

La Palma



# MOSAIC

Fall 2014



Photo: Steve Maikosky

## What's Inside

- Election Information
- Budget Information
- Special Events
- 30<sup>th</sup> Anniversary of La Palma Days
- Fall Classes

## 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](http://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 Shanahan, Mayor

Peter Kim, Mayor Pro Tem

G. Henry Charoen, Councilmember

Gerard Goedhart, Councilmember

Steve Hwangbo, Councilmember



## September

- 1 Labor Day–City Offices Closed
- 2 City Council Meeting – 7:00 p.m.
- 6 Tiny Tot Registration
- 11 Patriot Day
- 16 City Council Meeting – 7:00 p.m.
- 19 Older Adult Karaoke – 6:00 p.m.
- 20 Teen Glow in the Dark Dance – 7:00 p.m.
- 23 Autumn Begins



## October

- 6 Fit N Fun Begins
- 7 City Council Meeting – 7:00 p.m.
- 13 Columbus Day–City Offices Open
- 17 Older Adult Karaoke – 6:00 p.m.
- 18 Teen Halloween Dance – 7:00 p.m.
- 21 City Council Meeting – 7:00 p.m.
- 24 Teen Scary Movie Night – 7:00 p.m.  
Cypress Community Center
- 31 Halloween Carnival – 6:00–8:30 p.m.



## November

- 2 La Palma Pageant – 5:00 p.m.  
Daylight Saving Time Ends
- 4 Election Day  
City Council Meeting – 7:00 p.m.
- 8 La Palma Days – 10:00 a.m.–6:00 p.m.
- 11 Veterans Day – City Offices Closed
- 14 Teen Dodge Ball Tournament – 7:00 p.m.  
Cypress–Arnold Park
- 21 Older Adult Karaoke – 6:00 p.m.
- 18 City Council Meeting
- 27–28 Thanksgiving – City Offices Closed



## December

- 2 City Council Meeting – 7:00 p.m.
- 3 Holiday Tree Lighting Ceremony – 4:30 p.m.  
Central Park
- 16 City Council Meeting – 7:00 p.m.
- 19 Older Adult Karaoke – 6:00 p.m.
- 21 Winter Begins
- 25–1/2 Winter Holiday Closure – City Offices Closed
- 25 Christmas Holiday

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



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## Fall Shines a Spotlight on La Palma

Fall is anything but a quiet, slow season in La Palma. November opens with three very special events; the La Palma Pageant on November 2, our Municipal Election on November 4 and the 30th Annual La Palma Days Parade on November 8. To give some perspective on this long-standing community event, 30 years ago (1984) Prince topped the music charts and the top movie was Ghostbusters. Every year since that time, City staff and volunteers have honored our veterans and challenged countless school bands by hosting this event, including the official Veterans Day parade of Orange County. The fun doesn't end at the end of the parade route however. Wonderful food booths, games, displays and entertainment fill out a day of fun, friends and family representing the best of our community. Come play with us and enjoy these singularly La Palma events. Want to participate even more? Volunteer and help make these events possible. Bring that red, white and blue spirit with you!

It has been a busy summer in La Palma with new businesses and residents continuing to choose a La Palma address. Bulgogi House restaurant is the first new large restaurant to locate in town for some time and they are most welcome. Just recently, Samsung Chemical relocated from nearby La Mirada to Centerpointe, adding business improvements and 40 more jobs to our economy. The former HUB space in the Walmart Neighborhood Market center is being remodeled into a new business space opening in 2015. Other construction will soon be underway at various locations throughout La Palma demonstrating that our community's value of pride and ownership is alive and well.

The City has been demonstrating this pride in its investment as well. This year will mark the last of a seven year residential street improvement cycle that represents a significant investment in our local infrastructure. Road work is also planned for some major arterials including both La Palma Avenue and Valley View. Security and safety in water operations was enhanced this summer with the installation of a new emergency generator to ensure continuous water operations and the City completed citywide street number curb painting to assist in minimizing emergency response times as well as to compliment the beautiful street rehabilitation. With the City's updated General Plan now in place, the necessary changes to the zoning and municipal code are underway, including sign code changes for the new freeway overlay zone. Making the best use of our freeway frontage asset is an important economic development goal.

