30-11:30 a.m.	\$93/7

\*No Class on 5/28

#### Parent And Tot Preschool Practice

Age: 18 months – 5 years

Help your child grow, learn and get ready for preschool! We will play, dance, sing during "circle time" and pop popcorn. In addition, we work on being in the school setting through cooperation, listening, and direction. We stimulate gross motor skill improvement through creativity, crafts and activities. Come and join us for fun while preparing for preschool. Parent/guardian participation is required. A \$5 material fee is payable to the instructor at first class meeting.

Instructor: G. Pedroza

Location: Sago Palm Room

Code	Age	Days	Dates	Time	Fee/Weeks
9165	18 Mos-3	M	4/9-4/30	9:00-10:00 a.m.	\$38/4
9166	2.5-5	M	4/9-4/30	10:15-11:15 a.m.	\$38/4
9167	18 Mos-3	M	5/7-6/4*	9:00-10:00 a.m.	\$38/4
9168	2.5-5	M	5/7-6/4*	10:15-11:15 a.m.	\$38/4

\*No Class on 5/28

### Dance

#### Baby Ballet

Age: 2 – 4

This is the perfect class for your budding ballerina. Through stories, songs, and classical ballet poses the participants will learn the traditional movement and language of ballet, along with the stories of the most famous ballets. Ballet shoes required.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew

Location: Buena Park

Code	Days	Dates	Time	Fee/Weeks
9171	T	4/17-5/22	5:00-5:45 p.m.	\$36/6
9172	TH	4/19-5/24	5:00-5:45 p.m.	\$36/6
9173	T/TH	4/17-5/24	5:00-5:45 p.m.	\$62/6

### Music/Art

#### Young Rembrandts Preschool Drawing

Age: 3.5 – 5

April showers bring May flowers and springtime is the right time for signing up your preschooler for a Young Rembrandts class! The spring months will blast off with excitement as we draw a wonderful astronaut. But it's not all about space adventures; your student's feet will be firmly planted back on planet Earth with a drawing of a tree house. And don't let those May flowers go unnoticed; the month of May will bloom with our flower basket drawing. Sign up today!

Instructor: Young Rembrandts

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
9175	M	4/2-4/30	2:45-3:30 p.m.	\$60/5
9176	M	5/7-6/11*	2:45-3:30 p.m.	\$60/5

\*No Class on 5/28

#### Kids Love Music

Age: 4 mos – 4 years

Have an interactive, fun time with your child exploring singing, dancing, puppet play, rhythm instruments and instrumental jam sessions. Along the way students will experience creativity and social, cognitive and motor development. Classes for Kids: 1 – 4 years and Babies: 4 – 14 mos (not walking). An optional \$20 materials fee is payable at the first class meeting for a music CD, harmonica, and rhythm instrument. Adult participation required. Visit us online: www.KidsLoveMusic.net.

This class is co-sponsored with Cypress Recreation, and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: K. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
9178	4-14 mos	TH	5/3-5/31	4:15-4:45 p.m.	\$55/5
9179	1-4	TH	5/3-5/31	5:00-5:45 p.m.	\$55/5



# Activity Guide

## Toddlers / Preschool

### Fitness

#### TriFyftt MULTI SPORT

Age: 2 – 7

Here is a great chance for kids to play their favorite sports (soccer, t-ball, basketball) all at one class! This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a shirt.

Instructor: Trifyftt Sports

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
9184	2-3	TH	4/26-5/31	5:00-5:30 p.m.	\$59/6
9185	3-4	TH	4/26-5/31	5:30-6:15 p.m.	\$59/6
9186	5-7	TH	4/26-5/31	6:15-7:00 p.m.	\$59/6



#### Anaheim Ice Parent & Me Skating

Age: 3 – 5

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. There must be one parent and one child per class. The fee includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim, (714) 518-3212.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
9187	T	3/27-4/24*	12:30-1:00 p.m.	\$39/4
9188	SAT	3/31-4/28*	11:45-12:15 p.m.	\$39/4
9189	T	5/1-5/22	12:30-1:00 p.m.	\$39/4
9190	SAT	5/5-6/2*	11:45-12:15 p.m.	\$39/4

\*No Class on 4/7, 4/10, 5/26

#### Anaheim Ice Skating For Tots

Age: 3 – 5

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Class includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim, (714) 518-3212.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
9191	W	3/28-4/25*	4:30-5:00 p.m.	\$39/4
9192	SAT	3/31-4/28*	10:15-10:45 p.m.	\$39/4
9193	W	5/2-5/23	4:30-5:00 p.m.	\$39/4
9194	SAT	5/5-6/2*	10:15-10:45 p.m.	\$39/4

\*No Class on 4/7, 4/11, 5/26

## SUMMER SWIMMING LESSONS at Kennedy High School



The La Palma Recreation and Community Services Department, in partnership with the Anaheim Family YMCA, will once again be offering swimming lessons at John F. Kennedy High School this summer. Group lessons, will be conducted in 2-week weekday sessions, as well as one session of Saturday classes. Swim lessons will be available for various skill levels, ages, 6 months to adults. Registration forms will be available beginning April 30. Lessons begin on Monday, June 18 or Saturday, June 23.



## Youth

### Educational

#### Cooking For Kids

Age: 6 – 13

Join us for nutritious and fun recipes your child will want to make again and again. We will slice, knead, stack, toss and mix our way through this great class. Incorporating fruits and veggies into fun recipes makes this class a winner for everyone. Bring a “chefs bag” to each class containing: a small cutting board, plate, bowl, cup, fork, spoon, knife and a small container for leftovers. If your child has food allergies, please contact the instructor before registering. A \$20 material fee is payable to the instructor at first class for cooking supplies.

Instructor: G. Pedroza

Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
9195	M	4/9-4/30	4:30-5:30 p.m.	\$35/4
9196	M	5/7-6/4*	4:30-5:30 p.m.	\$35/4

\*No Class on 5/28



### Dance

#### Beginning Ballet And Tap

Age: 4 – 7

The self-discipline of Tap and Ballet can improve focus and concentration in school and other sports. Dancing is a legitimate form of exercise and an educational quest which promotes the joy of self-expression. Students will learn classic positions, jumps, turns, and dances. This is an excellent way for your child to gain confidence and poise while increasing flexibility. Ballet and tap shoes required.

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
9198	T	4/10-4/24	4:30-5:30 p.m.	\$30/3
9199	T	5/1-5/22	4:30-5:30 p.m.	\$35/4
9200	T	6/5-6/26	4:30-5:30 p.m.	\$35/4

#### Jr. Jazz, Ballet And Tap

Age: 7 – 12

The self-discipline of Ballet, Tap and Jazz can improve focus and concentration in school and sports. This fun, but educational, class is an introduction to basic concepts in tap and ballet. Posture, flexibility, musicality and integration of basic movements will be covered. Ballet and Tap shoes required.

