

La Palma



MOSAIC

Winter 2013



What's Inside

- Election Results
- Holiday Closures
- Landscaping Design to Conserve Water
- Winter Activity Guide

City Information

City Hall Hours:

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

City Council, Successor Agency to the 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.cityofpalma.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
Gerard Goedhart
Peter Kim
Steve Hwangbo
Steve Shanahan

A Message from the City

Since 1965 when Dairyland became La Palma, our motto has been, "City of Vision." Our vision encompasses the values of family, security, pride and ownership, and opportunity. As your new City Council sets its goals, your commitment and ideas for realizing this vision can be critical to the City's success.

The City Council begins with a number of large projects already underway. Two top projects with both immediate and long term impacts are completing and implementing a new General Plan and adopting and implementing a sustainable financial strategy. Both have been underway for some time and, since much of the City's revenues come from the types of land use in our community, both are linked in an important way.

State law requires every city to have and periodically update a general plan to guide community planning over the long term. The Plan must address certain areas or "elements" such as land use, transportation, housing, public safety, infrastructure, and parks and open space. Since La Palma is basically a built out community, new development occurs primarily through improvements to or reuse of existing properties. The community has discussed what types of reuse would be a good "fit" and meet our long term needs. This community input resulted in different options for further study which the new City Council will be looking at sometime in late winter or early spring. Most areas of the City would see no change under any option and any changes primarily impact areas along the 91 freeway and in the City center, including possible opportunities for senior housing that would allow current residents to age in La Palma. Once an option is chosen by the City Council for further study, the chosen option plus lesser change options will be evaluated for impacts. The results are likely sometime later in 2013 and would then be reviewed by the public and the City Council prior to any plan adoption. Watch for updates on the City website and in future editions of this publication.

You may already be aware that La Palma is facing particularly difficult financial times. The City, like its residents and businesses, is suffering from the effects of the worst recession in seventy years, which has impacted its ongoing resources. A series of state laws over the last several years have restricted both revenues and revenue capability such as redevelopment. In a community dependent upon business taxes for funding many community services, these losses have hit hard. Most recently, the loss of a major sales tax producing business from our community created a significant and long lasting loss of revenue. To a large extent, the cumulative result of these changes is a new "normal" requiring a new strategy for our City organization.

Past efforts have helped to prepare us for this situation. Putting away reserves during good years; investing in infrastructure such as our roads, sidewalks, sewers and water systems; securing grant funding whenever possible; utilizing hundreds of volunteer hours each year; negotiating new labor agreements to reduce expenses while respecting the work of employees; finding ways to be more efficient; and working with the business community to grow our local economy has bought us some time for developing longer term solutions. It will not be enough however to balance our ongoing expenses and revenues in this new environment. The City will work not only to do things right but to also do the right things; that is we must examine both what we do and how we do it. For these difficult conversations, we appreciate your voice and perspective as the owners of our community. There will be additional opportunities for community input regarding these two issues over the next several months, so we hope you stay tuned for meeting dates and participate. Your voice is important in developing the "new normal" for La Palma.

Active ownership can take many forms—sponsorship, volunteering, keeping informed, and being heard. All residents and businesses within the community own our vision and have a stake in its realization. For more information about the City or these issues, visit our website, www.cityoflapalma.org, "friend" us on Facebook, or contact a member of the City Council or City staff. We appreciate your time and interest.

Calendar of Events

January



- 1 New Years Day, City Offices Closed
- 5 Tiny Tot Registration
- 15 City Council Meeting—7:00 p.m.
- 18 Karaoke Night for Adults—6:00 p.m.
- 19 Teen New Year Dance—7:00 p.m.

February



- 5 City Council Meeting—7:00 p.m.
- 15 Basketball Program Begins
- 16 Teen Valentines Dance—7:00 p.m.
- 18 Presidents Day, City Offices Closed
- 19 City Council Meeting—7:00 p.m.
- 21 Karaoke Nights for Adults—6:00 p.m.

March



- 5 City Council Meeting—7:00 p.m.
- 10 Daylight Saving Time Begins
- 16 Teen Fashion Scene—6:00 p.m.
Cypress Community Center
- 19 City Council Meeting—7:00 p.m.
- 20 First Day of Spring
- 21 Karaoke Night for Adults—6:00 p.m.
- 29 Teen Egg Hunt—8:00 p.m.
Arnold/Cypress Park
- 31 Easter



Contents

- City Council Recap 2
- Community Pride 6
- Community Development 7
- Community Safety 8



Activity Guide

- Toddler / Preschool 9
- Youth 11
- Youth / Teen 12
- Teens 14
- Teen / Adult 15
- Adult 18
- Older Adult 20
- All Ages 21
- Facilities 24
- Registration Information 25

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.

Recap – August, September, October, and November

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. 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.

August 7, 2012

The City Council approved an Agreement between the City of La Palma and Ellen Volmert for City Manager Services. Ms. Volmert joins La Palma from Corvallis, Oregon where she had previously been the Assistant City Manager since 1994 and served as City Manager Pro Tem for four months in 2011 following the retirement of the long-time City Manager of that City. She comes to La Palma with broad experience in strategic planning, human resources and labor relations, community relations, capital project management, economic development, budgeting, team facilitation, diversity, technology, organizational development, and risk management. She started September 4.

The City Council awarded a contract in the amount not to exceed \$105,475 to California Professional Engineering, Inc. of La Puente, for the Traffic Signal, Striping, and Median Modifications on La Palma Avenue at Walker Street. The project consists of the removal and replacement of the existing median island, construction of new median curb, abandonment of existing irrigation control devices, construction of asphalt concrete pavement, construction of stamped colored concrete, traffic signal improvements, and signing and striping.

The City Council authorized the purchase of five replacement vehicles for the Police Department, using Vehicle Replacement Fund in the amount of \$161,272. Three of the vehicles purchased, will replace aging front-line black and white Ford Crown Victoria patrol vehicles with similar 2011 vehicles. The other two vehicles being purchased are 2013 Ford Taurus which will be unmarked and used for Detective and Administrative functions.

The City Council received and filed a report on the long-term fiscal status of the City; while providing direction to Staff on the various recommendations presented to help address the impending loss of sales tax revenue. Provided direction to staff to conduct more research and provide additional detail on proposed budget reductions, and

conduct outreach efforts to specific committees and public groups to get their feedback on spending priorities and proposed budget reductions and to report back to the City Council at the September 18, 2012, City Council meeting.

August 21, 2012

The Regular meeting of the La Palma City Council scheduled for August 21, 2012 was cancelled due to lack of agenda items.

September 4, 2012

The City Council awarded a contract in an amount not to exceed \$1,100,000 to Equarius Waterworks for the Residential Water Meter Replacement and Commercial Water Meter Radio Retrofit Project. The project consists of the replacement of all residential water meters and the retrofit of all commercial water meters to an advanced metering infrastructure (AMI) with radio read water meters. The AMI system will allow for advanced leak detection, improved water conservation, enhanced customer service, increased security measures against backflow events, increased operational efficiency, elimination of human error in meter reading, and recovery of lost revenue.

September 18, 2012

The City Council formally approved and authorized the Public Works Director to file a Notice of Completion and Acceptance of Work for the Pavement Rehabilitation of Residential Streets with Conventional Asphalt Concrete Overlay Project. The final contract amount of \$168,483 is less than the \$257,500 originally authorized by the City Council for the Project. The reduction in the final contract amount is primarily due to a decrease in pavement quantities needed during construction. The amount of repairs were expected to be significantly higher; however, the existing asphalt concrete surface was found to be satisfactory for the placement of the pavement overlay, hence requiring less material.

The City Council formally approved and authorized the Public Works Director to file a Notice of Completion and Acceptance of Work for the



Installation of ADA Pedestrian Ramps and Removal and Replacement of Curb, Gutter, and Sidewalk at Various Locations Citywide Project. The final contract amount was \$128,948 which was 22% above the awarded contract amount of \$105,000, but still within the \$131,250 that was allocated and originally authorized by the City Council. The increased contract amount was due to an increase in the curb, gutter, and sidewalk repair areas, which were not originally identified for this project.