So come out, enjoy the cooler weather and celebrate La Palma this fall. You'll enjoy being a part of its bright future.

## La Palma Days Celebrates Milestone

In 1985, resident volunteers and the City Council came together to celebrate the City's 30th Birthday with a new event called International Days. Now the event, which has since been changed to La Palma Days, is celebrating its 30th Birthday. Originally celebrated in October to coincide with the City's incorporation, this community event is now held on the second weekend in November to also commemorate Veterans Day. La Palma Days has become the City's signature event that draws people from all over to celebrate all La Palma has to offer. The celebration kicks off the La Palma Pageant, which predates this event back to the 1960's.



Contestants compete to serve as La Palma's Ambassador at City functions, business grand openings, and other special events in the area. The Pageant will take place the evening of Sunday, November 2nd. The rest of the festivities take place on Saturday, November 8th in Central Park and on Walker Street for the annual parade and band review. La Palma's Parade & Band Review is considered one of the best in the area, with Jr. and High School Bands coming as far away as northern California. In addition to the Band Review, the Parade has been designated the official Orange County Veterans Day Parade by the Orange County Board of Supervisors. Community groups, elected officials, schools, marching bands, JRTOC units, and local businesses all proudly parade down Walker Street and pass Central Park and the Civic Center, being cheered on by fans and spectators. Following the parade, visitors are invited into Central Park to enjoy the festival featuring local food and craft vendors, local and professional entertainment, and inflatable activities and games. They can also test their knowledge or learn something new about La Palma and different nations at the Cultural & Historical booth.

In the past 30 years, volunteers and city staff have dedicated their time and energy to plan and host this annual event for the community. While some have come and gone throughout the years, others have remained and new members joined to ensure La Palma Days continues its legacy of commemorating the City's incorporation and honoring our nation's veterans. All residents are encouraged to invite their friends and neighbors and celebrate the 30th Annual La Palma Days! Additional information is available on page 7.

## City Council Highlights – May, June, and July

### General Plan Update:

In late Fall 2011, the City of La Palma initiated the public process to discuss and plan La Palma's future. Every city and county in California is required to adopt and periodically update a comprehensive General Plan. The proposed General Plan Update is a long-range planning program, to guide the orderly growth and development of the La Palma planning area over the long-term. It is intended to communicate the City's vision of its future and to establish a policy framework to govern decision-making concerning the physical development of the community, including assurances that the community at large will be supported by an adequate range of public services and infrastructure systems.

The goal for this General Plan "Update" was to refresh the General Plan Goals and Policies as a base for the policy document, augmenting these with any new changes resulting from public outreach or from emerging issues, and to address new State laws (including AB 32, AB 1358, AB 162, and SB 375). The update also addresses several current and future challenges in this refreshed plan. Some of these challenges include the loss of redevelopment as a financing tool for public infrastructure; lack of diversity in the City's revenue base; aging and antiquated commercial, industrial, and rental properties; shifting demographics and advancing technologies; and dealing with regional planning issues.

On May 6, the Planning Commission received a report on the General Plan Update and, after considerable discussion and public testimony, recommended that the City Council certify the Draft Environmental Impact Report (DEIR) and approve the draft General Plan Update.

Achieving one of its 2014 goals, the City Council certified the DEIR and approved the General Plan Update at its June 17 meeting. The complete General Plan Update is available for review at City Hall or on the City's website.

### Business License Software:

On May 6, the City Council authorized an agreement with Hinderliter, de Llamas & Associates (HdL) for new business license software. This new software will increase the usability of the business license system for business owners, staff, and the general public. It includes an automated business license application and renewal system, an online business registry, and revenue recovery tools. Business taxpayers will have the ability to both apply for a business license and pay annual renewal taxes and fees online. The \$27,390 price tag includes \$23,600 in one time set up and conversion charges and the annual maintenance fee of \$3,790. Business owners should look for their renewal notices—normally mailed in July—in October. Due dates and late penalties will also be moved in accordance with the renewal notice dates.