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
9201	T	4/10-4/24	5:30-6:30 p.m.	\$30/3
9202	T	5/1-5/22	5:30-6:30 p.m.	\$35/4
9203	T	6/5-6/26	5:30-6:30 p.m.	\$35/4

### Music/Art

#### Young Rembrandts Elementary Drawing Class

Age: 6 – 13

It's spring time and that can only mean one thing: SPRINGTIME FUN WITH YOUNG REMBRANDTS! If you think your student is a budding vehicle designer, he or she will love our motorcycle lesson. Learning to draw organic shapes and adding color patterns will be the focus as our artists create an eye-catching humming bird illustration. And our students will be challenged as they draw and shade a seemingly realistic portrait using color pencils. Sign up today!

Instructor: Young Rembrandts

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
9204	M	4/2-4/30	3:30-4:30 p.m.	\$60/5
9205	M	5/7-6/11*	3:30-4:30 p.m.	\$60/5

\*No Class on 5/28

#### Young Rembrandts Cartooning Class

Age: 6 – 13

There's no better way to get a jump on spring than with our fun Young Rembrandts cartoon class. Your student will be exposed to the excitement of drawing anime characters. These drawings will delight our students as they learn how to draw dynamic figures and action-filled scenes. Your funny bone will be tickled when you see the humorous, floral-inspired personas created in our flower characters lesson. And we'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes. Sign up today!

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: Young Rembrandts

Location: Buena Park

Code	Days	Dates	Time	Fee/Weeks
9207	M	4/2-4/30	4:30-5:30 p.m.	\$60/5
9208	M	5/7-6/11*	4:30-5:30 p.m.	\$60/5

\*No Class on 5/28



# Activity Guide

## Youth

### Beginning/Intermediate Piano

Age: 6 – 14

This ongoing piano class can be taken continuously by students at any level. Students will rotate areas by spending time playing music games, worksheets and lessons time with the instructor. Keyboards will be provided during class instruction time. However, students must have a piano or keyboard at home to practice. There is a \$5 (cash only) supply fee payable to the instructor at first class.

This class is consponsored by Buena Park and will be held at the Ehlers Community Center, 8150 Knott Ave.

Instructor: The Music Academy Location: Buena Park

Code	Age	Days	Dates	Time	Fee/Weeks
<b>Beginning</b>					
9210	6-8	M	4/16-5/21	3:30-4:00 p.m.	\$50/6
9211	9-14	M	4/16-5/21	4:00-4:30 p.m.	\$50/6
<b>Intermediate</b>					
9214	6-14	M	4/16-5/21	4:30-5:20 p.m.	\$60/6

### Fitness

### Pee Wee Hits

Age: 4 – 7

Batter Up! Our Pee Wee clinic is designed for the needs of both boys and girls 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of baseball, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing team work, and creating positive memories. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt, trophy, and a recognition party at the end of the season. Registration begins May 1! The season begins June 18. A separate registration form, available at the Community Center is required.

Instructor: Recreation Staff Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
9216	MW	6/18-8/13*	4:45-6:00 p.m.	\$75/8

\*No practice 7/4



### Lil' Tigers Karate

Age: 4 – 7

Do you want your child to be more focused? This program is developed specifically for preschool age children through age 7. It is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. Children will go beyond what they think they are capable of doing by building a strong foundation in essential qualities such as courtesy, respect and discipline. The instructor is a high-ranking black belt with over 30 years of teaching experience. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
9217	MW	4/2-4/18	3:30-4:30 p.m.	\$40/3
9218	MW	4/30-5/16	3:30-4:30 p.m.	\$40/3
9219	WF	5/30-6/15	3:30-4:30 p.m.	\$40/3

### Martial Arts For Kids

Age: 5 – 8

This course will introduce very young students to the world of traditional oriental martial arts. It is a scaled back version of our regular training program; however the emphasis is in using martial art training as a way to improve upon discipline, to increase fitness, to learn teamwork, and to gain a positive attitude.

Choose this course for very young children who are interested in martial arts. Parents who are unsure of whether this kind of program is a good fit for their children are welcome to drop by for a free trial session and a discussion with the Chief Instructor before enrolling.

All students will be eligible to test for rank (belt) promotion during the quarterly promotion exam. This is a continuing program, so students may continue on for as many sessions as desired. Upon achieving a Green Belt or higher; students may be assigned to more advanced classes.

To prepare beginning students for the training, a Tae Kwon Do uniform, complete with patches and white belt, is ordered from the instructor after enrolling for the first session for a low cost of \$40. For more information please visit their website at [www.americanmoodokwan.com](http://www.americanmoodokwan.com).

Instructor: L. Amsell Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
9220	SAT	4/7-4/28	9:00-10:00 a.m.	\$45/4
9221	SAT	5/5-5/26	9:00-10:00 a.m.	\$45/4
9222	SAT	6/2-6/30	9:00-10:00 a.m.	\$45/5



## Youth / Teens

### Dance

### Fit N Fun After School Drop-In Program

La Palma Recreation and Community Services Department is proud, Fit N Fun has had a great year and is continuing until the last week in May. Fit N Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained recreation staff will visit each school three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! Supervision is provided from the time school ends until 3:45 p.m. Your child will develop and enhance interpersonal competence as they develop empathy, sensitivity and build long-lasting and meaningful relationships with peers and staff. Don't miss out on the fun and excitement! For more information please call (714) 690-3350.

Miller Elementary: Mondays, Tuesdays, and Thursdays

Luther Elementary: Tuesdays, Wednesdays, and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

### Club La Palma Summer Day Camp

June 18 – August 24

Age: 5 – 12

Location: G.B. Miller Elementary School

Our dynamic Summer Day Camp is specially catered to working parents on a budget! Club La Palma is filled with action-packed activities and exciting excursions such as Disneyland, Boomers, Seaside Lagoon and more that will guarantee a memorable summer of fun! Club La Palma is open to children, 5 – 12 years of age, Monday through Friday from 6:30 a.m. to 6:00 p.m. The first day of camp is June 18 and will run through August 24, 2012. A deposit of \$20 is required to hold your child's place each week of registration. Registration forms will be available on Monday, April 23. Reserve your space now!

Day Camp Weekly Fee (All inclusive); \$107



### Hip Hop After Homework

Age: 5 – 17

Hip Hop After Homework is a tool which uses dance as an incentive for Elementary through High School aged youth to stay on top of their school work. They are trained in popular dance moves and choreography which develop their coordination and cardiovascular fitness. The students get the opportunity to also build self esteem, self discipline and confidence while learning techniques that are used in modern hip hop and break dancing. After one five-week session the student will be prepared for simple freestyle and to perform some basic choreography.