The City Council approved an Operating Covenant and Restrictive Covenants Affecting Interest in Real Property Agreement with BP West Coast Products, LLC. For the past fifteen years, La Palma has benefited from the receipt of significant sales tax revenue from BP's fuel sales group being located within the City. BP recently announced that they were relocating their sales operations outside the City in September 2012. Pursuant to the agreement BP has agreed to remain within the City through December 31, 2012, in exchange for fifty percent of the net sales tax revenues.

The City Council discussed approving a Joint Use Agreement with the Centralia School District and the expenditure of \$30,000 to assist in the purchase and installation of a shade structure at George B. Miller Elementary School. The City Council by consensus requested that staff re-negotiate terms of the agreement and bring it back to the Council for approval at a later date.

The City Council conducted a Study Session regarding proposed Fiscal Year 2012-13 budget adjustments and revenue enhancement considerations. The City Council adopted a Resolution approving over \$260,000 worth of budget cuts, including: elimination of the paid intern program, reduced holiday lighting, no student scholarships, and keeping vacant a Police Management Analyst position and a Recreation Management Aide position. The City Council also adopted a Resolution declaring that the reduced utility use tax (UUT) rate of 4% is adversely impacting the City's financial condition; therefore, the UUT was returned to the voter approved rate of 5% effective January 1, 2013.

October 2, 2012

The City Council received and filed a report regarding a proposed Information Technologies Infrastructure Upgrade Project. The project involves the replacement of six aging stand-alone storage servers with a new hosted virtual server environment. The total project cost is

estimated at \$70,000, with formal approval scheduled for October 16.

The City Council received a report regarding User Fees and Charges. The City has not formally reviewed user fees since August, 2010. By consensus the City Council directed Staff to provide further analysis of the impact on a sampling of programs; showing full recovery of costs versus incremental coverage of costs and what other cities charge; have the report show resident and non-resident fees; and that the new fee structure not drive new businesses away.

October 16, 2012

The City Council approved an amendment to the Agreement for Professional Services with Vavrinek, Trine, Day & Co.,LLP (VTD) for independent auditor services. Given the excellent service the City has received from VTD and their willingness to hold prices at last fiscal year's amount, staff recommended the three year extension of the agreement.

The City Council authorized the purchase of hardware, software, and associated warranties from Dell in an amount not to exceed \$34,000; and authorized the purchase of hardware, software, and associated warranties from CDW—Government in an amount not to exceed \$28,000. The computer equipment was purchased as a part of the City's Information Technologies Infrastructure Upgrade Project. The \$62,000 total was less than the previously approved amount that had been discussed at the October 2 meeting.

The City Council received a staff presentation regarding User Fees and provided policy direction. This item had been previously discussed at the October 2 meeting. By consensus, the City Council agreed with the validity of the November 2009 Cost Recovery Study conducted by Revenue and Cost Specialists (RCS) and generally supported full cost recovery for most Police, Public Works, and Community Development fees presented. Staff was directed to further analyze the impact of doing additional cost recovery with regard to Recreation and Community Services programs and to provide a detailed report at a later date.

The City Council approved a Joint Use Agreement with the Centralia School District and affirmed the expenditure of \$30,000 to assist in the installation of a shade structure at George B. Miller Elementary School in La Palma. This item had been previously discussed at the September 18 meeting. In exchange for the City's \$30,000 contribution, the City will have a ten year agreement with the District; that allows the City

to use the school site with no user fees and only a minimal janitorial fee that will not increase for the duration of the agreement. The shade structure is scheduled to be completed by May 2013.

The City Council reviewed and discussed options for the identified Land Use designations to be studied in the draft General Plan Update and Environmental Impact Report. The City Council approved tabling the item to a later date for the new City Council. The City Council's action followed an extensive public outreach process, which indicated more alternatives were needed to address public concerns. The City Council is expected to reconsider the General Plan Update process later this spring.

November 6, 2012

The Regular meeting of the La Palma City Council scheduled for November 6, 2012, was cancelled due to lack of agenda items.

November 20, 2012

The City Council received and filed the First Quarter Financial Report for Fiscal Year 2012-13. Estimates indicate that General Fund revenues for the Fiscal Year are currently projected to be \$8,902,600, which is \$805,000 or 8% below the City's Adopted Budget. This decrease in total revenues is a direct result of lower sales tax receipts and the effect that the dissolution of redevelopment is having on the City. To help address the projected shortfall, the City Council has approved significant budget appropriation reductions in the Fiscal Year 2012-13 Budget.

The City Council formally approved and authorized the Public Works Director to file a Notice of Completion and Acceptance of Work for the Pavement Rehabilitation of Residential Streets with Asphalt Rubber Overlay project. The final contract amount is \$576,742, which is 18% below the original awarded contract amount of \$594,817. The reduction in the final contract amount is primarily due to a decrease in quantities used during construction.

The City Council conducted a public hearing regarding the adoption of an updated User Fee Schedule for Public Works, Community Development-Planning and Police fees. The City Council decided to continue this item to the December 18 meeting.

The City Council adopted a Resolution approving over \$200,000 worth of additional General Fund budget reductions, including: reductions

in City Council travel; elimination of the Cypress College Foundation Americana Awards financial support; reduction in City Manager travel; reduction in various personnel over-time; a shift in some program costs to other funds; reduction in some Police department supplies; reduction in contract janitorial services; and not filling a recently vacated Recreation Coordinator position. With approval of these reductions, the City Council has approved over \$450,000 worth of FY 2012-13 General Fund budget reductions or transfer of expenditures to other funds.

Holiday Closures and Service Schedules

Again this year, the City of La Palma's municipal facilities will be closed for a Winter Holiday, between Christmas and New Years Day. This holiday closure results in reduced labor cost for the City, because most employees are required to use floating holiday or other leave benefits during the closure.

All La Palma City offices (City Hall, Recreation, Public Works, and Police Administration) will be closed starting December 25 and will re-open on January 2. The Police Department is always open for emergency services or for other matters requiring an urgent response from the City, such as a water leak. Customers wishing to pay their municipal utility (water) bill during the holiday break are encouraged to use the drop-box, located outside City Hall or call Park Disposal (EDCO) directly at (714) 522-3577 and pay over the phone at no additional cost.

Trash collection services will be disrupted on December 25 and January 1, in observance of the holidays. Trash collection will be pushed back one day throughout this two week period; except for Monday's collection which will occur on Monday. Park Disposal will also be collecting holiday trees, using a separate collection truck, during this two week period.

Street sweeping services will also be cancelled on Tuesday, December 25 and on January 1, with no make-up day. Monday, Wednesday, Thursday, and Friday street sweeping will occur on their normal respective days. Tuesday street sweeping will resume on January 8.

Please have a safe and joyous holiday season and Happy New Year from the City of La Palma!



2012 Election Results

The election results for the City's November 6, General Election indicate that Council Candidate Peter Kim received 20.3% of the votes; Candidate Gerard Goedhart received 17.2%; Incumbent Steve Shanahan received 15.0%; Candidate Christine Barnes received 12.7%; Candidate Robert Carruth received 12.5%; Candidate Patricia "Pat" Craig received 12.0%; and Candidate Sylvia Colannino Smith received 10.3%.

The results were certified and approved by the La Palma City Council on December 4 and the top three candidates—Peter Kim, Gerard Goedhart, and Steve Shanahan—were sworn-in. Following the swearing-in ceremony, the City Council conducted its annual reorganization and selected a Mayor and Mayor Pro Tem for 2013. The City Council holds its regular meetings on the first and third Tuesdays of each month at 7:00 p.m. in the Council Chambers located at La Palma City Hall, 7822 Walker Street.

At the State and Federal level there were three local races. Election results for the United States House of Representatives District 38, indicate that Linda T. Sanchez was elected with 67.1% of the vote versus Benjamin Campos with 32.9%. In the California State Senate District 29, Robert "Bob" Huff was elected with 55.2%, versus Greg Diamond with 44.8%. Finally, in the California State Assembly District 65, Sharon Quirk-Silva was elected with 52.0%, versus Chris Norby with 48.0%. Website links for all of the new representatives are available at the City's website.

La Palma Citizen Committee Vacancies

Citizens of the City of La Palma are invited to submit applications for upcoming vacancies on the Community Activities and Beautification Committee, Development Committee, and Traffic Safety Committee.

