

La Palma



MOSAIC

Spring 2013



What's Inside

- State of the City
- Volunteer Opportunities
- Community Blood Drive
- Annual Spring Clean-up
- Spring 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

Steve Hwangbo, Mayor

Steve Shanahan, Mayor Pro Tem

G. Henry Charoen, Councilmember

Gerard Goedhart, Councilmember

Peter Kim, Councilmember

A Message from the City

It has been said that a goal is “a dream with a deadline” and the La Palma City Council has given their dreams a 2013 deadline for completion by adopting 2013 City Council goals. You may well see your own dreams for our community in the five goal statements below which will guide us through the year ahead. The 2013 City Council goal statements are:

Create Proactive Economic Strategies

- Attract & retain businesses to increase revenues and employment opportunities
- Create a well-defined Action Plan to achieve the goal

Communication/Engagement

- Increase involvement from the community by expanding communications and outreach efforts
- Keep an open dialogue with employees and keep them informed
- To maintain support & confidence, the process must be open and transparent
- Implement engagement /outreach plan regarding the financial situation

Maintain Quality of Life

- Continue City events
- Analyze school alternatives to allow all La Palma kids to go to La Palma schools and advocate for solutions
- Funding plan for future streets improvements
- Stronger and more effective code enforcement; identify the need for assistance and connect with resources

Maintain High Public Safety Levels

- Maintain critical and frontline services

Balance Budget

- Reduce personnel costs
- Reduce General Fund expenditures
- Finalize City fees
- Review reserves policy
- Staff plan in February
- Develop plan to fund unfunded liabilities (GASB 45)

These goals will guide the City of La Palma as it moves through the next year and positions itself to be successful for many years to come. They help to define priorities and projects which bring La Palma's Vision to life. More information is available on the City's website at www.cityoflapalma.org and spring will be especially focused on the Balanced Budget goal as the City Council works towards the June adoption of a 2013/14 fiscal year budget. Watch for progress reports on all the goals throughout 2013 and contribute your ideas for how to accomplish them by contacting a member of the City Council, contributing through the City's website "Contact Us" feature, or by emailing City staff at administration@cityoflapalma.org. You are an important part of keeping La Palma a very special and wonderful place.

Calendar of Events

April



- 1 Volunteer Applications Available
- 1 – 5 Club La Palma Spring Day Camp
- 2 City Council Meeting – 7:00 p.m.
- 13 Teen Mardi Gras Dance – 7:00 p.m.
- 16 City Council Meeting – 7:00 p.m.
- 19 State of the City Luncheon – 11:30 a.m.
- 20 Tiny Tot Registration – 10:00 a.m.
Arbor Day Celebration – 9:30 a.m.
- 26 Teen Dodgeball Night – 7:00 p.m.
- 22 Earth Day
- 22 Club La Palma Summer Day Camp
Registration Begins
- 22 – 26 Bulky Item Spring Clean-up



May



- 7 City Council Meeting – 7:00 p.m.
- 4 Teen Battle of the Bands
- 12 Mother's Day
- 21 City Council Meeting – 7:00 p.m.
- 27 Memorial Day, City Offices Closed
Ceremony at City Hall – 9:15 a.m.

June

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



Contents

- City Council Recap 2
- Community Get Involved 5
- 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 – December, January February

The City Council, which also sits as the governing board of the Planning Commission and Successor Agency to the Community Development Commission, meets on the 1st and 3rd Tuesdays of each month, at 7:00 p.m., in the Council Chambers at City Hall. The public is always encouraged to attend and meetings are also audio-cast live on the City's website at www.cityoflapalma.org/media. 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.

December 4, 2012

The City Council adopted a Resolution reciting the facts of the General Municipal Election held on November 6, 2012, and declared the result. Outgoing Council Members Ralph Rodriguez and Mark Waldman were honored and recognized for their eight years of dedicated service on the La Palma City Council. The City Clerk administered the official Oath of Office and Induction of Gerard Goedhart, Peter Kim, and Steve Shanahan. Finally, the City Council conducted its annual reorganization and selected Steve Hwangbo as Mayor and Steve Shanahan as Mayor Pro Tem.

The City Council formally approved and authorized the Public Works Director to file the Notice of Completion and Acceptance of Work with the Orange County Recorder for Construction Services for the Rehabilitation of Moody Street from Crescent Avenue to La Palma Avenue and Houston Avenue to Orangethorpe Avenue; and on Walker Street from Crescent Avenue to La Palma Avenue. The final contract amount of \$861,588 is less than the \$1,050,000 original authorized by the City Council. The reduction in the final contract amount is primarily due to a decrease in quantities used during construction because the amount of repairs was expected to be significantly higher. The project was funded by using Gas Tax, Measure M, and Capital Outlay Reserve funds.

The City Council discussed hiring a professional facilitator to conduct the 2013 City Council Goals session and if the goal planning process should be for a two-year period. After lengthy discussion, the City Manager was directed to proceed with the Goal setting process with the City Manager acting as the facilitator and with a one-year goals model. The City Council Goal setting meetings were conducted on January 2 and 8, 2013; please see the City Manager message on page 1 for more details.

The City Council approved an immediate hiring freeze that would require management staff to bring all vacant positions before the City Council to determine whether they should be filled or eliminated in order to

address the City's operating deficit; however, the Maintenance Worker position that was being recruited was exempted from the process. During FY2012-13, the City of La Palma has eliminated funding for at least four full-time positions, including a: Police Sergeant, Recreation Coordinator, Management Analyst, and Management Aide.

The City Council discussed eliminating funding for a planned and budgeted free public Wi-Fi service at the City's Civic Center and Central Park. After lengthy discussion, the City Council voted to continue with the planned public Wi-Fi project for the Civic Center and Central Park costing approximately \$2,500 and an estimated \$200 in recurring annual costs.

December 18, 2012

The City Council received and filed the Comprehensive Annual Financial Report (CAFR) of the City of La Palma for the fiscal year which ended June 30, 2012. The report includes the Independent Auditor's Report from Vavrinek, Trine, Day & Co., LLP, who expressed an unqualified opinion that the report presents fairly, in all material respects, the financial position of the City, the results of its operations, and the cash flows of its proprietary funds in conformity with accounting principles generally accepted in the United States of America (GAAP). For the year ending June 30, 2012, the City had General Fund reserves (assigned and unassigned) of \$13.8 million, or 148% of General Fund expenditures. The CAFR document is available for viewing on the City website at www.cityoflapalma.org/finance.