Instructor: M. Jacob

Location: Royal Palm

Code	Age	Days	Dates	Time	Fee/Weeks
<b>Beginners</b>					
	5-13	T	4/3-5/8*	5:30-6:15 p.m.	\$50/5
	5-13	T	5/15-6/12	5:30-6:15 p.m.	\$50/5
<b>Intermediate</b>					
	5-13	T	4/3-5/8*	6:15-7:00 p.m.	\$50/5
	5-13	T	5/15-6/12	6:15-7:00 p.m.	\$50/5
<b>Advanced</b>					
	8-17	T	4/3-5/8*	7:00-7:45 p.m.	\$50/5
	8-17	T	5/15-6/12	7:00-7:45 p.m.	\$50/5

### Music

### Musical Theatre Studio

Age: 8 – 14

This studio workshop is designed for kids interested in participating in the Buena Park Youth Theatre or who just love to perform! Students will learn how to prepare for an audition using new repertoire and refine their singing, acting, and movement skills in rehearsal and performance. Throughout the course, they will learn both group and solo numbers to be performed at the end of the session. Students should wear clothes they can move in. A \$10 supply fee is payable to the instructor at first class meeting.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: N. Werner

Location: Buena Park

Code	Days	Dates	Time	Fee/Weeks
9223	M	4/16-5/21	4:00-5:00 p.m.	\$40/6



**These Classes Fill Fast  
REGISTER ONLINE TODAY**



# Activity Guide

## Youth / Teens

### “Glee” Vocal Fun For Kids

Age: 8 – 14

Learn the foundations of healthy, sustainable singing in a fun group atmosphere! Lessons will focus on correct breath support, resonance, and production placement. You will learn warm-ups, visualization, and knowledge of vocal mechanics as you work on new repertoire provided by the instructor. As techniques become second nature, you will be able to focus on your performance, working toward becoming a more comprehensive singing artist. A \$10 supply fee is payable to the instructor at first class meeting.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: N. Werner				Location: Buena Park
Code	Days	Dates	Time	Fee/Weeks
9225	M	4/16-5/21	5:00-5:45 p.m.	\$30/6

### Fitness

### Junior Karate

Age: 8 – 14

Karate at the Martial Arts Fitness Center is an excellent confidence booster for kids. Their training will encourage them to draw on their own strengths and strive for their personal best. Students will be involved in positive activities that will direct their focus to achieve goals that may not have been thought possible. Emphasis will be on developing your child's self-esteem, self-discipline and confidence through practicing traditional karate techniques. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9227	T/TH	4/3-4/19	4:30-5:30 p.m.	\$40/3
9228	T/TH	5/1-5/17	4:30-5:30 p.m.	\$40/3
9229	T/TH	5/29-6/14	4:30-5:30 p.m.	\$40/3

### Junior Tae Kwon-Do

Age: 8 – 14

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges. Tae Kwon-Do at Martial Arts Fitness Center is not only a great art of self-defense but it also helps students learn self-control, improve study habits and increase their concentration skills. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9230	M/W	4/2-4/18	4:30-5:30 p.m.	\$40/3
9231	M/W	4/30-5/16	4:30-5:30 p.m.	\$40/3
9232	WF	5/30-6/15	4:30-5:30 p.m.	\$40/3

### Tennis

Age: 7 – 14

It's time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$15 supply fee to the first class. This supply fee covers the cost of machine rentals, towers, balls, and session awards.

Level #1: Player is just beginning to play or has had minimal lessons. At this level you will learn the basics of tennis.

Level #2: Advanced beginning players should be able to hit the ball over the net with some success. At this level, players will begin to work on spins, placement and footwork.

Level #3/Academy: Intermediate players should be able to place their strokes and volleys. They are in the process of learning serves and match play.

Instructor: McConnell						Location: Tennis Courts
Code	Level	Age	Days	Dates	Time	Fee/Weeks
9238	1/2	7-14	W	4/4-6/6	5:00-6:00 p.m.	\$125/10
9236	2-3	8-14	W	4/4-6/6	6:00-7:30 p.m.	\$140/10
9235	1-2	7-14	SAT	4/7-6/9	4:00-5:00 p.m.	\$125/10
9237	2-3	8-14	SAT	4/7-6/9	5:00-6:00 p.m.	\$125/10

### Anaheim Ice Skating: Youth-Beginning

Age: 6 – 16

Have fun at Anaheim ICE! Beginning ice skating made fun and easy! Learn how to skate across the ice, glide on one foot, turn, stop and more. The fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim, (714) 518-3212.

Instructor: Anaheim ICE Staff					Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks	
9245	W	3/28-4/25*	5:00-5:30 p.m.	\$39/4	
9246	SAT	3/31-4/28*	10:15-10:45 a.m.	\$39/4	
9247	W	5/2-5/23	5:00-5:30 p.m.	\$39/4	
9248	SAT	5/5-6/2*	10:15-10:45 a.m.	\$39/4	

No classes: 4/7, 4/11, 5/26





## Teens/Adult

### Art

#### Papercrafting Technique Classes



Ages: 13+

Come explore the wide world of papercrafting! Every month, we will focus on a different papercrafting technique. Class instructors will show you how to incorporate these techniques into your card making, scrapbooking, or other paper crafts. Each class will have a variety of make-and-take projects, great for gifts or even keeping for yourself! Each participant will also be entered in a drawing to win a fabulous prize! To see examples of each month's projects, visit [www.bluehippomemories.wordpress.com](http://www.bluehippomemories.wordpress.com).

#### The following classes will be offered through the Spring:

##### April 14: Basic Stamping

This class will focus on basic stamping techniques while making a variety of feminine cards. Great for Mother's Day!

##### May 12: Basic Embossing

This class will focus on embossing. We will be making cards to give to the men in your life.

##### June 9: Heat Embossing

This class we will learn about heat embossing techniques. This class will have a variety of card themes, including graduation and birthdays.

Instructor: K. Rowe

Code	Class	Days	Dates	Time	Fee/Weeks
9346	Basic Stamping	Sat	4/14	9:30-11:30 a.m.	\$15/1
9347	Basic Embossing	Sat	5/12	9:30-11:30 a.m.	\$15/1
9348	Heat Embossing	Sat	6/9	9:30-11:30 a.m.	\$15/1



#### Hockey Skating Skills

Age: 6 – 16

Want to play hockey but don't know where to start? Learn the basic skating skills necessary for hockey, including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Fee includes hockey skate rental, lessons, free practice on day of class and 3 additional skating passes valid during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim, (714) 518-3212.

Instructor: Anaheim ICE Staff		Location: Anaheim ICE		
Code	Days	Dates	Time	Fee/Weeks
9249	W	3/28-4/25*	6:15- 6:45 p.m.	\$39/4
9250	W	5/2-5/23	6:15- 6:45 p.m.	\$39/4
No classes: 4/11				

#### Freestyle Jump Rope

Ages: 7 – 14

This class is an introduction to the new and exciting sport of Jump Rope. Learn individual and pairs skills, Double Dutch, single rope speed/power, Long Rope, and Chinese Wheel. There are hundreds of jump rope tricks and combinations that you can learn. Jumpers will learn how to put together their own jump rope routine and perform it with music. Jumpers will also be encouraged to participate in local jump rope competitions. Any level jumper is welcome to join this class. Jump rope is a lot of fun and will help increase self-esteem and fitness levels which will help them excel at other sports. Come prepared with appropriate running/athletic shoes, snacks and water. Class is taught by the USA Jump Rope Region 8 Champions- The Jumping Coyotes and coach Rich Neder. A \$2 material fee is paid to the instructor at first class meeting.