### Pavement Rehabilitation:

The pavement rehabilitation of residential streets is a maintenance project that is included in each year's Capital Improvement Program. On May 6, the City Council approved an agreement with R.J. Noble Company in the amount of \$472,264 for the FY 2013-14 project, which consists of the pavement rehabilitation of residential streets in the single family residential street areas north of Moody Creek, east of Moody Street, west of Walker Street, and south of Houston Avenue (residential pavement management program Zone 7). The scope of work consists of the removal of existing asphalt concrete pavement and the installation of asphalt concrete overlay using Asphalt Rubber Hot Mix (ARHM), removal and replace of damaged asphalt concrete pavement, installation of traffic signal loops, and the associated restriping.

### Energy Projects:

On May 20, the City Council discussed but took no action on several proposed energy related improvements to City facilities. Projects considered include building automation systems; high-efficiency heating and air conditioning upgrades; interior and exterior lighting retrofits, including purchasing street lights from Southern California Edison; occupancy sensors; CO<sub>2</sub> demand control ventilation (DCV); solar photo voltaic (PV) systems; thermal insulation measures; new irrigation control systems; and Eternal Flame control, including a smaller gas line and the ability to reduce the flame size overnight. The item was deferred as many of the projects would affect the Civic Center complex, which a recent report indicated requires significant repairs to withstand a major earthquake. A study regarding the feasibility of repairing or rebuilding the Civic Center complex will be brought to the City Council for consideration at a later date.

### 2014 Annual Water Quality Report:

The City of La Palma Community Services Water Division vigilantly safeguards its water supply and, as in years past, the water delivered to homes during 2013 met the quality standards required by Federal and State regulatory agencies. The Annual Water Quality Report summarizes information regarding water sources used (i.e., rivers, lakes, reservoirs, or aquifers) any detected contaminants, compliance and educational information. The City Council approved the report on June 17 and residents should have received the report in their mailboxes around July 1.

### Fiscal Policies:

On March 18, 2014, the City Council adopted an in depth Sustainable Financial Plan (SFP), which implemented a number of fund structure

**City Council Highlights – Continued**

changes, which required changes in the City’s Fund Balance and Reserve Policies and to the Municipal Code. On June 17, the City Council approved the Fund Balance and Reserve Policies. The City Council also adopted an Ordinance to facilitate the combining of the Water Replacement Fund and the Water Capital Reserve Fund into one fund titled the Water Capital Reserve Fund and the combining of the Sewer Replacement Fund and the Sewer Capital Reserve Fund into one fund titled the Sewer Capital Reserve Fund.

**Adoption of Fiscal Year 2014-15 Operating and Capital Budget:**

The City Council adopted a balanced budget on June 17, 2014. This past fiscal year has presented many challenges, including the restructure of four departments into two, and the continued journey through the elimination of redevelopment. It has also seen significant progress towards a sustainable future with the development and adoption of an eleven year Sustainable Financial Plan (SFP). As part of the SFP adopted by the City Council on March 18, the draft budget transfers 6.4% of General Fund revenues to one-time uses including \$455,000 to the Capital Operating Reserve Fund (COR) to provide the annual share towards fully funding known capital improvements over a ten-year period. The SFP includes assumptions that will not be realized until later years, leading to sustainability over the longer term, but not assisting with balancing the Budget for FY 2014-15. Therefore, while the Budget maintains services with very few reductions, that balance is achieved through

revisions which are largely temporary in nature and not sustainable in the long term, such as management furlough days. Looking ahead to FY 2015-16, those temporary reductions are restored to the budget and the estimated surplus is increased from the FY 2014-15 amount of \$4,714 to \$60,578. The complete budget is available on the City’s website.

**Miscellaneous:**

During this time period, the City Council approved the recruitment of a Code Enforcement Officer and two Police Officers to fill current vacancies; approved continuing agreements with La Palma Sign Partners, LLC to advance the concept of a digital billboard project, Computer Service Company (CSC) for traffic signal maintenance services, and Southeast Area Animal Control Authority for animal care services; and approved Resolutions necessary to conduct the November 4 General Municipal Election.