The Community Activities and Beautification (CAB) Committee works with City staff to coordinate City special events. CAB members meet on the second Tuesday of each month from September to June.

The Development Committee (DC) reviews and evaluates plans for new construction and acts as an advisory body to the Planning Commission. The DC meets every other month on the second Monday of the month, with special meetings conducted on an as-needed basis.

The Traffic Safety Committee (TSC) identifies and makes recommendations to the Council on improvements in traffic conditions. The TSC meets quarterly, with special meetings conducted on an as-needed basis.

Multiple vacancies with up to four-year terms will be created when the incumbents' terms expire on December 31, 2012. Applications for all vacancies are available on the City's website at www.cityoflapalma.org/committees or at City Hall. The deadline to apply is January 3, 2013. If you have any questions or for further information, please contact the City Clerk's office at (714) 690-3334

City Receives Grant!

The City of La Palma just received excellent news that the South Coast Air Quality Management District Governing Board recently approved funding in the amount of \$20,000 for replacement vehicles in the Public Works Department currently budgeted this fiscal year. Two utility vehicles are scheduled for replacement, totaling \$114,000. The \$20,000 in grant funding will be used to offset funding from the Vehicle Replacement Fund. Two Ford F-250 Propane Utility Trucks with liftgates will replace a 1997 and a 1999 utility truck, and continue with the City's efforts towards using cleaner burning alternative fuel vehicles. According to Carlo Nafarrete, Maintenance Supervisor, "I am excited that grant funding through the Mobile Source Air Pollution Reduction Review Committee (MSRC) was pursued and successfully obtained."

La Palma Debuts New Neighborhood Network

Program will help businesses and community connect with each other

La Palma wants to help the community connect and thrive. And it all starts with the new La Palma E2G2 Neighborhood Network.

Simply put, the new network is a way to "Harness the Power of Local," making everything in town "Easy to Get to" through a new directory and mobile app. The network is available now by selecting Find Local Business on the City's website or lapalma.e2g2.com

The new 'Neighborhood Network' program, in partnership with E2G2.com, helps businesses and consumers find each other quickly and easily. La Palma's own city website now features a Licensed Business Directory of every local business in town. This means that every licensed business in our city is listed and categorized, making it easy for customers to find them.

It's the most complete and accurate listing of local businesses anywhere. Every local business in town is now available with just the touch of a smartphone or click of a mouse.

The Neighborhood Network puts City Hall, local businesses, residents and even visitors all in the same place. This creates a whole new way for the community to engage and interact with each other.

Local clubs and organizations are also on the site, making it easy for groups to find new members, and for businesses to sponsor their favorite organizations. Now everyone in La Palma can support the community, shop local, and save time and money.

The E2G2 mobile app is currently available at Google Play and is coming soon to the Apple App Store.



Summer Meyer Crowned as Miss La Palma 2012

The City of La Palma kicked off the La Palma Days Celebration with the Pageant on Sunday, November 4. There were approximately 200 people watching as Summer Meyer, Kennedy High School Senior, was crowned as La Palma's 2012-2013 Ambassador.

As an ambassador, Summer will attend Business Grand Openings, City Functions and Community Events. This year, for the first time, each of the contestants chose a cause to dedicate their year of service too. Summer has chosen to create an anti-bullying program. She believes that bullying is an epidemic in our society today and wants to use her influence to raise awareness about this issue.

Nine contestants were seeking the coveted title of La Palma Ambassador. La Palma Ambassador, Summer Meyer and her Court, La Palma Princesses Mikayla Khramov and Danielle Vela will now serve as the Ambassadors of the City of La Palma for the coming year.

Home Spotlight

Winter 2013 Home Spotlight Award Winner

The City of La Palma would like to congratulate residents Jack and Judi Evans of 5702 San Simeon for winning the 2013 Winter Home Spotlight Award!

Jack & Judi Evans have been residents of La Palma for the past 35 years. They have three children and six grandchildren. The Evans show pride in their home by keeping their lawn well maintained throughout the year.

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 the many reasons why La Palma has been named one of the best places to live in the United States! We thank Jack and Judi for contributing!

If you'd like to nominate a home for the Home Spotlight Award, please contact (714) 690-3350 or visit CityofLaPalma.org/HomeSpotlight.



Landscaping Design to Conserve Water

Create a landscape design that reduces pesticide and fertilizer runoff and conserves water. Good plant choices, proper site preparation, installation of “smart” irrigation equipment, and use of porous materials for walkways and other unplanted areas are key elements in an environmentally friendly landscape.

Improve water absorption.



- Add organic matter, such as compost, and aerate regularly to reduce compaction.
- Use perforated drainage lines to allow water to filter into surrounding soils.
- Install gravel sumps or other percolation areas to keep water from collecting in unwanted areas.
- Choose plants that conserve water, buffer runoff, and resist pest problems.
- Plant water-efficient plants, including many native species, to reduce irrigation. Some natives require little to no fertilizer or pest management.
- Use turfgrasses and pest-resistant plants best adapted to the local climate.
- Install dense plantings with fibrous root systems along landscape edges to reduce runoff and soil erosion.
- Create landscape features to collect runoff water.
- Incorporate long, shallow grassy depressions, known as swales, to hold large amounts of runoff from driveways, streets, or parking lots.
- Create low-lying areas in the garden to provide temporary storage for heavy runoff and allow sediment, water, and garden chemicals to soak into the ground. Establish plant species that can survive both wet and dryer conditions.
- Include trees to intercept rainfall.
- Use rain barrels to collect and store runoff from rooftops for irrigating plants.
- Add terrace walls or other features.
- Install and properly operate irrigation systems and equipment.
- Check your irrigation system and if necessary, make adjustments; replace old and mismatched sprinklers with low-flow rotor heads.
- Consider the addition of a “smart” irrigation controller. These are designed to reduce excess irrigation by replacing only the amount of water lost through plant use and evaporation.
- Install drip systems or soaker hoses for trees, shrubs, and some ground covers.

For more stormwater information, please go to www.ocwatersheds.com

10 tips
MAKE SURE YOUR CONTRACTOR MEASURES UP

- 1 Hire only state-licensed contractors.
- 2 Check a contractor's license number online at www.cslb.ca.gov or by calling 800.321.CSLB (2752).
- 3 Get at least three bids.
- 4 Get three references from each bidder and review past work in person.
- 5 Make sure all project expectations are in writing and only sign the contract if you completely understand the terms.
- 6 Confirm the contractor's workers' compensation insurance policy for employees, and ask about liability insurance to cover any property damage.
- 7 Never pay more than 10% down or \$1,000, whichever is less.* Don't pay in cash.
- 8 Don't let payments get ahead of the work.
- 9 Keep a job file of all papers relating to your project, including all payments.
- 10 Don't make the final payment until you're satisfied with the job.

CONTRACTORS STATE LICENSE BOARD
www.cslb.ca.gov • CheckTheLicenseFirst.com
 800.321.CSLB (2752)

* There is an exception to this rule for about two dozen contractors who have filed a blanket performance and payment bond with the Registrar. This information is noted on the contractor's license detail page on CSLB's website.
 13P-075/1111

Bicycles, Skateboards and Scooters . . . Oh My!

'Tis the time of year when children will be riding new bicycles, skateboards, and scooters. Keep in mind, the single most effective safety device to reduce head injury and death from bicycle crashes is a helmet. Make it a rule: every time you and your child ride a bike, skateboard, or scooter, wear a helmet that meets the safety standards developed by the U.S. Consumer Product Safety Commission. If your child is reluctant to wear a helmet, try letting him or her choose their own.

Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward, or side-to-side. The helmet straps must always be buckled, but not too tightly. Try the Eyes, Ears and Mouth Test:

EYES: Position the helmet on your head. Look up and you should see the bottom of the rim of the helmet. The rim should be one to two finger-widths above the eyebrows.

EARS: Make sure the straps of the helmet form a "V" under your ears when buckled.

MOUTH: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not tighten those straps and make sure the buckle is flat against your skin.

Always model and teach proper behavior. Learn the rules of the road, and obey all traffic rules. Adult supervision of child cyclists and skateboarders is essential until you are sure a child has good traffic skills and judgment. Children should not ride a bicycle, scooter, or skateboard when it's dark, in the fog, or in other low-visibility conditions.