The City Council continued a public hearing from October 16, regarding the adoption of an updated User Fee Schedule for Public Works, Community Development-Planning and Police fees. After further discussion, the City Council voted to schedule a User Fee Study Session in February to review all the fee increases, including Recreation Department related fees.

The City Council appointed members to external committees and internal subcommittees as follows:

Committee/Subcommittee	Representative	Alternate Representative
California Joint Powers Insurance Authority	Council Member Charoen	Mayor Pro Tem Shanahan
Orange County Fire Authority	Council Member Goedhart	Council Member Kim
Orange County Sanitation District	Council Member Kim	Council Member Goedhart
Orange County Vector Control District	Mayor Hwangbo	No alternate
Orange County Library Advisory Board	Mayor Pro Tem Shanahan	Council Member Goedhart
Municipal Water District of Orange County	Council Member Goedhart	No alternate
Public Schools Liaisons	Council Member Kim and Mayor Pro Tem Shanahan	
Business Task Force	Mayor Hwangbo and Mayor Pro Tem Shanahan	

The City Council received and filed a report regarding a financial review of the Halloween Carnival and the La Palma Days events. The total expenditures for the 2012 Halloween Carnival was \$4,876 and the net expenditure was \$43,413 for the La Palma Days celebration.

The City Council adopted a Resolution to fund the Neighborhood Watch Annual Awards event in the amount of \$600; half of the original budget amount. The City Council had previously approved a Resolution, reducing the General Fund budget allocation for Fiscal Year 2012-13 by over \$400,000. This reduction included the elimination of funding for a variety of municipal programs including funding for the Annual Neighborhood Watch Awards event.

January 2, 2013

The Regular meeting of the La Palma City Council scheduled for January 2, 2013 was cancelled due to lack of agenda items; however, a Special Meeting for the City Council Goal Setting was held in its place.

January 15, 2013

The City Council formally approved and authorized the Public Works Director to file a Notice of Completion and Acceptance of Work for the Traffic Signal, Striping, and Median Modifications on La Palma Avenue at Walker Street Project. The final contract amount is \$108,328, which is 3% above the contract award amount of \$105,475, which includes contingencies, authorized by the City Council. The increase in cost above the contract bid was attributed to additional scope of work tasks identified during construction.

The City Council provided direction to the management staff regarding the continuation of each of the City’s Citizen Committees: Community Activities and Beautification Committee (CAB); Development Committee (DC); and the Traffic Safety Committee (TSC). This report had been prepared to allow for a refresher of the various City Committee responsibilities and an open discussion of their continued role in the future given the City’s financial realities.

The City Council formally adopted the 2013 Council Goals. The priority goals are to: create proactive economic strategies; increase communications and engagement; maintain quality of life; maintain

high public safety levels; and adopt a balanced City budget. See the City Manager’s message on page 1 for more details.

The City Council discussed whether to create an Ad Hoc Blue Ribbon Citizens Committee to review the City’s financial condition, programs, and services. After discussion, the City Council voted not to establish a committee.

February 5, 2013

The City Council, acting as the Successor Agency of the La Palma Community Development Commission (CDC), adopted a Resolution approving the Forth Recognized Obligations Payment Schedule (ROPS IV) for July 1 to December 31, 2013. All of California’s redevelopment agencies were dissolved in February 2012. The City of La Palma, as Successor Agency to the former CDC has initiated the process under the Dissolution Act to unwind the affairs of its dissolved redevelopment agency. The Successor Agency is required to adopt Recognized Obligation Payment Scheduled (ROPS) for any enforceable obligations designated as continuing obligations.

The City Council awarded a contract in the amount of \$66,277 to United Storm Water, Inc. of Industry, California, for the Measure M2 Environmental Cleanup Program Project; and appropriated funding from the Capital Outlay Reserve (COR) Fund balance in the amount of \$66,277 to temporarily fund the project, with expected reimbursement of this amount from the Orange County Transportation Agency (OCTA). As a component of the Measure M project (M2), the OCTA has established and is overseeing an environmental cleanup grant program dedicated to protecting Orange County beaches and waterways from the conveyance of urban runoff associated with transportation generated pollution. For Fiscal Year 2012-2013, approximately \$2.8 million is available to be awarded for municipalities. Staff has prepared an application based on the needs for the City that would be used to purchase and install automatic retractable catch basin screens.

The City Council authorized participation with the City of Cypress in a shared jurisdiction street improvement project on Crescent Avenue from the east City limit of Moody Street to the west City limit of Walker Street. Cypress requested the joint participation from the City

so Crescent Avenue would have a uniform newly-paved street. Cypress will be the lead agency overseeing the project.

The City Council authorized the purchase of a John Deere 310SK Backhoe Loader and RS 501 Vacuum Sweeper through the California Multiple Award Schedules (CMAS) contract and authorized the Public Works Director to auction the replaced vehicles as surplus. The Fiscal Year 2012-13 Vehicle Maintenance and Replacement Internal Service Fund adopted Budget includes funding in the amount of \$130,000 for the replacement of the Public Works Backhoe and \$50,000 for the replacement of the small vacuum sweeper. The vehicles proposed to be replaced are a 2003 JCB 212 Backhoe Loader that is used for emergency water repairs and an American-Lincoln 6150 Vacuum Sweeper, purchased in 1995, that is used to clean the Central Park, City Hall, and Police Department parking lots along with small areas throughout the City where the large street sweeper is inaccessible.

The City Council approved an agreement with the City of Buena Park for the use of their Firing Range by the La Palma Police Department. The City of Buena Park has a completely enclosed, state of the art, fully functional firearms range at their police facility. This agreement would allow the La Palma Police Department to use the Buena Park Firing Range any time of the day and any day of the week that has not been previously scheduled for Buena Park Police or any other contract user. This agreement has a per-use charge of \$150 for use not to exceed four (4) hours. The La Palma Police Department is required to provide a certified Range Master, equipment and supplies.

The City Council approved an Operating Covenant and Restrictive Covenants Affecting Interest in Real Property Agreement with Tesoro Refining & Marketing Company, LLC. For the past fifteen years, La Palma has benefited from the receipt of significant sales tax revenue from British Petroleum (BP's) fuel sales group being located within the City. BP has announced its intention to sell its Carson Refinery and ARCO Retail Network throughout the Southwest United States to Tesoro Companies, Inc. The City has agreed to provide financial consideration in exchange for Tesoro maintaining or causing to be used, a fee simple or leasehold interest in a La Palma, CA 90623 property as offices, for their point of sale for certain business activities and transactions generated from the Carson Refinery and ARCO retail network that are subject to sales taxes.