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

**La Palma Seeking City Council Candidates**

A General Municipal Election will be held in the City of La Palma on November 4, 2014, to fill two City Council seats. City Elections for the La Palma City Council are held every two years and terms for the Council’s five at-large seats are staggered. Therefore, all five council seats are not up for election during the same election year.

This is your opportunity to get involved in your community. The filing period for nominations begins July 14 and ends on August 8. If you have questions regarding the process or wish to make an appointment to take out nomination papers, please contact the City Clerk at (714) 690-3334.

**La Palma Candidate Forum**

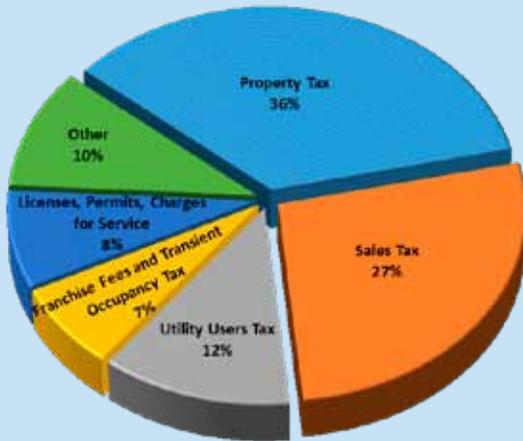
Conducted by the League of Women Voters  
 Thursday, October 23 at 6:00 p.m.  
 Community Center (7821 Walker Street)  
 This is moderated discussion by candidates on City matters

# HIGHLIGHTS OF THE CITY OF LA PALMA 2014-15 ADOPTED BUDGET

## General Fund Expenditures \$9,713,959



## General Fund Revenues \$9,718,673



**INVESTING IN THE FUTURE**



**\$621,995 (6.4%) of General Fund Revenues are transferred to be used for Capital or One Time Projects**

**CAPITAL IMPROVEMENT PLAN**

*The CIP contains a five-year list of all major public improvement projects from facilities to streets.*

**2014-15 CIP \$6,012,100**

**2014-15 Highlights:**

- ♦ Central Park Playground Equipment
- ♦ La Palma Avenue and Valley View Street Rehabilitation
- ♦ Civic Center Seismic Retrofit



# Special Events

## HALLOWEEN CARNIVAL 2014

### THE PARK OF DOOM!

Friday, October 31, 2014

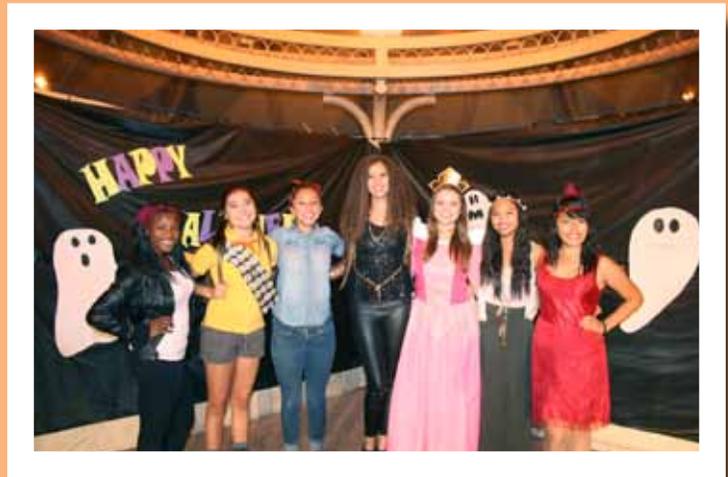
6:00 – 8:30 p.m.

Central Park

FREE

Dress up in your favorite scary costume and join us for a night filled with adventure at Central Park of Doom. Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-treat! Kids and families can choose from a variety of activities such as the costume contest with special prizes in each age division. This year's Halloween Carnival will feature carnival games, a "Goblin Gulch" for children under the age of 5, and the frighten Maze of Doom for those who dare to enter!!

Community groups, organizations and individuals are invited to operate a carnival booth, as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Community Services Department at (714) 690-3350 or go to [www.cityoflapalma.org/halloween](http://www.cityoflapalma.org/halloween).