Instructor: R. Neder		Location: Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
9251	W	4/11-5/2	6:30-7:30 p.m.	\$35/4
9252	W	5/9-5/30	6:30-7:30 p.m.	\$35/4





# Activity Guide

## Teens



### The Hub!

Location: 5414 La Palma Ave, La Palma  
Monday-Friday: 2:00 p.m. – 5:00 p.m.  
Bring your friends and enjoy activities such as tournaments, ping pong, XBOX, Wii, crafts, and much more!

### Teen Dances

Dances: For 7th and 8th graders only!  
Location: La Palma Community Center, 7821 Walker Street, La Palma  
Time: 7:00 p.m. – 10:00 p.m.  
\$6 pre-registration, \$10 at the door

### Mardi Gras Dance- Saturday, April 14

We will be hosting our version of Mardi Gras with a dance party for you and all your friends. Wear your Mardi Gras Attire and win beads and glow accessories for participating in our festive activities.

### Aloha Dance-Saturday, June 2

Good bye school year, aloha summer!  
The school year will finally be coming to a close. Come kick off your summer and have a fun night filled with dancing and friends.

### Teen Flashlight Egg Hunt-Saturday, April 7

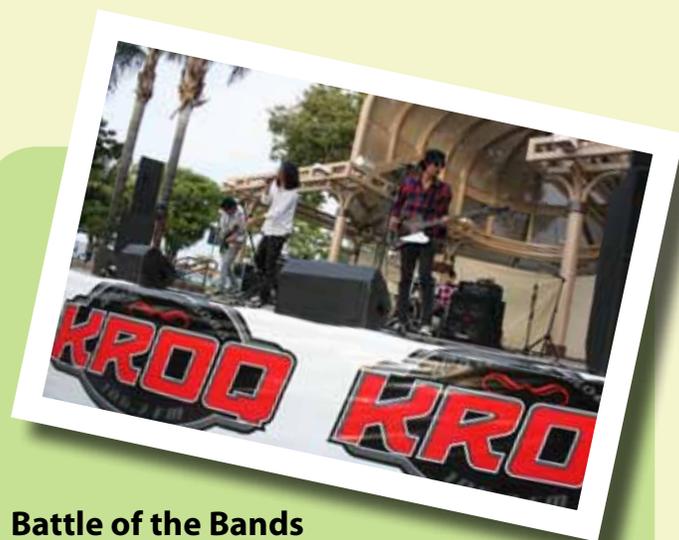
For grades 7th-12th only!  
Location: Cypress Arnold Park  
Time: 8:00 p.m.  
Bring your friends and flashlights. Come enjoy an exciting evening at Cypress Arnold Park! We will be hunting for eggs hundreds of eggs in the dark. This event is free!

### Dodgeball Night- Friday, April 20

For ages 13-18 only!  
Location: Cypress Arnold Park  
Time: 7:00-9:00 p.m.  
Single players or teams up to ten are welcome! Pick up a registration form at La Palma Recreation Department. There will be prizes for first place, most creative team name, and most creative uniform. Register now because space is limited! This event is free!

### Upcoming 2012 Special Teen Events

- Flashlight Egg Hunt, April 7
- Mardi Gras Dance, April 14
- Dodge ball Night, April 20
- Battle of the Bands, May 5
- Aloha Dance, June 2



### Battle of the Bands

Saturday, May 5  
5:00 – 10:00 p.m. at Central Park  
Does your band have what it takes to win the title of our 11th annual Battle of the Bands? Drop off your demo packets by Friday, April 6, 2012 at 5 p.m. to the La Palma Community Services Department. All demo packets must have a minimum of 2 songs (CD, videos, DVD accepted), a completed application (available at either La Palma or Cypress Recreation Depts.), typed clean lyrics, and current copies of all school IDs or Drivers Licenses of each band member. Members must be 21 years or younger. There will be cash prize for the winners and an opportunity to get your band heard at this year's La Palma Days.

### Volunteers

La Palma Teens! Need something to do this summer? Want hands on training that would benefit you for future work opportunities? The Recreation and Community Services Department is looking for responsible teens to assist our Club La Palma Day Camp Counselors throughout the summer. At the end of the summer, each volunteer will receive a \$200 stipend after completion of volunteer service. As a part of this program you will gain on-the-job experience, interviewing skills, how to organize games in large groups, and will help create a fun and healthy environment for La Palma's youth!

In order to be considered for this job, you must be a La Palma resident between the ages of 13 through 17 and be available to volunteer approximately 20 hours each week during the summer. This program includes mandatory bi-weekly meetings which includes job training. Applications will be available online at [www.cityoflapalma.org](http://www.cityoflapalma.org) starting April 2 and must be completed by May 4 at 5:30 p.m. Selections are based on oral interviews. All Volunteers must provide proof of residency and a negative TB test by the first day of Day Camp. For more information please call (714) 690-3350.



## Teen / Adult

### Educational

#### Drivers Education

Age: 14 – 18

Driver's education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time. Students may choose from an internet course or a home study course. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include behind-the-wheel driving.

Meet the Contractors: AllGoodDrivers.com was created by licensed driving instructors with thousands of hours teaching classroom driver education course, behind the wheel courses, and traffic violator courses.

Our mission is to make all new drivers, good drivers, through a quality driver's education. We hope to see new drivers obtain their driver's licenses with simplicity, knowledge, and the confidence that it takes to be a safe driver on today's roadways.

Education is the key to safe and successful driving. We have spent years developing our courses, which now incorporate the highest quality materials and activities.

We feel that parents/guardians play the most important role is a students' driving education. Students cannot become experienced at what they have learned without many hours of practice.

Our courses are developed with this in mind. Using course activities and interactive observation time, we involve the parents/guardians in the learning process well before the student ever gets behind the wheel.

Instructor: T. Zertuche		Location: Home Study/Internet	
Code	Days	Dates	Fee/Weeks
9255	Home Study	4/1-6/15	\$90
9256	Internet	4/1-6/15	\$75

#### CPR/AED/First Aid Training

Age: 16+

Participants learn how to perform CPR and care for breathing in cardiac emergencies in adults; prevent, recognize and respond to cardiac and breathing emergencies in children under 12 and how to use automatic external defibrillators. Participants will also learn how to recognize and care for a variety of first aid emergencies. Red Cross certification is given with successful completion of the course. A \$26 material fee is due at class for certification cards (CPR, First Aid and AED) and lunch if signing up for the full course. If only doing First Aid or CPR/AED a material fee of \$13 is due at the class meeting.