The City Council appropriated funds from General Fund reserve and approved an agreement with Spillman Technologies, Inc., for their Computer Aided Dispatch and Records Management System (CAD/RMS) equipment and services in an amount not to exceed \$200,000. The CAD/RMS system is being purchased to replace an aging and outdated CAD/RMS system. The new system which will save over \$65,000 annually, based on the \$20,000 annual subscription costs, will provide efficiencies and updated reports not available through the old system.

The City Council directed management staff to further research establishing an irrevocable trust to address the City's "other post employment benefits" (OPEB) liability for retiree medical expenses. Based on a valuation report and the actuarial assumptions therein, the City's current unfunded actuarial accrued liability (UAAL) is approximately \$3.3 million. The City currently meets its retiree medical costs on a pay-as-you-go basis.

The City Council appropriated \$2,500 funds from General Fund reserve and adopted a Resolution authorizing participation in the 2013 Cypress College Foundation Americana Awards at the Benefactor Level. The City Council had previously approved Resolutions, reducing the General Fund budget allocation for Fiscal Year 2012-13 by over \$400,000. These reductions included elimination of funding for participation in the Americana Awards event

Upcoming Budget Public Hearings

The City Council has begun the Fiscal Year 2013 – 14 budget development process. This is always an important undertaking, and the process for this subsequent fiscal year takes on added importance given the numerous challenges facing the City. Resident input is always encouraged and welcomed. The schedule below lists the City Council dates where the public will have the opportunity to engage in the budget development process. The dates listed below are all regular City Council meeting dates.

- April 16 – Presentation of proposed Capital Improvement Program (CIP) for FY 2013-14 through FY 2017-18
- May 7 – Preliminary General Fund budget presented, reviewed and discussed
- May 21 – Proposed FY 2013-14 budget presented; department presentations and overviews
- June 4 – Public Hearing to consider adoption of FY 2013-14 budget

Community | Get Involved

2013 La Palma State of the City Luncheon

Featuring
Mayor Steve Hwangbo
Friday, April 19, 2013
11:30 a.m.

Knott's Berry Farm Hotel

For further information and to purchase tickets, please contact the City at (714) 690-3350.



La Palma Days Seeking Volunteers

It's already time to start planning this year's La Palma Days event scheduled for Saturday, November 9. The La Palma Recreation and Community Services Department is actively seeking creative, energetic and dedicated community members to assist in the planning for the various components of the event. Committees include Parade, Activities, Entertainment, Historical and Cultural and the La Palma Pageant. If any of these are of interest to you, please call (714) 690-3350.



La Palma Days Seeking Volunteers La Palma's Fitness Run For Fun – Volunteers Needed

This year La Palma will be conducting the 33rd Fitness Run for Fun. This annual event continues to attract participants from all over the southland. To continue this successful patriotic event we need over 150 volunteers to staff the 3.1 mile course every year!

The Fitness Run for Fun which includes a 5K & 10K run along with a 5K walk, begins at 7:30 a.m. sharp on Thursday, July 4th. What a healthy way to start the weekend of Independence Day with your family and friends!

You can become an important part of this 33rd Fitness Run for Fun by getting involved to make this great event successful. There are several opportunities available. Call the La Palma Recreation and Community Services Department at (714) 690-3350 for more information.

Community Blood Drive

The American Red Cross Club at John F. Kennedy High School, in collaboration with the City of La Palma, is hosting a community blood drive on Friday, March 29 from 1:00 – 7:00 p.m. at the Community Center (7821 Walker Street).

Every two seconds someone in the United States needs blood. By donating blood you could be a life-saving contributor. Don't miss out on this great opportunity, to support those that need your help.

To be a blood donor you must be at least 16 years of age and meet certain height and weight requirements. For more information on the requirements to donate or to make an appointment please visit www.redcrossblood.org and search sponsor keyword "KennedyHS."

Community | Pride

SPRING into Action

Breathe new life and energy into your home. The first rite of spring is to clear out the dust, dank odors and darkness of the winter. The first warm rays of spring are a time to throw off the weight of winter and start fresh.

In order to maintain the quality neighborhoods that our residents have come to expect and enjoy, the City's Code Enforcement Division is working with residents to foster a spring cleaning renewal of their properties. Properties that are maintained to a high standard and that look their best protect property values and in-turn create community wealth.

You can rent dumpsters for your spring cleaning from the City's waste hauler EDCO at (714) 522-3577. Those items no longer wanted, but still have a useful life can be donated so that other families may enjoy them. You may recycle these items at Goodwill at www.locator.goodwill.org/ or the Salvation Army at www.donate.salvationarmyusa.org/.

The City would like to remind our residents of several regulations that involve keeping La Palma's neighborhoods beautiful. The following are some of our most common situations that occur in our residential areas that run afoul of City codes:

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

Compliance with these provisions will help to keep the appearance of the City's neighborhoods aesthetically pleasing and attractive. Neighborhoods with exceptional curb appeal maintain strong property values and protect your equity. If you have any questions or would like to report a code violation, please contact the City's Code Enforcement Officer at (714) 690-3342.

For street sweeping exemptions or to report parking violations such as boat, trailer, or RV storage, please contact the City of La Palma Police Department at (714) 690-3370.

Home Spotlight

Spring 2013 Home Spotlight Award Winner

The City of La Palma would like to congratulate residents Peter & Isabella Benze of 7961 Birchwood Circle for winning the 2013 Spring Home Spotlight Award!

Peter and Isabella have been residents of La Palma for over 30 years and are the original homeowners of their house on Birchwood Circle. Recently, Peter rebuilt the brick borders surrounding the front yard and developed a sitting area near the bay window in front of their home. Peter has always taken meticulous care of their yard, where they proudly display the American Flag.



A spotlight on the Benze's home is not a new occurrence, during the holidays their front yard becomes a Winter Wonderland. Peter has handcrafted his front yard holiday decorations and has won many La Palma Kiwanis Home Decorating Contest awards.

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 Peter and Isabella 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.