Electrical Fire Safety

Nationwide, electrical failures result in approximately 52,000 home fires and \$1.1 billion in property losses. Many fires are caused by electrical appliances, incorrectly installed wiring, overloaded circuits, and extension cords. To reduce the risk of electrical fire, here are some safety tips.

Fixtures/Appliances

- Repair or replace worn, old or damaged outlets, cords and appliances immediately.
- You can still have a fire from an appliance that is plugged in and turned off.
- Unplug small appliances when they are not in use
- Allow adequate space around electronic components to prevent over heating

Surge Protectors / Extension Cords Safety

- Use a surge protector with an on/off switch and plug it directly into an outlet, not into an extension cord or another surge protector
- Stapling cords to the wall can damage the wire and cause a fire
- Use heavy duty extension cords for high watt appliances
- Avoid running them across doorways, under carpets, or under furniture.

Child Safety

- Use safety closures to "child proof" electrical outlets
- Electrical cords are a shock and strangulation hazard
- Always keep them out of children's reach

Fight Back Against the Flu!

The 2013 flu season has begun! In an effort to keep our La Palma residents as healthy as possible, here is some information on how to minimize the impact of the flu at your home or business.

The flu, or influenza, is spread by droplets produced by coughing and sneezing. It usually spreads from person to person but occasionally objects such as a doorknob can become contaminated with the virus and serve as a source of infection.

People who are sick should stay home and avoid close contact with others. Good health habits such as washing your hands often, covering your mouth and nose with a tissue when coughing or sneezing, and avoiding contact with your eyes, mouth, or nose can prevent you and others from becoming ill. Antiviral medications are available which can prevent or lessen the severity of influenza infection however; these medications should only be used for those who are at higher risk of severe illness. Vaccination is the best prevention method available.

For more information on influenza, visit the Centers for Disease Control's website at www.cdc.gov/flu.

Activity | Guide

www.cityoflapalma.org
714-690-3350



Toddlers / Preschool

Educational

Tiny Tots

Age: 3 – 5

Our preschool teachers, Ms. Andi and Mrs. Andrea, will team up to teach our enrichment program for POTTY-TRAINED (no diapers or pull-ups), 3 to 5 year-olds. The Tiny Tots program is dedicated to improving the well-being of 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 with the Monday, Wednesday and Friday class being geared to the older 4- and 5-year-olds preparing for kindergarten. The Tuesday and Thursday class will be geared for the newer and younger 3- and 4- year-olds.

OUR SPECIAL TINY TOT REGISTRATION WILL BE HELD ON SATURDAY, JANUARY 5, 2013 (RESIDENTS AT 10:00 A.M. AND NON-RESIDENTS AT 10:30 A.M.), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registration is on a first come, first served basis. 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, January 5, 2013 at 11:15 a.m. 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 in not met, the class will be cancelled!

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

Class space is limited.

Instructors: A. Terry & A. Turner

Location: Pygmy Room

Code	Days	Dates	Time	Fee/Weeks
10102	M/W/F	1/7-2/22*	9:00-12:00 p.m.	\$122/7
10103	T/Th	1/8-2/21	9:30-11:30 a.m.	\$93/7
10104	M/W/F	2/25-4/19*	9:00-12:00 p.m.	\$122/7
10105	T/Th	2/26-4/18*	9:30-11:30 a.m.	\$93/7

*No Class on 1/21, 2/18, 4/1-4/5

Dance

Parent and Me Ballet & Tap

Age: 2 – 4

Help your child develop self-confidence and poise through the art of dance! This class is designed to teach the fundamentals of ballet and tap. One class fee covers one child and one adult. Adult participation is required and all attending children must be registered for class.

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

Instructor: High Fidelity Entertainment

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
10202	T	1/8-2/12	4:30-5:15 p.m.	\$40/6
10203	T	2/26-4/2	4:30-5:15 p.m.	\$40/6

Music/Art



Art Innovator's Preschool Art

Age: 3.5 – 4.5

The "language" of art begins with the recognition of lines and shapes. We show preschoolers how to draw as well as to explore fun media each week. There will be a free trial class held January 8 from 2:50-3:30 p.m. (no registration necessary). There is a \$5 material fee payable at the first class for supplies.

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

Instructor: Art Innovators

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
10206	T	1/15-2/12	2:50-3:30 p.m.	\$55/5
10207	T	2/19-3/19	2:50-3:30 p.m.	\$55/5

Fitness

Swimming Lessons

Ages 6 months+

A fun and safe way to make a splash! Participants will gain lifelong confidence in and out of the water. Classes are taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. A special registration form with classes and times is required and is available at the Recreation Office.

TriFyft Multi-Sport

Age: 2 – 6

Here is a great chance for kids to play their favorite sports (soccer, t-ball, and basketball) in 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. The 2-3 years old class is designed as a Parent and Me class.

Instructor: Trifyft Sports Staff

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
10131	2-3	Th	2/7-3/7	5:00-5:30 p.m.	\$49/5
10132	3-4	Th	2/7-3/7	5:30-6:15 p.m.	\$49/5
10133	4-6	Th	2/7-3/7	6:30-7:15 p.m.	\$49/5

Parent & Me Ice 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 is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
10162	T	1/8-1/29	12:30-1:00 p.m.	\$39/4
10163	SAT	1/12-2/2	11:45-12:15 p.m.	\$39/4
10164	T	2/26-3/26*	12:30-1:00 p.m.	\$39/4
10165	SAT	2/23-3/16*	11:45-12:15 p.m.	\$39/4

*No class 3/9, 3/12



Activity | Guide

Toddlers / Preschool

Ice Skating for Tots

Age: 3 – 5

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, stop, hop, 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 is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
10166	W	1/9-1/30	4:30-5:00 p.m.	\$39/4
10167	SAT	1/12-2/2	11:45-12:15 p.m.	\$39/4
10168	W	2/27-3/27*	4:30-5:00 p.m.	\$39/4
10169	SAT	2/23-3/16*	11:45-12:15 p.m.	\$39/4

*No class 3/9, 3/13

Kidz Love Soccer-Mommy/Daddy & Me Soccer

Age: 2 – 3.5

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are part of the action, not watching from the sidelines!

Instructor: Kidz Love Soccer Staff Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
10137	2-3.5	F	2/8-3/15	5:15-5:45 p.m.	\$66/6

Kidz Love Soccer-Tot/Pre Soccer

Age: 3.5 – 5

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
10136	3.5-5	F	2/8-3/15	4:30-5:05 p.m.	\$66/6

Kidz Love Soccer 1

Age: 5 – 6

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
10134	5-6	F	2/8-3/15	3:00-3:45 p.m.	\$66/6

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, poise and increase flexibility. Ballet and tap shoes are required.

Instructor: A. Valley Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
10191	T	1/8-1/29	4:30-5:30 p.m.	\$35/4
10192	T	2/5-2/26	4:30-5:30 p.m.	\$35/4
10193	T	3/5-3/26	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
10188	T	1/8-1/29	5:30-6:30 p.m.	\$35/4
10189	T	2/5-2/26	5:30-6:30 p.m.	\$35/4
10190	T	3/5-3/26	5:30-6:30 p.m.	\$35/4

Dance for Musical Theatre

Age: 5 – 9

Learn and perform routines from musicals like Annie, Peter Pan, Oliver, etc. This class is perfect for those interested in improving and sharpening their performance skills, those auditioning for Children's Theater or those who just want to have fun!

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

Instructor: High Fidelity Entertainment Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
10204	T	1/8-2/12	5:15-6:00 p.m.	\$40/6
10205	T	2/26-4/2	5:15-6:00 p.m.	\$40/6



Youth

Fitness

Fit N Fun

After School Drop-In Program

La Palma Recreation and Community Services' Fit N Fun after school drop-in program will resume after the New Year! Fit N Fun is for students in grades 1st – 6th at Miller, Luther, and Los Coyotes Elementary Schools. Trained recreation staff run this successful program at each school three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models for its participants through games, crafts, and much more! Supervision is provided from the time school ends until 3:45 p.m. Don't miss out on the fun! For more information, please call (714) 690-3350. Fit N Fun resumes the week of January 7.