Instructor: K. Rowe		Location: Fan Palm Room			
Code	Class	Days	Dates	Time	Fee/Week
9342	CPR/AED/First Aid	S	6/16	8:30-5:00 p.m.	\$20/1
9343	CPR/AED	S	6/16	8:30-12:30 p.m.	\$15/1
9344	First Aid	S	6/16	1:00-5:00 p.m.	\$15/1

### Music

#### Ukulele: Kanikapili Okalana

Age: 15+

Do you have a Ukulele? Learn how to play chords and keys for sing-a-longs, rock, pop, and even learn a simple Hawaiian tune. Come and enjoy the fun with us! Our instructor has 47 years of professional experience. Supplies Required: Ukulele and music stand. A \$2.50 material fee is payable to the instructor at the first class.

Instructor: H. Kamae			Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks
9257	W	4/4-5/2	7:30-9:00 p.m.	\$45/5
9258	W	5/9-6/6	7:30-9:00 p.m.	\$45/5

### Fitness

#### Aerobic Dancing

Age: 16+

Do you love to dance? If so, Jackie Sorensen's Aerobic Dancing is a fun fitness program for you! This original fitness program is designed to provide a heart pumping cardiovascular and muscular workout through choreographed dances. The program includes warm-up and cool-down dances, abdominal work, aerobic dances and the Vertiform concept. Vertiform (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing, good jogging or cross-training shoes and bring a towel or mat.

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. Payments: although you may pay for the entire Aerobic session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment of \$50 is due on April 2, and the second payment of \$45 is due by May 9 Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

Instructor: K. Phelps			Location: Royal Palm	
Code	Days	Dates	Time	Fee/Weeks
9261	MW	4/2-6/6*	5:45-6:45 p.m.	\$95/10
9262	MW	4/2-5/7*	5:45-6:45 p.m.	\$50/5.5
9263	MW	5/9-6/6*	5:45-6:45 p.m.	\$45/4.5
Pay as you go	SAT	4/7-6/9*	8:30-9:45 a.m.	\$6/1 day
Pay as you go	MW	4/2-6/6*	5:45-6:45 p.m.	\$6/1 day

\*No class on 4/23, 5/26 & 5/28

Find us on Facebook

[www.facebook.com/cityofpalma](http://www.facebook.com/cityofpalma)



# Activity Guide

## Teen / Adult

### Zumba

Age: 15+

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms. It's fun! It's different! It's easy! It's effective! Wear comfortable clothes and bring a water bottle.

Instructor: L. Li				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
9265	W	4/25-5/30	7:30-8:30 p.m.	\$30/6
9266	S	4/21-5/19	10:00-11:00 a.m.	\$25/5
9267	W	6/6-6/27	7:30-8:30 p.m.	\$20/4
9268	S	6/2-6/30	10:00-11:00 a.m.	\$25/5

### Belly Dancing

Age: 16+

Belly Dance is a new way to exercise and is becoming one of the hot new work-out trends in the US. A fusion of belly dance steps with aerobics will help you sweat, while shimmying your inches away. Develop your stamina, reduce stress levels, increase flexibility and condition core muscle; no belly dance experience needed! Wear comfortable clothing (no jeans please). Bring a yoga mat, towel and water bottle.

Instructor: P. Peterson				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
9271	T	4/3-5/1	7:30-8:30 p.m.	\$48/5
9272	T	5/8-6/5	7:30-8:30 p.m.	\$48/5

### Fitness Boot Camp

Age: 16+

This class will include plyometrics and a variety of exercise routines using little to no equipment to give you a well-rounded workout. The workout will include: a stretching and warm-up section, muscular strength and endurance section, as well as cardiovascular section. Fitness and body composition testing will track participant's progress throughout the boot camp. The benefits for this class include a reduction in stress levels, improved flexibility, increased range of motion, increased muscular strength and endurance and an overall healthier lifestyle! Participants should bring their own mats, towels and reusable water bottles and wear loose comfortable clothing and athletic shoes.

\*Participants need to fill out a liability waiver, PAR-Q, and an informed consent form. Please print the forms from [www.ocsustainablefitness.com](http://www.ocsustainablefitness.com) and fill them out completely, then bring them to the first class.

Instructor: T. Keeley				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
9273	T/TH	4/3-4/26	6:00-7:00 a.m.	\$50/4
9274	T/TH	5/1-5/24	6:00-7:00 a.m.	\$50/4
9275	T/TH	5/29-6/21	6:00-7:00 a.m.	\$50/4

### Adult Tae Kwon-Do

Age: 15+

Training in martial art classes is essentially a process of change. Weight loss and physical energy are difficult to quantify, but virtually everyone who participates in this program over a period of time reports a positive effect on outlook and energy level. Classes are designed to develop endurance, flexibility and balance along with self-defense techniques. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9276	M/W	4/2-4/18	6:30-7:30 p.m.	\$40/3
9277	M/W	4/30-5/16	6:30-7:30 p.m.	\$40/3
9278	W/F	5/30-6/15	6:30-7:30 p.m.	\$40/3

### Adult Karate

Age: 15+

Physicians and scientists are discovering brand new health benefits through working out every day. Regular Karate practice creates mental clarity and calmness, increases body awareness, releases the mind, centers attention and sharpens concentration. Students will learn various kicking, punching and blocking techniques while achieving physical fitness, balance, health and overall well-being. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9279	T/TH	4/3-4/19	5:30-6:30 p.m.	\$40/3
9280	T/TH	5/1-5/17	5:30-6:30 p.m.	\$40/3
9281	T/TH	5/29-6/14	5:30-6:30 p.m.	\$40/3

### Introduction To Tai Chi

Age: 14+

Originally developed in China as a form of self-defense, Tai chi is a graceful form of exercise that has existed for some 2,000 years. This ancient art uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai chi, in fact, is often described as "mediation in motion" because it promotes serenity through gentle movements – connecting the mind and body. Anyone, regardless of physical ability, can practice Tai chi since the emphasis is on technique over strength.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: L. Seyller				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9282	T/TH	4/3-4/19	6:30-7:30 p.m.	\$40/3
9283	T/TH	5/1-5/17	6:30-7:30 p.m.	\$40/3
9284	T/TH	5/29-6/14	6:30-7:30 p.m.	\$40/3



## Teen / Adult

### Women's Self Defense

Age: 14+

This class will be tailored towards how an average woman can effectively deal with real world dangers without having to devote years of her life to the study of Martial Arts. This class will introduce basic self-defense techniques, which can be applied regardless of the person's size or physical condition. You will learn defensive tactics along with hands-on practice.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9285	F	4/6-4/20	5:30-6:30 p.m.	\$45/3
9286	F	5/4-5/18	5:30-6:30 p.m.	\$45/3
9287	F	6/1-6/15	5:30-6:30 p.m.	\$45/3

### Ice Skating For Adults

Age: 17+

Beginning ice skating made fun and easy at Anaheim Ice! Learn how to skate across the ice, glide on one foot, stop, turn and more. Fee includes skate rental, lessons, free practice on the day of class and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early for the first class and dress warm.