Community Development

Annual Spring Clean-up

April 22 – April 26

The “Annual Bulky Item Spring Clean-up” for large household and yard items will be conducted the week of April 22 through April 26, 2013. Collection will occur on your normal trash collection day and items must be placed near the curb. While this clean-up event includes the removal of most large or bulky items, please note the following types of items cannot be collected:

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

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

Upcoming Construction

From spring through summer, several construction projects are scheduled.

- The City’s Safe Routes to School Program project, funded by Caltrans, consists of the installation of Radar Feedback Signs to be installed in the vicinity of Walker Junior High School and Kennedy High School. The feedback signs will be similar to the existing signs on La Palma Avenue.
- The Citywide concrete rehabilitation project is currently being advertised with construction to commence during spring of 2013. The scope of work includes the installation of missing ADA Pedestrian Ramps and the removal and replacement of damaged concrete improvements.
- The paving of the Landmark Tract with Asphalt Rubber Hot Mix Overlay, funded by local funds, is scheduled to occur during the early summer of 2013. Plans and specifications are nearly complete for advertisement for construction.
- The paving of La Palma Avenue, from west City limit to Moody Street, is scheduled to occur during the summer of 2013, when school is not in session. This project is partially-funded by State Local Partnership Program grant funds and local funds.

Please pardon the inconveniences as the City conducts these improvement projects to beautify the City.

City Seeks Strong Economic Development Goals

With a population hovering consistently around 15,500 for close to 40 years, La Palma is a throwback to the 1970’s suburbia, yet is still a leader in strong schools, safe neighborhoods, and family values. La Palma’s residents embrace the City’s quiet atmosphere and small-town charm, and particularly its traditions. Keeping that small-town character has become a growing challenge for the City, with regional growth and traffic continuing to increase throughout the area, and Regional Planning and Transportation Agencies demanding local government do more to curb greenhouse emissions and reduce congestion in their communities.

The City continues to be proactive by executing an economic development strategy to attract new and retaining existing businesses, expanding successful businesses and maintaining a pro-business focus. To the City, economic development is more than bringing business into town. It’s helping existing businesses achieve and exceed their goals. It’s meeting the needs of employers and their employees. The City helps businesses succeed by keeping the cost of doing business low, maintaining a pro-business City government mindset, and striving to provide a community environment that attracts a premier labor force.

For instance, last May the City widened the service driveway to the Moody/ La Palma Shopping Center to create a more accessible delivery area for a new grocer and their suppliers. The City also provided the grocer with temporary occupancy permit to enable the business to open prior to completing their regulatory ADA improvements. This action assisted the operator’s cash flow so that finances could be in place to complete their State mandated improvements.

Ensuring that the City has adequate, safe, clean streets, alleys, accessible parking lots and sidewalks, and proper drainage will preserve the vitality of the town. In the coming year, the City will continue significant investment in its public infrastructure. As this City moves toward the future, it will continue to work toward business retention, expansion, recruitment and reinforcement of strong business community.

If you know of a business looking to expand in La Palma please contact Douglas D. Dumhart, Community Development Director at (714) 690-3322 or send him and e-mail at DouglasD@Cityoflapalma.org.



Community | Safety

City Receives Storm Water Grant through OCTA

The City of La Palma has received a Measure M Environmental Cleanup Program grant through the Orange County Transportation Authority in the amount of \$66,277 for the installation of automatic retractable catch basin screens. The screens are mounted inside of the curb inlet openings, remain closed during the dry season, and open automatically during continuous heavy water flow. The device will aid the City in maintaining the storm drain system by minimizing the amount of debris and litter entering the system, while allowing water to flow. This project is scheduled for the this spring.



Basic Swimming Pool Safety Tips

Protect Your Child from Drowning With These Simple Pool Safety Tips

1. Never leave children alone in or near the pool, even for a moment.
2. Make sure adults watching young children in the pool know CPR and can rescue a child if necessary.
3. Make sure the fence and gates surrounding the pool self-close and self-latch at a height children can't reach.
4. Keep rescue equipment (a shepherd's hook—a long pole with a hook on the end—and life preserver) and a telephone near the pool.
5. Children are not developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under the age of 4 should not be seen as a way to decrease the risk of drowning.
6. Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."



Project Safe Streets

Driving home after work can be risky for the shift worker, particularly since they have been awake all night. For the evening worker, coming home around midnight increases the risk of meeting drunk drivers. Alcohol is a leading factor in fatal traffic crashes, playing a part in about half of all motor vehicle-related deaths.

People think that opening car windows or listening to the radio will keep them awake; however, studies show that these methods do not work. In fact, these actions should be a red flag that fatigue has set in, and you need to pull over immediately. If you are sleepy when your shift is over, try to take a nap before driving home. Remember, sleep can quickly overcome you. Why is night driving so dangerous? One obvious answer is darkness. Ninety percent of a driver's reaction depends on vision, and vision is severely limited at night. Depth perception, color recognition, and peripheral vision are compromised after sundown. Older drivers have even greater difficulties seeing at night. A 50-year old driver may need twice as much light to see as a 30-year old.

Another factor adding danger to night driving is fatigue. Drowsiness makes driving more difficult by dulling concentration and slowing reaction time.

Follow these steps to arrive home safely:

- Carpool if possible. Have the most alert person do the driving.
- If you are sleepy, stop to nap, but do so in your locked car in a well-lit area.
- Take public transportation, if possible.
- Drive defensively.
- Don't stop off for a "night cap."

Fortunately, you can take several effective measures to minimize these after-dark dangers by preparing your car and following special guidelines when you drive. The National Safety Council recommends these steps: Keep headlights, tail lights, signal lights, and windows (inside and out) clean. Have your headlights properly aimed. Mis-aimed headlights blind other drivers and reduce your ability to see the road. Avoid smoking and drinking, as smoke's nicotine and carbon monoxide hamper night vision. If there is any doubt, turn your headlights on so others can see you. Reduce speed and increase your following distances.

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, APRIL 20, 2013 (RESIDENTS AT 10:00 AM AND NON-RESIDENTS AT 10:30 AM), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. 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, April 20, 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
10348	M/W/F	4/22-6/7*	9:00-12:00 p.m.	\$122/7
10349	T/TH	4/23-6/6	9:30-11:30 a.m.	\$93/7

*No class on 5/27

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		Location: Ehlers CC		
Code	Days	Dates	Time	Fee/Weeks
10387	T	4/16-5/21	4:30-5:15 p.m.	\$42/6

Music/Art

Babies Love Music

Age: 4 – 14 mos.