## La Palma Pageant



**Sunday, November 2**

**5:00 – 8:00 p.m.**

**Walter D. Elhers Community Center in Heritage Hall**

**8150 Knott Avenue, Buena Park**

The La Palma Committee is currently seeking individuals interested in entering the La Palma Pageant, scheduled for Sunday, November 2, 2014. To qualify, prospective contestants must either live, work, or attend school in the City of La Palma, and be a senior in high school or between the ages of 17 to 23 on the date of the Pageant. Scholarships will be awarded.

If you are interested in becoming a contestant, please complete and return an entry form to Central Park by September 7. An orientation for contestants will be held on Sunday, September 7. For more information please go to [www.cityoflapalma.org/pageant](http://www.cityoflapalma.org/pageant).

## 30th Annual La Palma Days

Saturday, November 8, 2014

10:00 a.m. – 6:00 p.m.

Featuring:

- La Palma Pageant on November 2
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food and Product Vendors



La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 2 then gears up for the grand celebration on Saturday, November 8.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

For more information or to volunteer for the year's event, please call (714) 690-3350 or visit [www.cityoflapalma.org/LaPalmaDays](http://www.cityoflapalma.org/LaPalmaDays).



### Convertibles Needed

You have the opportunity to participate in La Palma's 30th Annual Community Parade and Band Review by driving your convertible in the La Palma Days Parade to be held Saturday, November 8, 2014. Convertibles are needed to carry dignitaries in the parade that will start at 10:00 a.m. and conclude at approximately noon. If you or someone you know is available to participate in this year's parade, please contact parade committee members Ken Blake at (714) 504-3429 or by email at [kenablake@hotmail.com](mailto:kenablake@hotmail.com) or Wayne Zehner at (714) 222-5242 or by email at [waneswold@aol.com](mailto:waneswold@aol.com).

## 28th Annual Holiday Tree Lighting

Wednesday, December 3

4:30 p.m. – 7:30 p.m.

Central Park Amphitheater

Join your friends and family to this annual holiday favorite! Every year this event brings the La Palma Community together to ring in the holiday season! Enjoy the musical talents from our local schools and join in during the Community Sing Along.

You can also join Santa and his elves in the activities area before the program. The area will feature crafts, an opportunity to write letters to Santa, and of course, the young and young-at-heart won't want to miss an early visit from Santa Claus! For more information please visit [www.cityoflapalma.org/treelighting](http://www.cityoflapalma.org/treelighting).



## Home Spotlight

### Fall 2014 Home Spotlight Award Winner

The City of La Palma would like to congratulate resident Janelle Frese of 5438 Andrew Drive for winning the 2014 Fall Home Spotlight Award!



Janelle Frese has lived in the beautiful City of La Palma for the past 35 years. She raised her three children in La Palma and truly enjoys her neighborhood and community. Mrs. Frese has installed energy efficient windows and doors in the house. She keeps the front lawn well maintained with beautiful roses, bushes and flowers. Janelle is honored to receive the Home Spotlight Award!

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 Janelle Frese 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](http://CityofLaPalma.org/HomeSpotlight).

## DROUGHT TIPS

### *Indoor Water Conservation Tips While in a Drought*

#### BATHROOM

- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects, and other similar waste in the trash rather than the toilet.
- Avoid taking baths—take short showers—turn on water only to get wet and lather and then again to rinse off.
- Avoid letting the water run while brushing your teeth, washing your face or shaving.
- Place a bucket in the shower to catch excess water for watering plants.

#### KITCHEN

- Operate automatic dishwashers only when they are fully loaded. Use the “light wash” feature, if available, to use less water.
- Hand wash dishes by filling two containers—one with soapy water and the other with rinse water containing a small amount of chlorine bleach.
- Clean vegetables in a pan filled with water rather than running water from the tap.
- Store drinking water in the refrigerator. Do not let the tap run while you are waiting for water to cool.
- Avoid wasting water waiting for it to get hot. Capture it for other uses such as plant watering or heat it on the stove or in a microwave.
- Avoid rinsing dishes before placing them in the dishwasher; just remove large particles of food. (Most dishwashers can clean soiled dishes very well, so dishes do not have to be rinsed before washing)
- Avoid using running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator or use the defrost setting on your microwave oven.