Miller Elementary: Mondays, Tuesdays, Thursdays

Luther Elementary: Tuesdays, Wednesdays, Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, Fridays

Club La Palma Spring Day Camp

Age: 5 – 12

Parents! Need fun and safe daycare for your young ones this Spring Break, April 1 – 5, 2013? Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships all centered around the theme, Out of This World! Our Day Camp is designed for youth 5 – 12 years old, and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee of \$107 for the week, includes an enjoyable excursion (Thursday, April 4) to the California Science Center to view the Space Shuttle Endeavour! Registration forms will be available beginning February 13.

Instructor: Recreation Staff

Location: Royal Palm Room

Code	Days	Dates	Time	Fee/Weeks
10229	M-F	4/1-4/5	6:30-6:00 p.m.	\$107/1

Pee Wee Hoops

Age: 4 – 7

The Pee Wee Hoops Basketball Clinic is right around the corner! Our goal is to provide your Pee Wee with the fundamental skills of basketball, while supporting and encouraging the health and well-being of each participant through developing hand and eye coordination, encouraging mental and social development, increasing physical fitness, emphasizing team work and creating positive memories in a safe and caring environment. Children are encouraged to join regardless of experience or skill level. All participants will receive a team t-shirt and a trophy. Registration begins immediately, so sign up while spots are still available. A separate registration form is required.

Instructor: Recreation Staff

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
10194	M/W	3/11-5/1	4:45-6:00 p.m.	\$75/8

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. Our 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 is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
10150	W/F	1/2-1/18	3:30-4:30 p.m.	\$40/3
10151	W/F	2/6-2/22	3:30-4:30 p.m.	\$40/3
10152	W/F	3/6-3/22	3:30-4:30 p.m.	\$40/3

Soccer Skillz & Scrimmages

Age: 7 – 10

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Best of all—every participant receives a Kidz Love Soccer Jersey! Shin guards are required.

Instructor: Kidz Love Soccer Staff

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
10135	F	2/8-3/15	3:45-4:30 p.m.	\$77/6





Activity | Guide

Youth / Teens

Music

“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 for materials.

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

Instructor: S. Goodwin				Location: Ehlers CC
Code	Days	Dates	Time	Fee/Weeks
10217	T	1/8-2/12	6:30-7:15 p.m.	\$30/6
10218	T	2/26-4/2	6:30-7:15 p.m.	\$30/6

Fitness

CYAA Youth Basketball League

Age: 8 – 15

Participants will learn the basic and advanced fundamentals of basketball while learning how to play in a team environment. These skills will include shooting, passing, ball handling, transition/fast break play, defense and rebounding. Teams will be divided by distribution of skill level. Our goal is to have a competitive league and for players to make new friends. Participants will receive a t-shirt and certificate at conclusion of season. Registration forms will be available beginning January 7, 2013.

Skills assessments and practices begin Friday, February 15 and games begin Saturday March 2.

Instructor: J. Crosby				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
10124	F/S	2/15-4/27*	TBA	\$85/11
*No class 3/30				

Volunteer Coaches Needed!

Volunteers coaches and officials are needed for this league! If you are interested in coaching a team or officiating games, please call (714) 690-3350, there will be a mandatory meeting for coaches on February 1 and a mandatory meeting for officials on February 8. Fingerprinting is required for all coaches and officials.

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
10147	T/TH	1/3-1/22	4:30-5:30 p.m.	\$40/3
10148	T/TH	2/5-2/21	4:30-5:30 p.m.	\$40/3
10149	T/TH	3/5-3/21	4:30-5:30 p.m.	\$40/3

Junior Tae Kwon-Do

Age: 8 – 14

Tae Kwon-Do at the Martial Arts Fitness Center is not only a great way to exercise but it's also a great way for the student to learn self-control, improve study habits and increase concentration skills. Students learn a variety of techniques that will allow them to better handle the physical and emotional challenges of life. 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
10156	W/F	1/2-1/18	4:30-5:30 p.m.	\$40/3
10157	W/F	2/6-/22	4:30-5:30 p.m.	\$40/3
10158	W/F	3/6-3/22	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 tennis 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 ground strokes and volleys. They are in the process of learning serves and match play.

Private and Semi Private Tennis Lessons are available through Linda Paulding please call (415) 676-9464. Once you have made arrangements with the Coach, please complete a Registration form with the Recreation office.

Instructor: McConnell						Location: Tennis Courts
Code	Level	Age	Days	Dates	Time	Fee/Weeks
10122	1	7-14	W	1/9-2/27	4:00-5:00 p.m.	\$80/8
10123	2/3	7-14	W	1/9-2/27	5:00-6:30 p.m.	\$110/8



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.

Instructor: Anaheim ICE Staff			Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks
10170	W	1/9-1/30	5:00-5:30 p.m.	\$39/4
10171	SAT	1/12-2/2	10:45-11:15 a.m.	\$39/4
10172	W	2/27-3/27*	5:00-5:30 p.m.	\$39/4
10173	SAT	2/23-3/23*	10:45-11:15 a.m.	\$39/4
*No class on 3/9, 3/13				

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.

Instructor: Anaheim ICE Staff			Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks
10178	W	1/9-/30	6:15-6:45 p.m.	\$39/4
10179	W	2/27-3/27*	6:15-6:45 p.m.	\$39/4
*No class on 3/13				

X Factor Sports Speed Clinic



Age: 6 – 12

Sports fitness training that will give you an edge over the competition. We will put you in the best physical shape to perform at your highest level. This program will emphasize speed, quickness, and agility taught by a former NCAA collegiate athlete.

There is an "X" factor in all of us. We will bring it out of you! This is a general conditioning class for athletes. Please wear appropriate athletic clothing and shoes and bring water!

Instructor: J. Crosby, I. Thompson			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
10139	T/Th	2/19-3/21	5:00-6:30 p.m.	\$145/5

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 roping is a lot of fun and will help increase self-esteem and fitness levels which will help them excel at other sports. Class is taught by the USA Jump Rope Region 8 Champions- The Jumping Coyotes and coach Rich Neder. Come prepared with appropriate running/athletic shoes, snacks and water.

Instructor: R. Neder			Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks
10088	W	1/9-1/30	6:30-7:30 p.m.	\$35/4
10089	W	2/6-2/27	6:30-7:30 p.m.	\$35/4
10090	W	3/6-3/27	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.

The Hub will reopen on January 7, 2013! Bring your friends and enjoy activities such as tournaments, ping pong, XBOX, Wii, crafts, and much more!



Teen Fashion Scene

Saturday, March 16 at 6:00 p.m.

Come check out the latest designs for the most popular event of the year. The show features stores like Vans, Furnace, Styles for Less, and local designers. Tickets cost \$5. If you want to enter your original designs in the show, you can pick up a designer application, available now. Applications are due January 11, 2013, by 5:00 p.m. to the La Palma Community Center.

Models Needed

Have you ever wanted to "strut" your stuff down the runway? This is your big chance! We need 13 – 18 year old guys and girls! Applications are due February 1, 2013, by 5:00 p.m. to the La Palma Community Center. Applicants will be notified of their audition time.

Teen Flashlight Egg hunt

Arnold/Cypress Park, 8611 Watson Street

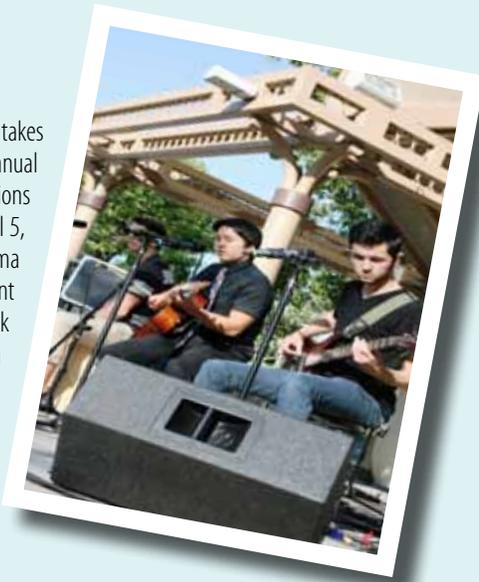
Friday, March 29 at 8:00 p.m.