A fun and interactive play time with your 4-14 month old baby, NOT YET WALKING! We learn lap songs, fingers plays, pee-a-boo, and play rhythm instruments and drums. Along the way your baby gains vocabulary, motor and listening skills, social and cognitive development and fun with you! Class content changes each session. Please bring a baby blanket. There is an optional material fee for a music CD "Baby and Me" (\$10), rhythm instrument (\$6 or \$7), peek-a-boo scarf (\$5) or all of the mentioned for \$20.

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

Instructor: K. Greeno		Location: Cypress CC		
Code	Days	Dates	Time	Fee/Weeks
10261	TH	4/25-5/30*	3:30-4:00 p.m.	\$59/5

*No class on 5/16

Toddlers Love Music

Age: 1 – 2

Perfect for the active toddler! Mix together singing, dancing, rhythm band activities, drum and xylophone playing. We keep the children active and engaged in this shortened version of the Kids Love Music class! Class content changes each session. There is an optional material fee for a music CD "It's Music Time Again" or "Sing with Me" (\$10), rhythm instrument (\$6 or \$7), peek-a-boo scarf (\$5) or all of the mentioned for \$20.

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

Instructor: K. Greeno		Location: Cypress CC		
Code	Days	Dates	Time	Fee/Weeks
10262	Th	4/25-5/30*	4:15-4:45 p.m.	\$59/5

*No class on 5/16

Kids Love Music

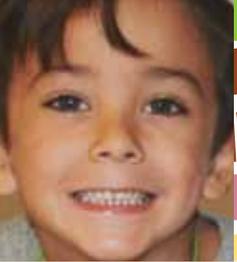
Age: 1 – 4

Join us for a fun time with your child! Sing, dance and play with puppets and rhythm instruments. End with a free flow music time using xylophones, glockenspiels and drums! Along the way we encourage creativity, motor and listening skills, social and cognitive development and fun with you! Class content changes each session. There is an optional material fee for a music CD "It's Music Time Again" or "Sing with Me" (\$10), rhythm instrument (\$6 or \$7), peek-a-boo scarf (\$5) or all of the mentioned for \$20.

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

Instructor: K. Greeno		Location: Cypress CC		
Code	Days	Dates	Time	Fee/Weeks
10263	TH	4/25-5/30*	5:00-5:45 p.m.	\$59/5

*No class on 5/16



Activity | Guide

Toddlers / Preschool

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 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: Buena Park SC

Code	Days	Dates	Time	Fee/Weeks
10443	T	4/2-4/30	2:50-3:30 p.m.	\$55/5
10444	T	5/7-6/4	2:50-3:30 p.m.	\$55/5

Fitness

Water Safety for Non-Swimmers

Age: 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 dates and time, is required and is available at the Recreation Office.

TriFytt 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 year old class is designed as a Parent and Me class.

Instructor: TriFytt Sports Staff

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
10351	2-3	TH	4/25-5/23	5:00-5:30 p.m.	\$49/5
10352	3-4	TH	4/25-5/23	5:30-6:15 p.m.	\$49/5
10353	4-6	TH	4/25-5/23	6:30-7:15 p.m.	\$49/5

TriFytt Tee Ball League

Age 2 – 5

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Bidy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The 1st week will be practice and team assignments with the remainder of the weeks being games.

Instructor: TriFytt Sports Staff

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
10354	2-3	Sat	5/4-6/15*	9:30-10:00 a.m.	\$65/6
10355	3-5	Sat	5/4-6/15*	10:00-11:00 a.m.	\$65/6

*No Class on 5/25

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
10240	T	4/9-4/30	12:30-1:00 p.m.	\$39/4
10241	SAT	4/13-5/4	11:45-12:15 p.m.	\$39/4
10242	T	5/7-6/4*	12:30-1:00 p.m.	\$39/4
10243	SAT	5/11-6/8*	11:45-12:15 p.m.	\$39/4

*No class on 5/25, 5/28

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
10244	W	4/10-5/1	4:30-5:00 p.m.	\$39/4
10245	SAT	4/13-5/4	11:45-12:15 p.m.	\$39/4
10246	W	5/8-6/5*	4:30-5:00 p.m.	\$39/4
10247	SAT	5/11-6/8*	11:45-12:15 p.m.	\$39/4

*No Class on 5/25, 5/29

Kidz Love Soccer-Mommy/Daddy & Me Soccer

Age: 2 – 3.5 yrs

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	Days	Dates	Time	Fee/Weeks
10264	F	4/19-5/24	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	Days	Dates	Time	Fee/Weeks
10267	F	4/19-5/24	4:30 – 5:05 p.m.	\$66/6



Youth

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	Days	Dates	Time	Fee/Weeks
10266	F	4/19-5/24	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
10276	T	4/2-4/23	4:30-5:30 p.m.	\$35/4
10277	T	5/7-5/28	4:30-5:30 p.m.	\$35/4
10278	T	6/4-6/25	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
10279	T	4/2-4/23	5:30-6:30 p.m.	\$35/4
10280	T	5/7-5/28	5:30-6:30 p.m.	\$35/4
10281	T	6/4-6/25	5:30-6:30 p.m.	\$35/4



Art

Art Innovator's Youth Art

Age: 5 – 11

Build your own portfolio with masterpieces you create each week! Explore a variety of media including watercolor, pastels, paint and more! We build confidence, creative thinking, and problem solving skills through engaging the imagination in a new way! If you can dream, you can draw! A \$10 supply fee is payable to Art Innovators at the first class.

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: Buena Park SC		
Code	Days	Dates	Time	Fee/Weeks
10445	T	4/2-4/30	3:45-4:45 p.m.	\$61/5
10446	T	5/7-6/4	3:45-4:45 p.m.	\$61/5

Fitness

Fit N Fun

After School Drop-In Program

Fit N Fun After School Drop-In Program

La Palma Recreation and Community Services' Fit N Fun afterschool drop in program has had a fantastic year and will continue until the last week of May. Fit N Fun is for students in grades 1st – 6th at Miller, Luther, and Los Coyotes Elementary Schools. Trained recreation staff runs 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. Fit N Fun offers 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.

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 a fun and safe environment 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 ages 5 – 12, 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 are available.

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



Activity | Guide

Youth / Teens

Spring Camps

Upcoming Summer Programs

Club La Palma Summer Day Camp

Age: 5 – 12

Instructor: Recreation Staff Location: G.B. Miller Elementary School

Summer is coming! Club La Palma Day Camp is filled with action-packed activities and exciting excursions such as Disneyland, Boomers, Seaside Lagoon and more that will guarantee a memorable and safe summer of fun! The first day of camp will be June 17, 2013. More information and Registration forms will be available on Monday, April 22.