This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim, (714) 518-3212.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
9288	W	3/28-4/25*	7:00-7:30 p.m.	\$39/4
9289	Th	3/29-4/26*	12:30-1:00 p.m.	\$39/4
9290	W	5/2-5/23	7:00-7:30 p.m.	\$39/4
9291	Th	5/3-5/24	12:30-1:00 p.m.	\$39/4

\*No Class on 4/11 & 4/12

### Power Tae Aerobics

Age: 13+

Power Tae, created by Grand Master J.G. Park (Olympic Tae Kwon Do coach), is without a doubt the fitness weight loss energizer of the new millennium. Power Tae combines the essential elements of Tae Kwon Do: aerobics and boxing. Speed, agility, and strength are the mainstays of this high-energy workout done to pulsating music. This class is provided with the intent to give you the opportunity to increase your physical endurance. If you like Tae-Bo®, you will love this class!

This class is held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopulos				Location: Tae Kwon Do Center
Code	Days	Dates	Time	Fee/Weeks
9292	T/TH	4/3-4/26	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (TH)	
9293	T/TH	5/1-5/29	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (TH)	
9294	T/TH	6/5-6/28	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (TH)	

### Cardio Barre

Age: 13+

Cardio Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds lean muscle. The method influenced by classical dance (though it is not a dance class), but it will give you a dancers body. A chair or barre are used to achieve optimum positioning, 1 or 2 pound weights for the arms, along with an 8 inch soft abs ball which will give your abs the shape you desire. Master Cynthia has helped countless women reshape their bodies.

This class is held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopulos				Location: Tae Kwon Do
Code	Days	Dates	Time	Fee/Weeks
9295	M/TH	4/2-4/26	7:00-8:00 p.m.	\$55/month
9296	M/TH	5/7-5/31*	7:00-8:00 p.m.	\$55/month
9297	M/TH	6/4-6/28	7:00-8:00 p.m.	\$55/month

No classes: 5/28

### Solo Salsa Workout

Age: 16+

In this unusual cardio class you will learn Solo Salsa routines which will be repeated at various speeds to accomplish an aerobic workout while teaching you the basic moves of this popular dance. No dance experience required. Wear comfortable clothes and bring a water bottle.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew				Location: Buena Park
Code	Days	Dates	Time	Fee/Weeks
9298	T	4/17-5/22	7:00-8:00 p.m.	\$28/6

### Abs, Thighs, And Buns

Age: 16+

Hit that hard-to-tone trouble zone in this focused muscle conditioning class. There is no cardio, just an invigorating warm up, and an hour of intense work on the abs, thighs, and buns; followed by a relaxing cool down. Different paces are suggested throughout the class so you can work at the level in which you are comfortable and increase intensity when you choose. Wear comfortable clothes and bring a water bottle. Please bring a mat to class.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew				Location: Buena Park
Code	Days	Dates	Time	Fee/Weeks
9300	T	4/17-5/22	6:00-7:00 p.m.	\$28/6
9301	TH	4/19-5/24	6:00-7:00 p.m.	\$28/6



# Activity Guide

## Teen / Adult

### Dance

#### Line Dance

Age: 18+

Yee-Haw!!!! Slip on your cowboy boots and rustle up your friends! Students will learn a variety of line dances, have an opportunity to meet new people as no partner is necessary, and get a great work-out.

This dance class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
9304	M	4/9-5/21*	6:30-7:30 p.m.	\$32/6
*No class 5/14				

#### Two Step & Swing

Age: 18+

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
9306	M	4/9-5/21*	7:30- 8:30 p.m.	\$32/6
*No class 5/14				

#### Strictly Ballroom Dance

Age: 18+

Learn to dance for all occasions including weddings in this exciting class. Instructor Janet Karter will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa or foxtrot. Singles are welcome in this popular class.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
9308	M	4/9-5/21*	8:30-9:30 p.m.	\$32/6
*No class 5/14				

## Adult

### Music/Art

#### Photography 101

Age: 18+

Photography 101 is a fun way to learn about your camera! Learn how to take pictures you will love to show others, and how to get more out of your camera (take it off Auto)! Lessons will include how to create craft photos and cut out photos. Bring your camera to class and get ready to have some fun!

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: R. Hinckley		Location: Buena Park		
Code	Days	Dates	Time	Fee/Weeks
9310	W	4/18-5/23	6:30-8:30 p.m.	\$42/6

#### Mosaics Gone Wild



Age: 18+

Have you always wanted to learn how to create a Mosaic piece? You will learn the fundamentals of how to design a project, cut glass tiles, the proper use of mosaic tools and grouting your project. Topics include tips on achieving the best adhesive and grouting results and creating a glass on glass design. Learn how to mosaic bottles, wood items and just about anything you can get your hands on. Designs and materials provided.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: B. Loback		Location: Buena Park		
Code	Days	Dates	Time	Fee/Weeks
9312	T	5/1-5/29	6:30-8:30 p.m.	\$60/5

### Fitness

#### La Palma/Cypress Adult Softball

Registration Dates: March 26 – April 20 at Cypress Community Center

Season Begins: week of May 16

Fee: \$365 plus \$15 per game for officials

Co-Ed Divisions: Friday and Sunday night (upper and lower divisions)

Men's Lower D and Lower E Divisions: Wednesday night

Locations: Oak Knoll Park (Cypress), Arnold Cypress Park (Cypress), and Central Park (La Palma)

Game times: Weeknights, 6:30, 7:40, 8:50 p.m.

Sundays, 4:30, 5:40, 6:50, 8:00 p.m.

To accept registration:

- A completed roster with name, address, phone number and signatures of each player
- Code of conduct signed by each player
- Copy of one of the following: Driver's license, passport or California Identification
- Identification card of each player showing proof of age

All players must be 18 years old or older



**These Classes Fill Fast  
REGISTER ONLINE TODAY**



## Older Adults

### The Hub

**Location:** 5414 La Palma Ave, La Palma  
The Hub is an intergenerational facility that will give La Palmans a chance to gather, participate in activities, and attend classes.

A FREE membership is required to participate in activities at The Hub and features activities such as Wii gaming system, ping pong, pool, movies, books, board games, computer with internet and complimentary coffee.



### FREE Special Events at The Hub

#### Movie Magic-Every Wednesday at 10:00 a.m.

Gather your friends, and enjoy a morning of cine-magic and warm buttered popcorn! Movies provide everybody a chance to escape into an imaginary world. Have an idea on a movie? Let our staff know and we will show it!

#### Karaoke Night

Third Friday of each month  
April 20, May 11, and June 25  
6:00 p.m. – 9:00 p.m.

Enjoy the third Friday of each month with your family, friends and neighbors, karaokeing at The Hub! Show off your singing talent or dance to the music. Appetizers will be provided. Registration is required by the Wednesday before the event. Please call (714) 690-3350 to register or for more information.

#### Wii Bowling Tournament

Friday, April 27, 2012  
6:00 p.m. – 9:00 p.m.