Bring your flashlight and come hunt for eggs in the dark!

2013 Battle of the Bands

Saturday, May 4

Does your band have what it takes to win the title of our 12th Annual Battle of the Bands? Applications are due no later than Friday, April 5, 2013, by 4:30 p.m. at the La Palma Community Center. This event will be held at the Central Park Pavilion, 7821 Walker Street, La Palma. There will be a cash prize for the overall winner and an opportunity to perform at La Palma Days. This event will take place May 4. Applications available now!



Teen Dances

Location: La Palma Community Center, 7821 Walker Street, La Palma

The City of La Palma, in cooperation with the City of Cypress, will offer four teen dances through the end of the school year. These dances are limited to students in seventh or eighth grade. All teens MUST bring your school I.D. to purchase your ticket as well as to enter the dance.

Time: 7:00 p.m.-10:00 p.m.

\$6 pre-sale, \$10 at the door



Happy New Year Dance

Saturday, January 19

Come celebrate off the New Year with friends! We offer great music, dance competitions, food, and drinks. You don't want to miss out!

Sweetheart Dance

Saturday, February 16

Come dance away the night with your sweetheart! We offer great music, dance competitions, food, and drinks. You don't want to miss out!

Upcoming 2013 Special Teen Events

Mardi Gras Dance	April 13
Spring Dodgeball Night	April 26
Battle of the Bands	May 4
Aloha Dance	June 1



Teens / Adults

Dance

Hip Hop after Homework

Age: 5 – 19

Hip Hop After Homework students are trained in all styles of popular Hip-Hop dance moves and choreography which will develop their coordination and cardiovascular fitness while also building their self-esteem.

Instructor: M. Jacob

Location: Royal Palm

Code	Age	Days	Dates	Time	Fee/Weeks
------	-----	------	-------	------	-----------

Beginner

10096	5-13	Th	1/10-2/14	5:30-6:15 p.m.	\$60/6
10099	5-13	Th	2/21-3/28	5:30-6:15 p.m.	\$60/6

Intermediate

10097	5-13	Th	1/10-2/14	6:15-7:00 p.m.	\$60/6
10100	5-13	Th	2/21-3/28	6:15-7:00 p.m.	\$60/6

Teens

10098	13-19	Th	1/10-2/14	7:00-7:45 p.m.	\$60/6
10101	13-19	Th	2/21-3/28	7:00-7:45 p.m.	\$60/6

Educational

Driver's 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
10186	Home Study	1/1-3/31	\$90
10187	Internet	1/1-3/31	\$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 \$27 material fee is due at class for certification cards (CPR, First Aid and AED) and participation manual. 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
10195	CPR/AED/First Aid	S	2/16	8:30-5:00 p.m.	\$20/1
10196	CPR/AED	S	2/16	8:30-12:30 p.m.	\$15/1
10197	First Aid	S	2/16	1:00-5:00 p.m.	\$15/1

Meditation & Positive Thinking

Age: 16+

As seen on Oprah, meditation is a powerful tool that can bring well-being, less stress and peacefulness to your life. Coupled with using positive thinking tools such as journaling, affirmations, focusing, creating, grounding and using the power of your subconscious mind, you will be able to see and feel wonderful possibilities in your life. Meditation reduces stress, brings about more energy, eases your mind to make change clearer and easier to handle. Once you learn and add meditation to your life, you will never let go!

This class is co-sponsored with Buena Park Recreation and will be held at the Buena Park Community Center, 6688 Beach Blvd.

Instructor: S. Campbell

Location: Buena Park

Code	Days	Dates	Time	Fee/Weeks
10214	M	1/7-1/28	6:15-7:15 p.m.	\$44/4
10215	M	2/4-2/25	6:15-7:15 p.m.	\$44/4
10216	M	3/4-3/25	6:15-7:15 p.m.	\$44/4

Music/Art

Ukulele: Kanikapili Oklana

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: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
10233	W	1/9-2/13	7:30-9:00 p.m.	\$45/6
10234	W	2/20-3/27	7:30-9:00 p.m.	\$45/6



Activity | Guide

Teens / Adults

Fitness

Aerobic Dancing

Age: 16+

Jacki Sorensen's Aerobic Dancing is in its 33rd year in La Palma! The first 25 minutes is spent on an energizing warm up, stretches, ab-tightening crunches, power building pushups and Vertifirm-unique vertical strength/weight training while toning core and legs. The next 30 minutes provides easy to follow choreographed dances to a wide variety of music working on Cardio. Of course we follow with a 5 minute cool down dance. Aerobic Dance is a fitness sport that requires progressive instruction. We regret that we cannot accept new students after the first week of class. 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.

Instructor: K. Phelps		Location: Royal Palm		
Code	Days	Dates	Time	Fee/Weeks
10050	M/W	1/7-3/27*	5:45-6:45 p.m.	\$115/12
Pay as you go	SAT	1/12-3/30	8:30-9:45 a.m.	\$6/1 day
Pay as you go	M/W	1/7-3/27*	5:45-6:45 p.m.	\$6/1 day

*No class on 2/18

Zumba

Age: 15+

Let's face it, working out can be lots of things but it's never been known to be an exhilarating experience, but Zumba Dance uses easy to follow moves to create a one of a kind fitness program that will blow you away! Let Zumba lift your spirits and invigorate your well being. Please wear comfortable clothes and bring a water bottle.

Instructor: L. Li		Location: Royal Palm		
Code	Days	Dates	Time	Fee/Weeks
10086	W	1/9-2/27	7:30-8:30 p.m.	\$40/8
10087	M/W	3/4-3/27	7:30-8:30 p.m.	\$40/4

X Factor Sports Speed Clinic



Age: 13-18

Sports fitness training that will give you an edge over the competition. We will put you in the best physical shape to perform at your highest level. This program will emphasize speed, quickness, and agility taught by a former NCAA collegiate athlete.

There is and "X" factor in all of us. We will bring it out of you! This is a general conditioning class for athletes. Please wear appropriate athletic clothes and shoes and bring water!

Instructor: J. Crosby, I. Thompson		Location: Central Park		
Code	Days	Dates	Time	Fee/Weeks
10140	T/TH	2/19-3/21	6:30-8:00 p.m.	\$145/5

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 fill them out completely and bring them to their first class.

Instructor: T. Keeley		Location: Central Park		
Code	Days	Dates	Time	Fee/Weeks
10125	T/TH	1/8-1/31	6:00-7:00 a.m.	\$50/4
10126	T/TH	1/8-1/31	5:30-6:30 p.m.	\$50/4
10127	T/TH	2/5-2/28	6:00-7:00 a.m.	\$50/4
10128	T/TH	2/5-2/28	5:30-6:30 p.m.	\$50/4
10129	T/TH	3/5-3/28	6:00-7:00 a.m.	\$50/4
10130	T/TH	3/5-3/28	5:30-6:30 p.m.	\$50/4

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
10153	W/F	1/2-1/18	6:30-7:30 p.m.	\$40/3
10154	W/F	2/6-2/22	6:30-7:30 p.m.	\$40/3
10155	W/F	3/6-3/22	6:30-7:30 p.m.	\$40/3

Karate

Age: 15+

Regular karate practice creates mental clarity and calmness, increases body awareness, relaxes the mind, centers attention and sharpens concentration. Our approach to traditional karate training allows students to achieve 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
10144	T/TH	1/3-1/22	5:30-6:30 p.m.	\$40/3
10145	T/TH	2/5-2/21	5:30-6:30 p.m.	\$40/3
10146	T/TH	3/5-3/21	5:30-6:30 p.m.	\$40/3



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.

Please wear loose & comfortable clothing for this class.

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
10159	F	1/4-1/18	5:30-6:30 p.m.	\$45/3
10160	F	2/8-2/22	5:30-6:30 p.m.	\$45/3
10161	F	3/8-3/22	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.

Instructor: Anaheim ICE Staff		Location: Anaheim ICE		
Code	Days	Dates	Time	Fee/Weeks
10174	W	1/9-1/30	7:00-7:30 p.m.	\$39/4
10175	TH	1/10-1/31	12:30-1:00 p.m.	\$39/4
10176	W	2/27-3/27	7:00-7:30 p.m.	\$39/4
10177	TH	2/28-3/28*	12:30-1:00 p.m.	\$39/4

*No class on 3/7, 3/13

Power Tae Aerobics

Age: 13+

Power Tae, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy up beat music. Add this fun class to your weekly routine to see the results you've been looking for. If you like Tae Bo you'll love this class.