Summer Aquatics

Age: 6 mos – 13 yrs

The La Palma Recreation and Community Services Department, in partnership with the Anaheim Family YMCA, will offer swimming lessons at John F. Kennedy High School this summer. Group lessons, will be conducted in 2-week weekday sessions, as well as one session of Saturday classes. Registration will open May 6. Lessons begin on Monday, June 17.

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
10371	W/F	4/3-4/19	3:30-4:30 p.m.	\$40/3
10372	W/F	5/1-5/17	3:30-4:30 p.m.	\$40/3
10373	W/F	5/29-6/14	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
10265	F	4/19-5/24	3:45 – 4:30 p.m.	\$77/6

Jump Start Youth Basketball Camp

Age: 8 – 12

Participants will learn the basic and advanced fundamentals of basketball with an emphasis on learning how to play in a team environment. These skills will include shooting, ball handling, rebounding, passing and defense. Both basic and advance techniques will be used during instruction. Participants are asked to bring water and eat a healthy meal before attending.

Instructor: J. Crosby		Location: Central Park		
Code	Days	Dates	Time	Fee/Weeks
10258	M-F	4/1-4/5	9:00-12:00 p.m.	\$100/1

Jump Start Teen Basketball Camp

Age: 13 – 15

This camp is geared towards teens who want to learn the sport or brush up on their skills. Participants will learn the basic and advanced fundamentals of basketball with an emphasis on learning how to play in a team environment. These skills will include shooting, ball handling, rebounding, passing and defense. Both basic and advance techniques will be used during instruction. Participants are asked to bring water and eat a healthy meal before attending.

Instructor: J. Crosby		Location: Central Park		
Code	Days	Dates	Time	Fee/Weeks
10259	M-F	4/1-4/5	12:30-3:30 p.m.	\$100/1

Jump Start Youth Soccer Camp

Age: 8 – 12

Participants will learn the basic and advanced fundamentals of soccer with an emphasis on learning how to play in a team environment. These skills will be passing, dribbling and shooting. Both basic and advanced techniques will be used during instruction. Participants are asked to bring water and eat a healthy meal before attending.

Instructor: J. Crosby		Location: Central Park		
Code	Days	Dates	Time	Fee/Weeks
10260	M-F	4/1-4/5	9:00-12:00 p.m.	\$100/1

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
10365	T/TH	4/2-4/18	4:30-5:30 p.m.	\$40/3
10366	T/TH	5/2-5/21	4:30-5:30 p.m.	\$40/3
10367	T/TH	5/28-6/13	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
10368	W/F	4/3-4/19	4:30-5:30 p.m.	\$40/3
10369	W/F	5/1-5/17	4:30-5:30 p.m.	\$40/3
10370	W/F	5/29-6/14	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
10380	1	7-14	W	4/10-6/5	4:00-5:00 p.m.	\$80/9
10381	2/3	7-14	W	4/10-6/5	5:00-6:30 p.m.	\$110/9

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
10248	W	4/10-5/1	5:00- 5:30 p.m.	\$39/4
10249	SAT	4/13-5/4	10:45- 11:15 a.m.	\$39/4
10250	W	5/8-6/5*	5:00- 5:30 p.m.	\$39/4
10251	SAT	5/11-6/8*	10:45- 11:15 a.m.	\$39/4

*No class on 5/25, 5/29

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
10256	W	4/10-5/1	6:15- 6:45 p.m.	\$39/4
10257	W	5/8-6/5*	6:15- 6:45 p.m.	\$39/4

*No class on 5/29

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
10382	W	4/3-4/24	6:30- 7:30 p.m.	\$35/4
10383	W	5/1-5/22	6:30- 7:30 p.m.	\$35/4





Activity | Guide

Teens

The Hub!

7th – 12th graders

Location: 5414 La Palma Ave, La Palma

Monday-Friday: 2:00 p.m. – 5:00 p.m.

Need a place to hang out after school? The Hub is a supervised drop in facility just for teens! Fun activities such as Pool, Ping Pong, XBOX, Wii, Internet, movies, and much more are available daily! For more information please call 714-690-3350!



Dodgeball Night

Friday, April 26

Ages 13-18

Location: Cypress Arnold Park

Time: 7:00-9:00 p.m.

FREE

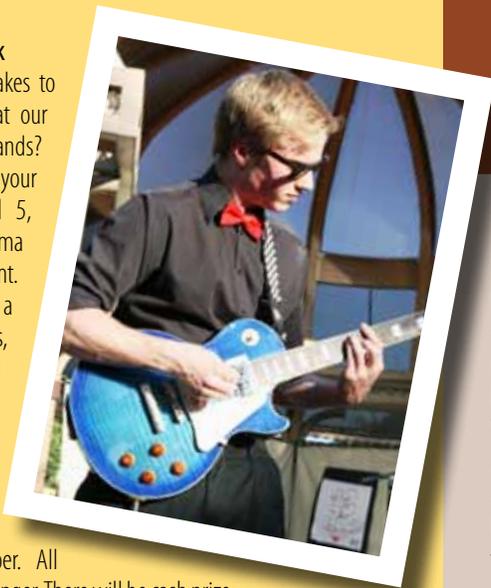
Gather your friends, pick your team and come participate in our annual spring dodge ball night! Single players or teams up to ten are welcome! Pick up a registration form at La Palma Recreation Department. There will be prizes for first place, most creative team name, and most creative uniform. Register now because space is limited!

2013 Battle of the Bands

Saturday, May 4

5:00-10:00 p.m. at Central Park

Does your band have what it takes to win the title of Hottest Band at our 12th annual Battle of the Bands? To compete, you must turn in your demo packets by Friday, April 5, 2013 at 4:30 p.m. to the La Palma Community Services Department. All demo packets must have a minimum of 2 songs (CD, videos, DVD accepted), a completed application (available at either La Palma or Cypress Recreation Departments), typed lyrics (no profanity), and current copies of school IDs or Drivers Licenses of each band member. All members must be 21 years or younger. There will be cash prize for the winners and an opportunity to get your band heard at this year's La Palma Days. Applications out 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 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 the dance.