Ready, Set, Bowl! Spend an evening virtual bowling at The Hub. Prizes will be awarded to the highest and lowest score. Come out and play or cheer on your favorite bowler. Pre-registration is required by April 16 to be in the tournament; please call (714) 690-3350.

#### Parent's Night Out –

#### Game Night with your Grandchildren

Friday, May 11, 2012  
6:00 p.m. – 9:00 p.m.

Give your kids a night off, by taking the grandkids to game night at The Hub! A variety of board games will be provided for you and your grandkids to play, laugh, and create memories. Refreshments will be provided. Pre-registration is required by May 14; please call (714) 690-3350.

### Educational

#### Beginning Computer Classes

**Ages:** Older Adults

In partnership with the OC Public Libraries, La Palma Branch, learn basic computer programs and skills with our patient Recreation staff. The staff will teach you beginning skills such as using a keyboard, mouse, signing up for an email program, sending and receiving emails, utilizing the internet and much more! Class size is limited, so sign up early!

This class will be held at the La Palma Public Library, 7842 Walker Street.

Instructor: Recreation Staff

Location: La Palma Library

Code	Days	Dates	Time	Fee/Weeks
9315	T	4/3-5/8	11:00-12:00 p.m.	\$6/6
9316	T	5/15-6/19	11:00-12:00 p.m.	\$6/6

#### Intermediate Computer Class

**Ages:** Older Adults

Are you interested in taking your computer skills to the next level? Our Intermediate Computer Class will teach you about the program Power Point including how to create a slide shows plus how to use fully utilize the internet. This class is taught by our patient and knowledgeable Recreation staff. Class size is limited, so sign up early!

This class will be held at The Hub, 5414 La Palma Avenue.

Instructor: Recreation Staff

Location: The Hub

Code	Days	Dates	Time	Fee/Weeks
9313	TH	4/5-5/10	11:00-12:00 p.m.	\$6/6
9314	TH	5/17-6/21	11:00-12:00 p.m.	\$6/6

### Dance

#### Country Line Dancing

**Age:** 55+

Join this beginner's class to learn the art of country line dancing. Volunteer instructors will guide through the intricate yet simple steps to many dances. This is a free class.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: TBA

Place: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
	T	Weekly	12:00-2:00 p.m.	Free/Weekly

#### Marsha Roe's Line Dance Class

**Age:** 55+

This is a fun and energetic class for intermediate line dancers. Improve your skills while learning new dances. Instructor Marsha Roe provides you with instruction and a great time.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: Roe

Place: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
	M	Weekly	1:00-3:00 p.m.	\$3/Weekly



# Activity Guide

## Older Adults

### USDA Commodities Distribution

This monthly food distribution program allows low income La Palma residents to supplement their food pantries with items from the Second Harvest Food Bank of Orange County. Residents are required to show a picture I.D. with proof of residency. Food items distributed are non perishable, no fresh fruit or vegetables and no frozen items. Example of items are: canned food, juice, grain, pasta, and potatoes. USDA commodity distribution is scheduled for the third Tuesday of every month at 3:00 p.m. at Central Park, Royal Palm Room.

### Improving Access to Community and Social Services

2-1-1 is a free 3-digit telephone number that provides referrals for emergency services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This is a much-needed and widely anticipated telephone number, which should streamline the point of access for persons in need of emergency services.

### Information and Referral

If you or someone you know needs help, call Orange County Senior Information and Referral. This is a program designed to provide seniors access to the available agencies and human services programs that can assist them with their problems, legal information, nutrition programs, and much more. Information and Referral is there to help you and to follow up, if necessary, on any contact that might be made. Call the Orange County Senior Information and Referral Office at (714) 567-7500.

### Senior Transportation Referral

For La Palma seniors needing transportation, the La Palma Recreation & Community Services Department provides guidance and referral assistance. There is a variety of options available depending on your needs. Our staff will help identify these options and the process required to access transportation. If necessary, we will work with you to fill our required forms, which can be a daunting task. If you would like referral assistance or have questions regarding transportation for seniors, please contact us at (714) 690-3350.

### La Palma Meals on Wheels

La Palma's Meals on Wheels program was developed to serve nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call (714) 690-3350.

### Educational

### Practical Chess Instruction

Age: 8+

The best way to improve your chess is to plunge in and play. The La Palma Chess Club (LPCC) is a USCF affiliated club offering rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition to players of all skill levels, from beginner to master. Chess lessons are available upon request. We will have three tournaments this session. Players can sign up for individual tournaments, or, at a significant discount, sign up for all of the tournaments in the session. We also encourage all players to register for the class online at [www.cityoflapalma.org/LPRecConnect](http://www.cityoflapalma.org/LPRecConnect). It's quick, easy, and it helps everyone to start the tournaments on time.

Instructor: LP Chess

Location: Sago Palm

### Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
9317	Both Tournaments	F	4/6-6/15	6:00-11:00 p.m.	\$40/11
9318	La Palma Championship	F	4/6-5/18	6:00-11:00 p.m.	\$35/7
9319	School's Out Chess Mania	F	5/25-6/15	6:00-11:00 p.m.	\$15/4



**Register online at your convenience, 24 hours a day, seven days a week.**



## All Ages

### Fitness

#### Private Tennis Lessons

Age: 7+

Private tennis lessons are available from Tennis Instructor Patrick McConnell. All dates, times and prices will be arranged with the instructor. To schedule a private lesson, please call (562) 889-8053.

#### Traditional Martial Arts

Age: 6 to Adult

This program teaches a variety of traditional oriental martial arts including Taekwondo, Judo/Jujitsu, Hapkido, Aikido, Kendo and Kobudo (weapons). Classes emphasize modern training methods and personal growth. Students will improve their physical fitness, achieve mental alertness, reduce stress, and gain a positive attitude.

This program is divided into three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the beginner course or, if you have previous experience, discuss proper placement with the instructor before enrolling.

Students progress through various martial arts systems and more advanced students are permitted to compete in Taekwondo or Judo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee and the U.S. Judo Association and are experienced in both traditional martial arts and sports training systems.

Students and instructors are expected to have their own authorized uniform. New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a low cost of \$40. Additional uniforms, training equipment, and annual USAT/USJA memberships are available at the classes and not during registration. For more information please visit [www.americanmoodokwan.com](http://www.americanmoodokwan.com)

Instructor: L. Amsell  
Code Days Dates Time Fee/Weeks Location: Sago Palm

#### BEGINNER

9328	SAT	4/7-4/28	10:00-11:00 a.m.	\$45/4
9329	SAT	5/5-5/26	10:00-11:00 a.m.	\$45/4
9337	SAT	6/2-6/30	10:00-11:00 a.m.	\$45/5

#### INTERMEDIATE

9330	SAT	4/7-4/28	11:00-12:00 a.m.	\$45/4
9331	SAT	5/5-5/26	11:00-12:00 p.m.	\$45/4
9334	SAT	6/2-6/30	11:00-12:00 a.m.	\$45/5

#### ADVANCED

9332	SAT	4/7-4/28	12:00-1:00 p.m.	\$45/4
9333	SAT	5/5-5/26	12:00-1:00 p.m.	\$45/4
9335	SAT	6/2-6/30	12:00-1:00 p.m.	\$45/5

#### Weekly Traditional Martial Arts

Age: 6 to Adult

This is an option for the most dedicated students at a special price. Training includes one of our Saturday classes (Martial Arts for Kids, Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays. Enrolling in this program allows the student to maximize his or her development in martial art training by receiving personalized, one-on-one instruction. Please feel free to discuss this special option with our instructor staff.