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

Instructor: Master Markopulos		Location: Tae Kwon Do Center		
Code	Days	Dates	Time	Fee/Weeks
10183	T/SAT	1/5-1/29	7:00-8:00 p.m.	\$55/month
			8:30-9:30 a.m. (Sat)	
10184	T/SAT	2/5-2/26	7:00-8:00 p.m.	\$55/month
			8:30-9:30 a.m. (Sat)	
10185	T/SAT	3/5-3/26	7:00-8:00 p.m.	\$55/month
			8:30-9:30 a.m. (Sat)	

Power Barre

Age: 13+

Power 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 located at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood.

Instructor: Master Markopulos		Location: US Tae Kwon Do		
Code	Days	Dates	Time	Fee/Weeks
10180	M/TH	1/3-1/31	7:00-7:45 p.m.	\$55/month
10181	M/TH	2/4-2/28	7:00-7:45 p.m.	\$55/month
10182	M/TH	3/4-3/28	7:00-7:45 p.m.	\$55/month

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. Please 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: High Fidelity Entertainment		Location: Ehlers CC		
Code	Days	Dates	Time	Fee/Weeks
10212	T	1/8-2/12	7:00-8:00 p.m.	\$28/6
10213	T	2/26-4/2	7:00-8:00 p.m.	\$28/6

Abs, Thighs and Buns

Age: 16+

Hit that hard to tone trouble zones 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. Please 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: High Fidelity Entertainment		Location: Ehlers CC		
Code	Days	Dates	Time	Fee/Weeks
10210	T	1/8-2/12	6:00-7:00 p.m.	\$28/6
10211	T	2/26-4/2	6:00-7:00 p.m.	\$28/6



Activity | Guide

Adults

Education

Dog Obedience/AKA Canine Good Citizen

Age: 18+

Do you have a canine good citizen? If not, sign up for this fun class. Your buddy can learn to walk on a loose leash, sit, stay, come and down. Your buddy can become a well-behaved companion at home and well-respected member of your community. In addition you will work toward preparing to take the Canine Good Citizen Test. Dogs must be 5 months or older. All dogs must have distemper and parvo vaccinations and meet rabies requirements. First night of the class will be without dogs. On first night, bring proof of all vaccinations.

Instructor: M. Caballero			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
10138	M	2/4-4/1	7:00-8:00 p.m.	\$75/9

How to \$Cash\$ in with a Successful Home-Based Business



Age: 18+

Turn your talents and hobbies into profits at home by learning how to start a home-based business from a Chamber of Commerce past president and successful southern Californian entrepreneur. During this comprehensive, informative workshop, you will discover: more than 100 home business ideas, mandatory legal documentation, many ways to market your product/service, and more! A \$10 supply fee is payable to the instructor at the class for materials.

Instructor: L. Krusemark			Location: Fan Palm Room	
Code	Days	Dates	Time	Fee/Weeks
10230	W	1/30	6:00-8:00 p.m.	\$16/1

A Beginner's Guide to Getting to Published



Age: 18+

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem or even a novel, this comprehensive workshop will guide you to and then past the editor's desk. You will discover how to become a "published" writer overnight, submit manuscripts the correct way, write an irresistible query letter, and more! A \$10 supply fee is payable to the instructor at the class for materials.

Instructor: L. Krusemark			Location: Fan Palm Room	
Code	Days	Dates	Time	Fee/Weeks
10231	W	1/30	3:00-5:00 p.m.	\$16/1

Dance

Beginning Tap for Adults



Age: 18+

This is a fun introduction to tap! This is a beginning tap class for students who have not tapped before or have very little tap experience. Students will learn to shuffle, flap and other fundamental steps and put them into a short combination.

This class is co-sponsored with Buena Park Recreation and will be held at the Buena Park Community Center, 6688 Beach Blvd.

Instructor: High Fidelity Entertainment			Location: Buena Park	
Code	Days	Dates	Time	Fee/Weeks
10208	M	1/7-2/11	6:30-7:30 p.m.	\$42/6
10209	M	2/25-4/1	6:30-7:30 p.m.	\$42/6

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

Instructor: J. Karter			Location: Cypress CC	
Code	Days	Dates	Time	Fee/Weeks
10142	M	1/7-2/11	6:30-7:30 p.m.	\$32/6
10224	M	2/25-4/1	6:30-7:30 p.m.	\$32/6

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 CC	
Code	Days	Dates	Time	Fee/Weeks
10141	M	1/7-2/11	7:30-8:30 p.m.	\$32/6
10223	M	2/25-4/1	7:30-8:30 p.m.	\$32/6

Strictly Ballroom Dancing

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 CC	
Code	Days	Dates	Time	Fee/Weeks
10143	M	1/7-2/11	8:30-9:30 p.m.	\$32/6
10222	M	2/25-4/1	8:30-9:30 p.m.	\$32/6



Music/Art

Photography 101

Age: 18+

Photography 101 is a fun way to make money with 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: Ehlers CC		
Code	Days	Dates	Time	Fee/Weeks
10227	W	1/16-2/13	6:30-8:30 p.m.	\$48/5
10228	W	2/27-3/27	6:30-8:30 p.m.	\$48/5

Beginning Drawing Workshop

Age: 18+

This class covers the basics of drawing such as different techniques and skills of fine art drawing. This four-week course will you how to create a three dimensional drawing from a traditional "still life" using charcoal materials. There is a \$6 supply fee payable to instructors for supplies.

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

Instructor: T. Ngo		Location: Ehlers CC		
Code	Days	Dates	Time	Fee/Weeks
10219	Sat	1/12-2/2	12:00-2:00 p.m.	\$42/4

Fitness

Lunchtime T'ai Chi Chih



Age: 18+

Replenish your energy, reduce stress and experience peace all within your lunch hour! A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body and enhance flexibility. Wear comfortable clothes and flat shoes or socks.

This class is co-sponsored with Buena Park Recreation and will be held at Buena Park Community Center, 6688 Beach Blvd.

Instructor: S. Roady-Ross

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
10220	T	1/8-2/12*	12:00-1:00 p.m.	\$40/5
10221	T	2/26-3/26	12:00-1:00 p.m.	\$40/5

*No Class on 1/22



La Palma/Cypress Softball League

Register between January 7 – 25 at Cypress Recreation (5700 Orange Avenue, Cypress)

Season Begins: February 6, 2013

Fee: \$365 per team plus \$15 each game for official fees per team

Leagues include a co-ed Divisions on Friday and Sunday Evenings (upper and lower divisions), Men's Lower D and Lower E Divisions on Wednesday Evenings. All games are held at Oak Knoll, Arnold Cypress Parks, and Central Park (La Palma) on Weeknights at 6:30, 7:40 and 8:50 p.m. and on Sundays at 4:30, 5:40, 6:50, 8:00 p.m.

To register you must have a completed roster with names, addresses, phone number and signature of each player; Code of Conduct signed by each player; Copy of one of the following: Driver's license, passport or California Identification Card for each player to show proof of age (all players must be 18 years old or older).



Activity | Guide

Older Adults

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.

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! Starting in January the movies will be held at La Palma Recreation Department (7821 Walker Street).

Karaoke Night

Every third Friday of the month, 6 p.m. – 9 p.m.

Enjoy a night out with your family, friends and neighbors Karaokeing at The Hub. Show off your singing talent or dance to the music. Appetizers will be provided. Register by the third Wednesday of every month. Starting in January Karaoke will be held at La Palma Recreation Department (7821 Walker Street).

Intermediate Computer Class

Age: 55+

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	
10200	TH	1/10-2/14	11:00-12:00 p.m.	\$8/6	
10201	TH	2/21-3/28	11:00-12:00 p.m.	\$8/6	

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

Marsha Roe's Line Dancing 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: M. Roe				Location: Cypress SC	
Code	Days	Dates	Time	Fee/Weeks	
	M	Weekly	1:00-3:00 p.m.	\$3/Weekly	

Fitness

Aqua Aerobics

Age 55+

As shallow water workout that includes aerobic training to strengthen your heart and lungs; muscle conditioning to strengthen your muscles; and a stretch and relax phase to promote flexibility and reduce stress and tension. Aqua Aerobics is taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Registration forms with days and times are available at the Recreation Office.