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

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

Mardi Gras Dance

Saturday, April 13

Come join us as we celebrate Mardi Gras, teen style! Wear your Mardi Gras Attire and win beads and glow accessories for participating in our festive activities.

Aloha Dance

Saturday, June 1

Good bye school, aloha summer! Come celebrate the end of the school year and bring in the summer with a fun filled night of dancing with your friends.

Volunteers

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

To be considered for this position, you must be a La Palma resident between the ages of 13 and 17 and be available to volunteer approximately 20 hours per week throughout the summer. This program includes mandatory bi-weekly meetings which include job training. Applications will available online at www.CityOfLaPalma.org beginning April 1 and must be completed by May 3 at 5:30 p.m. Selections are based on oral interviews. All Volunteers must provide proof of residency and a negative TB test by the first day of Day Camp. For more information please call (714) 690-3350.



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

10393	5-13	TH	4/11-5/9	5:30-6:15 p.m.	\$50/5
10396	5-13	TH	5/16-6/13	5:30-6:15 p.m.	\$50/5

Intermediate

10394	5-13	TH	4/11-5/9	6:15-7:00 p.m.	\$50/5
10397	5-13	TH	5/16-6/13	6:15-7:00 p.m.	\$50/5

Teens

10395	13-19	TH	4/11-5/9	7:00-7:45 p.m.	\$50/5
10398	13-19	TH	5/16-6/13	7:00-7:45 p.m.	\$50/5

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: All Good Driving School, Inc.

Location: Home Study/Internet

Code	Days	Dates	Fee/Weeks
10274	Home Study	4/1-6/15	\$90
10275	Internet	4/1-6/15	\$75

CPR/AED/First Aid Training

Age: 16+

Participants learn how to perform CPR and care for breathing in cardiac emergencies in adults; prevent, recognize and respond to cardiac and breathing emergencies in children under 12; and how to use automatic external defibrillators. Participants will also learn how to recognize and care for a variety of first aid emergencies. Red Cross certification is given with successful completion of the course. A \$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
10283	CPR/AED/First Aid	SAT	4/27	8:30-5:00 p.m.	\$20/1
10284	CPR/AED	SAT	4/27	8:30-12:30 p.m.	\$15/1
10285	First Aid	SAT	4/27	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: B.P. Community Center

Code	Days	Dates	Time	Fee/Weeks
10390	T	4/2-4/23	6:00-7:00 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
10425	W	4/3-5/8	7:30-9:00 p.m.	\$45/6
10426	W	5/15-6/12	7:30-9:00 p.m.	\$39/5



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
10399	M/W	4/8-6/5*	5:45-6:45 p.m.	\$85/9
Pay as you go	SAT	4/13-6/8*	8:30-9:45 a.m.	\$6/1 day
Pay as you go	M/W	4/8-6/5*	5:45-6:45 p.m.	\$6/1 day

*No Class on 5/25, 5/27

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
10356	M/W	4/1-5/1	7:45-8:45 p.m.	\$45/5
10357	M/W	5/6-5/29	7:45-8:45 p.m.	\$35/4
10358	M/W	6/3-6/26	7:45-8:45 p.m.	\$35/4

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
10362	W/F	4/3-4/19	6:30-7:30 p.m.	\$40/3
10363	W/F	5/1-5/17	6:30-7:30 p.m.	\$40/3
10364	W/F	5/29-6/14	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
10359	T/TH	4/2-4/18	5:30-6:30 p.m.	\$40/3
10360	T/TH	5/2-5/21	5:30-6:30 p.m.	\$40/3
10361	T/TH	5/28-6/13	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
10374	F	4/5-4/19	5:30-6:30 p.m.	\$45/3
10375	F	5/3-5/17	5:30-6:30 p.m.	\$45/3
10376	F	5/31-6/14	5:30-6:30 p.m.	\$45/3

Yoga

Age: 14+

You've probably heard that Yoga is good for you. It's also good to know that Tai Chi through meditation works remarkable to achieve mind/body harmony. Join us for this perfect mix of Yoga and Tai Chi. While Yoga stretching and breathing exercises result in an invigorating effect on both mental and physical energy, gentle flowing movement of Tai Chi helps you to reduce the stress of today's busy lifestyle and improve health.

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
10377	T/TH	4/2-4/18	7:00-8:00 p.m.	\$55/3
10378	T/TH	5/2-5/21	7:00-8:00 p.m.	\$55/3
10379	T/TH	5/28-6/13	7:00-8:00 p.m.	\$55/3



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
10252	W	4/10-5/1	7:00-7:30 p.m.	\$39/4
10253	TH	4/11-5/2	12:30-1:00 p.m.	\$39/4
10254	W	5/8-6/5*	7:00-7:30 p.m.	\$39/4
10255	TH	5/9-6/6*	12:30-1:00 p.m.	\$39/4

*No class on 5/23, 5/29

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
10345	T/TH	4/2-4/30	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month
10346	T/TH	5/2-5/30	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month
10347	T/TH	6/6-6/27	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month

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 bar is used to achieve optimum positioning, 1 or 2 pound weights for the arms, along with an 8 inch soft Ab 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
10342	M/TH	4/1-4/29	7:00-7:45 p.m.	\$55/month
10343	M/TH	5/2-5/30	7:00-7:45 p.m.	\$55/month
10344	M/TH	6/3-6/27	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
10388	T	4/16-5/21	7:00-8:00 p.m.	\$32/6

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
10389	T	4/16 - 5/21	6:00-7:00 p.m.	\$32/6





Activity | Guide

Adults

Education

Dog Obedience/AKA Canine Good Citizen

Age: 18+

Is your dog 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 and held in the Fan Palm Room. On the first night, bring proof of all vaccinations.

Instructor: M. Caballero				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
10350	M	4/22-6/24*	7:00-8:00 p.m.	\$75/9
*No class on 5/27				

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 first class for materials.