Instructor: L. Amsell				Location: Pygmy/Sago
Code	Days	Dates	Time	Fee/Weeks
9322	T/TH/S	4/3-4/28	5:00-6:00 p.m.	\$60/4
9323	T/TH/S	5/1-5/31	5:00-6:00 p.m.	\$60/5
9336	T/TH/S	6/2-6/30	5:00-6:00 p.m.	\$60/5

#### Introduction To Martial Arts

Age: 6 to Adult

Have you always wanted to participate in martial art training but thought that it would be too demanding? Have you always wanted to learn the intrinsic values associated with martial arts training—fitness, stress reduction, the mind-body connection—but did not wish to compete or participate in strenuous exercise? This is the class for you!

Senior Instructor Lisa Amsell, 5th Degree Black Belt, has been training and teaching traditional martial arts for over 25 years and leads weekday classes. She has designed the class to make it accessible for those with limited physical abilities and to accommodate all fitness levels. If you have a desire for self-improvement and personal growth, the class covers various types of martial arts training for the mature and the younger adult. Get fit and have fun in a safe manner.

To prepare beginning students for the training, a Taekwondo uniform, complete with patches and white belt, is ordered from the instructor after enrolling for the first session for a low cost of \$40.

Instructor: L. Amsell				Location: Pygmy Palm
Code	Days	Dates	Time	Fee/Weeks
9338	T/TH	4/3-4/26	5:00- 6:00 p.m.	\$45/4
9339	T/TH	5/1-5/31	5:00- 6:00 p.m.	\$45/5
9340	T/TH	6/5-6/28	5:00- 6:00 p.m.	\$45/4



La Palma Tutoring



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FAIRMONT 2012

# SUMMER PROGRAM

*where learning is an adventure*

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TAKE ADVANTAGE OF A PRIVATE SCHOOL  
EDUCATION OVER THE SUMMER!

SAVE 10% on Fairmont Summer Camp and Summer School Through APRIL 30th!

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## CALVARY CHAPEL LA PALMA

Sunday Service @9:30 A.M.  
Children's Ministry @9:30 A.M.

Contact Information: *Phone-562-777-1679*  
e-mail-[CalvaryLaPalma@yahoo.com](mailto:CalvaryLaPalma@yahoo.com)

FaceBook-[Calvary Chapel La Palma](#)

Website-[www.CalvaryChapelLaPalma.org](http://www.CalvaryChapelLaPalma.org)

"Come and see the work of God: He is awesome in His doing towards the children of men"(Psalm 66:5)

## 1. The Palms at Central Park Community Center

King Palm    Queen Palm    Sago Palm    Pygmy Date Palm

**Meals On Wheels** (714) 690-3350

7821 Walker Street, La Palma

(714) 690-3350

2. **City Hall** (714) 690-3300

**City Manager** (714) 690-3333

**Public Works** (714) 690-3310

**Finance & Water** (714) 690-3330

**Building & Safety** (714) 690-3340

7822 Walker Street, La Palma

3. **Police** (714) 690-3370

**Emergency** 911

**Fire** (714) 527-6722

7792 Walker Street, La Palma

4. **La Palma Branch Library** (714) 523-8585

7842 Walker Street, La Palma

5. **US Tae Kwon Do Center**

12233 Centralia, Lakewood

6. **Arnold/Cypress Park**

8611 Watson Street, Cypress

7. **Cypress Senior Center**

9031 Grindlay Street, Cypress

8. **Cypress Community Center**

5700 Orange Avenue, Cypress



9. **Martial Arts Fitness Center**

9949 Walker Street, Cypress

10. **Anaheim ICE**

300 W. Lincoln Avenue, Anaheim

11. **Adol Ehlers Community Center**

8150 Knott Ave., Buena Park

12. **The Hub**

5414 La Palma Ave., La Palma

## La Palma Recreation & Community Services



*Creating Unity in Community*

**T**he La Palma Recreation & Community Services Department makes a positive difference in our community by encouraging citizen involvement, fostering human development, and strengthening community through people, parks, and programs.

## Your Recreation Staff

Director	Mike Belknap
Supervisor	Cindy Robinson
Coordinators	jaNell Adams, Marina Rabinovich
Specialists	D.J. Albarian, Anthony Kim, Andi Terry, Andrea Turner, Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

### Leaders

Brandon Alfajora	Bryan Amezcua	Abigail Castellanos
Joselyne Carpio	Tim Dodd	Elise Frontino
Austin Greene	Jeff Gilbert	Lindsey Gutierrez
Megan Hana	Emily Kulassia	Ron Lopino
Jesse Matsukawa	Christian McCombs	Louis Negrete
Ryan Plunkett	Nick Rotherham	Denisse Rudolph
Michael Vela	Nae-Nae Williams	Daniel Zagal
Many Zeigler		





## Postal Customer La Palma, CA 90623

### La Palma 2.0



**BECOME A FAN**  
HELP LA PALMA  
GO VIRAL

The City of La Palma is proud to announce the launch of the La Palma 2.0 campaign. The campaign began last Fall with the launch of the City's official Facebook page. Become a fan now and be one of the first residents to help La Palma go viral!

Find the La Palma Facebook page at:

[www.facebook.com/CityofLaPalma](http://www.facebook.com/CityofLaPalma)



### ARBOR DAY

April 28, 2012

9:30 a.m. – 11:30 a.m.

Celebrate Arbor Day with La Palma! Grab your gloves and come out to Denni Street Park on April 28 to help plant trees in the neighborhood park. There will be inflatable activities, Arbor Day crafts, presentation of art contest awards and, of course, the planting of new trees. Take action and plant a tree today for all the world to share!

For more information or to donate for this year's event, please call (714) 690-3350.

### MEMORIAL DAY

May 28, 2012

9:15 a.m. Musical Interlude

9:30 a.m. Ceremony at the Eternal Flame in front of City Hall

Calling all Veterans

Each year, the City of La Palma honors those who are willing to go to the ends of the earth to defend our freedoms and our rights, and especially those who have paid the ultimate price.

The Community Activities and Beautification Committee would like to recognize ALL veterans, from past wars to the current conflict, for their service and willingness to defend our American way of life. Please join us on MONDAY, MAY 28 at 9:15 a.m. in front of City Hall so we can thank you for a job well done.

Please call the La Palma Recreation and Community Services Department at (714) 690-3350 to reserve your place now!