Educational

Beginning Computer Class

Age: 55+

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
10198	T	1/8-2/12	11:00-12:00 p.m.	\$8/6
10199	T	2/19-3/26	11:00-12:00 p.m.	\$8/6



All Ages

Educational

Practical Chess Instruction

Age: 8+

Energize your brain: play chess. Nothing gives your brain more exercise than a serious chess tournament. Every Friday night we hold an ongoing tournament, sponsored by the La Palma Chess Club, officially rated by the US Chess Federation. We encourage all players to register for the class online at www.cityoflapalma.org/LPRecConnect. It's quick, easy, and it helps everyone to start the tournaments on time. Visitors, beginners, and casual players are welcome.

Instructor: LP Chess

Location: Sago Palm

Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
10091	All Three Tournaments	F	1/4-3/29	6:00-11:00 p.m.	\$40/13
10092	500 Years of Damiano's Gift	F	1/4-2/1	6:00-11:00 p.m.	\$20/5
10095	Chess Book Exchange	F	2/1	6:00-11:00 p.m.	FREE
10093	Milky Way Championship	F	2/8-3/8	6:00-11:00 p.m.	\$35/5
10094	Ladder Competition	F	3/15-3/29	6:00-11:00 p.m.	\$15/3

*Chess Book Exchange: Bring in your old chess books and swap them.

Fitness

Private Tennis Lessons

Age: 7+

Private and Semi Private Tennis Lessons are available through Coach Linda Paulding, please call (415) 676-9464. Once you have made arrangements with the Coach, please complete a registration form with the Recreation office.

Weekly Traditional Martial Arts

Age: 5+

This is an option for the most dedicated students at a special price. Training includes one of our Saturday classes (Beginner, Intermediate or Advanced) in addition to supplemental 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
10106	T/TH Sat	1/3-1/31	5:00-6:00 p.m. 9:00-10:00 a.m.	\$60/4
10107	T/TH Sat	2/2-2/28	5:00-6:00 p.m. 9:00-10:00 a.m.	\$60/4
10108	T/TH/S Sat	3/2-3/30	5:00-6:00 p.m. 9:00-10:00 a.m.	\$60/5
10109	T/TH/S	1/3-3/30	5:00-6:00 p.m.	\$165/13

Traditional Martial Arts

Age: 5+

This program teaches a variety of traditional oriental martial arts including Taekwondo, Judo/Jujitsu, Hapkido, Aikido, Kendo. 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. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, and the U.S. Olympic Committee 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 form the instructor after enrolling for the first session for a low cost of \$40. Additional uniforms, training equipment, and optional annual USAT/USJA memberships are available at the classes.

Instructor: L. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
BEGINNER				
10110	SAT	1/5-1/26	9:00-10:00 a.m.	\$45/4
10111	SAT	2/2-2/23	9:00-10:00 a.m.	\$45/4
10112	SAT	3/2-3/30	9:00-10:00 a.m.	\$45/5
10113	SAT	1/5-3/30	9:00-10:00 a.m.	\$115/13
INTERMEDIATE				
10114	SAT	1/5-1/26	10:00-11:30 a.m.	\$45/4
10115	SAT	2/2-2/23	10:00-11:30 a.m.	\$45/4
10116	SAT	3/2-3/30	10:00-11:30 a.m.	\$45/5
10117	SAT	1/5-3/30	10:00-11:30 a.m.	\$115/13
ADVANCED				
10118	SAT	1/5-1/26	11:30-1:00 p.m.	\$45/4
10119	SAT	2/2-2/23	11:30-1:00 p.m.	\$45/4
10120	SAT	3/2-3/30	11:30-1:00 p.m.	\$45/5
10121	SAT	1/5-3/30	11:30-1:00 p.m.	\$115/13

You Can Reach Us!

Monday-Friday
7:30 a.m. to 10:00 p.m.

Weekends
8:00 a.m. to 8:00 p.m.

(714) 690-3350

La Palma Tutoring

Farr Insurance Agency



Wishing you a tangle-free holiday.

Charlene Hatakeyama, Agent
Insurance Lic#: 0771272
7831 Valley View Street
La Palma, CA 90623
Bus: 714-527-8897

May all your days be merry and bright.

A safe and joyous season to everyone. Like a good neighbor, State Farm is there.®



0901020.1

State Farm, Home Office, Bloomington, IL



Scentsy
INDEPENDENT CONSULTANT

MICHELLE CLEASE
Independent Consultant

323.744.1615 cell

www.michelleclease.scentsy.us
gr8scents.michelle@gmail.com

SMOKELESS • WICKLESS • FLAMELESS CANDLES



"LIFE IS TOO SHORT NOT TO LOVE WHERE YOU LIVE."

KEY REALTY TEAM

The Key To Your Home Buying & Selling Success
www.KeyRealtyTeam.com

Fred Smith
(562) 884-1478
DRE# 00885080

Beth Hale
(714) 488-5152
DRE# 01480574



SAVE ON GREAT TASTE!

Any **TWO** REGULAR SUBS for **\$11.99**
AFTER 3 PM ON WEEKDAYS AND ALL DAY ON WEEKENDS

Any **TWO** LARGE SUBS for **\$13.99**
AFTER 3 PM ON WEEKDAYS AND ALL DAY ON WEEKENDS

30 Centerpointe Drive
Ste 12
La Palma, CA 90623
Phone: 714-562-0560
Fax: 714-562-0665

Online: Quiznos.com
Mon-Fri 10am to 7pm
Sat 10am to 3pm
Sunday CLOSED
Delivery Hours:
Mon-Fri 10am to 3pm
5pm to 7pm
Sat 10am to 3pm



MMMM...TOASTY™

©2012 QIP Holder LLC. All rights reserved. "Quiznos" and related marks are property of QIP Holder LLC. Not valid on delivery orders. Valid only at listed US Quiznos®. One offer per person per order. Value of promotional items may vary. May not be valid for custom orders or combined with any other offers. Taxes excluded. No substitutions. QLSM25UBRANCCS15707E 356934_10




La Palma
 Express 

5482 La Palma Ave.
 La Palma, CA 90625
 (714) 527-4040

20 cents off per gallon
with car wash



www.lapalma76.com
 Bring in this add for a **FREE** carwash!
 Offer expires 3/31/13

Featuring

 THE ORIGINAL

Check out our wine and beer selection!

15% Off Any Bottle of Wine!
 Must Present Add
 Offer expires 3/31/13







La Palma Hospital









WHEN I SELL YOUR HOME
YOU WILL RECEIVE A
5 DAY/4 NIGHT
CARNIVAL CRUISE FOR TWO

When You Want To Sell,
Call Michele.



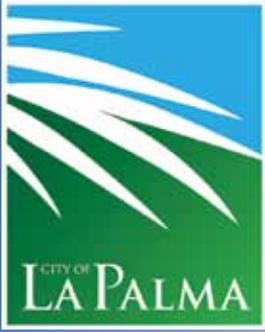
MICHELE STEGGEL
 Realtor
 714.270.4133


 DRE # 01780609



Postal Customer La Palma, CA 90623

PRSRT STD
U.S. Postage
PAID
Buena Park, CA
Permit No. 49



For up-to-date news . . .

Follow us on Twitter,
[@CityofLaPalma](https://twitter.com/CityofLaPalma)



Find us on Facebook, www.facebook.com/CityofLaPalma



Club La Palma Spring Day Camp

April 1 – April 5
Ages: 5 – 12

Parents! We have a place for your children to enjoy their Spring Brea, April 1-5, 2013! Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships all centered around the theme, ***Out of This World!*** Our Day Camp is designed for youth 5 – 12 years old, and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee of \$107 for the week, includes an enjoyable excursion (Thursday, April 4) to the California Science Center to view the Space Shuttle Endeavour! Registration forms will be available beginning February 13.

Instructor: Recreation Staff
Location: Royal Palm Room