Instructor: L. Krusemark				Location: Fan Palm Room
Code	Days	Dates	Time	Fee/Weeks
10451	TH	5/16	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
10452	TH	5/16	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: BP Community Center		
Code	Days	Dates	Time	Fee/Weeks
10386	M	4/15-5/20	6:30-7:30 p.m.	\$40/6

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 SC		
Code	Days	Dates	Time	Fee/Weeks
10270	M	4/15-5/20	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 SC		
Code	Days	Dates	Time	Fee/Week
10269	M	4/15-5/20	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 SC		
Code	Days	Dates	Time	Fee/Weeks
10268	M	4/15-5/20	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
10391	W	4/10-5/8	6:30-8:30 p.m.	\$48/5
10392	W	5/22-6/12	6:30-8:30 p.m.	\$48/4

Fitness

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 a 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
10447	T/TH	4/9-5/9	6:00-7:00 a.m.	\$65/5
10448	T/TH	5/21-6/20	6:00-7:00 a.m.	\$65/5
10449	T/TH	4/9-5/9	5:30-6:30 p.m.	\$65/5
10450	T/TH	5/21-6/20	5:30-6:30 p.m.	\$65/5

La Palma/Cypress Softball League

Register between March 25 – April 19 at Cypress Recreation (5700 Orange Avenue, Cypress)

Season Begins: Week of May 13, 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).

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

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.





Activity | Guide

Older Adults

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
10384	T	5/7-6/11	11:00-12:00 p.m.	\$10/6

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
10385	TH	5/9-6/13	11:00-12:00 p.m.	\$10/6

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

Fitness

Water Fitness

Age 55+

A 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.





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			
Code	Tournament	Days	Dates	Time	Fee/Weeks
10271	Both Tournaments	F	4/5-6/14	6:00-11:00 p.m.	\$40/11
10272	LP Championship	F	4/5-5/17	6:00-11:00 p.m.	\$35/7
10273	Final Exams	F	5/24-6/14	6:00-11:00 p.m.	\$20/4

Fitness

Weekly Traditional Martial Arts

Age: 5 to Adult

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	
10439	T/TH	4/2-4/30	5:00-6:00 p.m.	\$60/4	
	SAT		9:00-10:00 a.m.		
10440	T/TH	5/2-5/30	5:00-6:00 p.m.	\$60/4	
	SAT		9:00-10:00 a.m.		
10441	T/TH	6/1-6/29	5:00-6:00 p.m.	\$75/5	
	SAT		9:00-10:00 a.m.		
10442	T/TH	4/2-6/29	5:00-6:00 p.m.	\$165/13	
	SAT		9:00-10:00 a.m.		

Traditional Martial Arts

Age: 5 to Adult

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					
10427	SAT	4/6-4/27	9:00-10:00 a.m.	\$45/4	
10428	SAT	5/4-5/25	9:00-10:00 a.m.	\$45/4	
10429	SAT	6/1-6/29	9:00-10:00 a.m.	\$56/5	
10430	SAT	4/6-6/29	9:00-10:00 a.m.	\$115/13	
INTERMEDIATE					
10431	SAT	4/6-4/27	10:00-11:30 a.m.	\$45/4	
10432	SAT	5/4-5/25	10:00-11:30 a.m.	\$45/4	
10433	SAT	6/1-6/29	10:00-11:30 a.m.	\$56/5	
10434	SAT	4/6-6/29	10:00-11:30 a.m.	\$115/13	
ADVANCED					
10435	SAT	4/6-4/27	11:30-1:00 p.m.	\$45/4	
10436	SAT	5/4-5/25	11:30-1:00 p.m.	\$45/4	
10437	SAT	6/1-6/29	11:30-1:00 p.m.	\$56/5	
10438	SAT	4/6-6/29	11:30-1:00 p.m.	\$115/13	

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.

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



Scentsy
INDEPENDENT CONSULTANT

MICHELLE CLEASE
Independent Consultant

323.744.1615 cell

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

SMOKELESS • WICKLESS • FLAMELESS CANDLES

Farr Insurance Agency



Auto loans that really perform.

Charlene Hatakeyama, Agent
State Farm Agent
7831 Valley View Street
La Palma, CA 90623
Bus: 714-527-8897

Ask about Total Loss Debt Cancellation.*

It's another great reason to get your loan from State Farm Bank®. I'd be happy to tell you all about it. **Bank with a good neighbor®.**
CALL ME TODAY FOR MORE INFORMATION.



*This is not an insurance policy. Subject to satisfaction of the terms of the Total Loss Debt Cancellation provision.

1001274.1

State Farm Bank, F.S.B.
Bloomington, IL



Calvary Chapel La Palma

“Come and see the work of God:
He is awesome in His doing towards the children of men.”
Psalm 65:5

Sunday Service: 9:30 am

Phone: (562) 777-1679
Email: calvarylapalma@yahoo.com
FaceBook: Calvary Chapel La Palma
www.CalvaryChapelLaPalma.org



**"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



Coldwell Banker Realty



graphic design

Liz Parker
714 315-2507
liz@lizparker.net

La Palma Intercommunity Hospital

7901 WALKER STREET
LA PALMA, CA 90623
(714) 670-7400

We are a full service, general acute care hospital and have been a part of the community since 1972.

- 24-Hour Emergency Services
- Behavioral Medicine
- Maternity Services
- Comprehensive Wound Care
- Cardiac Catheterization Laboratory



LA PALMA INTERCOMMUNITY HOSPITAL
A Prime Healthcare Services Hospital



WWW.LAPALMAINTERCOMMUNITYHOSPITAL.COM

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



Quiznos
MMMMM...TOASTY™

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

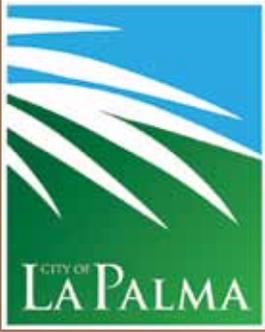
Delivery Hours:
Mon-Fri 10am to 3pm
5pm to 7pm
Sat 10am to 3pm



©2002 QP Holder LLC. All rights reserved. "Quiznos" and related marks are property of QP 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. QLSMSUBHANDUCST-0712 356934_10



Postal Customer La Palma, CA 90623



For up-to-date news . . .

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



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



Arbor Day

April 20, 2013
9:30 a.m. – 11:30 a.m.
Location TBD

Celebrate Arbor Day with La Palma! Grab your gloves and join us on April 20 to help plant trees. There will be Arbor Day crafts, presentation of art contest awards and of course planting of new trees. Take action and plant a tree today for all the world to share!

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



Memorial Day

May 27, 2013
9:15 a.m. Musical Interlude
9:30 a.m. Ceremony at the Eternal Flame in front of City Hall

Calling all Veterans

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

The Community Activities and Beautification Committee would like to recognize ALL veterans, from past wars to the current conflict, for their service and willingness to defend our American way of life. Please join us on

MONDAY, MAY 27 at 9:15 a.m. in front of City Hall so we can thank you for a job well done.

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