#### LAUNDRY

- Operate automatic clothes washers only when they are fully loaded or set the water level for the size of your load.

### *Outdoor Water Conservation Tips While in a Drought*

#### CAR WASHING

- Use a commercial car wash that recycles water.
- If you wash your own car, use a shut-off nozzle that can be adjusted down to a fine spray on your hose.

#### LAWN CARE

- Avoid over watering your lawn and water only when needed.
- A heavy rain eliminates the need for watering for up to two weeks. Most of the year, lawns only need one inch of water per week.
- Check the soil moisture levels with a soil probe, spade or large screwdriver. You don’t need to water if the soil is still moist. If your grass springs back when you step on it, it doesn’t need water yet.
- If your lawn does require watering, do so early in the morning or later in the evening, when temperatures are cooler.
- Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
- Water in several short sessions rather than one long one, in order for your lawn to better absorb moisture and avoid runoff.
- Use a broom or blower instead of a hose to clean leaves and other debris from your driveway or sidewalk.
- Avoid leaving sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours.
- In extreme drought, allow lawns to die in favor of preserving trees and large shrubs.

## Fire Safety

The Orange County Fire Authority wants you and your loved ones to enjoy a safe and happy holiday season. We have provided some safety tips to ensure that your holiday celebrations are fire safe and injury free.

Nearly 85% of candle fire incidents are started because of misuse—leaving them unattended or placing them near burnable materials.

- Keep candles at least 12 inches away from anything that burns.
- Always blow out candles before leaving a room or going to bed.
- Never leave a burning candle unattended.
- Two out of five home decoration fires are started by candles.

Christmas lights are always festive and help get everyone into the holiday spirit but they can also be a fire hazard.

- Turn off all lights and trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.
- Do not overload outlets or run extension cords under carpets, across doorways, on or under heaters or pinched behind furniture.
- Use no more than three (3) sets of lights per single extension cord.
- Check labels of outdoor lights to make sure they are waterproof. Don't use indoor lights outside or outside lights indoors. Fasten outdoor lights securely to trees, house walls, or other firm support to protect from wind damage.

A fresh tree will be less of a fire hazard than a dry tree. To check for freshness, remember:

- Needles are hard to pull from the branches.
- When bent, fresh needles do not break.
- The trunk-end is sticky with resin and when bounced on the ground, only a few needles fall.
- Do not rely on chemical coatings or sprays to flame proof your tree. Any cut tree, even those treated with flame retardant, will still dry out. Daily care and watering help a tree remain fairly fire resistant longer.

Decorations around the home may be beautiful, but can also be hazardous. When buying your holiday decorations remember the following holiday safety tips.

- Use only non-combustible or flame retardant materials.
- Never place trimmings near open flames or electrical connections.
- Remove all wrapping paper from tree and fireplace areas immediately after presents are opened. Never burn them in a fireplace. Pieces of burning paper may rise up in the chimney and land on a roof or dry brush, starting a fire.

In homes with young children, take special care to:

- Avoid decorations that look like candy or food. A child could eat them!
- Avoid ornaments or decorations that are sharp or breakable.
- Keep small removable parts out of reach of children. Pieces could be swallowed or inhaled.



## Back to School Safety Tips

It's that time of year again when summer draws to a close and area schools open their doors for another school year. By following these safety tips we can help make this back to school season a happy and safe experience for everyone.

- Plan a safe route for your children to take to school and walk it with your child so you will know that they are comfortable with it. Also plan an alternate route in case it should become necessary.
- Whenever possible, it's best to walk with other children.
- Be sure that your children know their address, phone number, and a work number for Mom or Dad. Also be sure the child knows how and when to use 911.
- If your child will be home alone after school, make sure that he calls you or a designated contact person as soon as they arrive home. Also make sure the child knows not to use the stove or any other appliance that could cause injury.
- Make sure your children are comfortable talking to you about anything that makes them feel uneasy or uncomfortable while away from home such as persons acting suspicious on their way to and from school or if they feel bullied by other children.
- And as always, when driving, pay very close attention to children who may not be paying attention to you. Also obey speed limits in school zones and stop for loading and unloading school buses.

Here's to a happy and safe school year!

# Turkey Fryer Safety

NFPA discourages the use of outdoor gas-fueled turkey fryers that cook the turkey in hot oil. The use of turkey fryers can lead to devastating burns, other injuries and the destruction of property.



Consider purchasing an outdoor turkey cooking appliance that does not use oil.

## The Dangers of Turkey Fryers

- » Hot oil may splash or spill during the cooking. Contact between hot oil and skin could result in serious injury.
- » A hot oil spill can happen with fryers designed for outdoor use using a stand. The fryer could tip over or collapse causing the hot oil to spill. Newer countertop units using a solid base appear to reduce this risk. NFPA does not believe the risks of either type of turkey fryer to be acceptable because of the large amount of hot oil involved and the speed and severity of burns.
- » In deep frying, oil is heated to temperatures of 350° Fahrenheit or more. Cooking oil is combustible. If it is heated above its cooking temperature, its vapors can ignite.
- » Propane-fired turkey fryers must be used outdoors. **They are very popular for Thanksgiving.** Many parts of the country may have rain or snow at this time of year. If rain or snow hits the hot cooking oil, the oil may splatter or turn to steam, leading to burns.
- » Turkeys must be completely thawed before placing in the fryer, because a partially thawed turkey will cause the oil to splatter causing serious burns.
- » The fryers use a lot of oil, about five gallons. Considering the size and weight of the turkey, extreme caution must be taken when placing and removing the turkey from the fryer to be sure its is not dropped back into the fryer, splattering the oil on the chef.

## OIL-LESS FRYERS

NFPA urges those who prefer fried turkey to look for grocery stores, specialty food retailers, and restaurants that sell deep fried turkeys, or consider a new type of “oil-less” turkey fryer.”





# Activity Guide

## Preschool / Toddlers

### Tiny Tots

Age: 3 – 5

Our preschool teacher, Ms. Andi, teaches 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 all young children, with a focus on socialization, education and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

The Tiny Tot program is held 5 days a week 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.

SESSION ONE TINY TOT REGISTRATION IS ON SATURDAY, SEPTEMBER 6, 2014 (RESIDENTS 9:00-9:30 AM AND NON-RESIDENTS AT 10:00 AM). Resident priority registration is for those La Palma residents (resident verification required) in line by 9:30 a.m., residents that arrive after 9:30 a.m. will not be given priority registration. La Palma residents must bring proof of residency and the child's birth certificate to register. Parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. One adult per child must remain in line until registration is complete. Registrations are first come, first served. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. There is a MANDATORY parents meeting for ALL NEW STUDENTS on Saturday, September 6 at 10:30 a.m. to discuss the philosophy and what parents can expect from the Tiny Tot Class.

Priority Registration will be given to first session participants enrolling in our second session. Priority registration runs from October 20-24. Open registration for the second session begins Saturday, October 25.

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

Fees: Residents \$140 for 7 weeks on M/W/F \$ 99 for 7 weeks on T/Th

Non-Residents \$155 for 7 weeks on M/W/F \$114 for 7 weeks on T/Th

Class space is limited. 24 students per class

Instructors:	A. Terry		Location: Pygmy Room	
Code	Days	Dates	Time	Fee/Weeks
Session 1				
11929	M/W/F	9/15-10/31	9:00-12:00 p.m.	\$140/7
11930	T/TH	9/16-10/30	9:30-11:30 a.m.	\$ 99/7
Session 2				
11931	M/W/F	11/3-12/19*	9:00 a.m.-12:00 p.m.	\$140/7
11932	T/TH	11/4-12/18*	9:30 a.m.-11:30 a.m.	\$ 99/7

\*No Class on 11/11, 11/27, 11/28

### Dance

#### Parent & Me Ballet & Tap

Age: 2 – 3

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 attending children must be registered for class.

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

Instructor:	High Fidelity Entertainment		Location: Ehlers Recreation Center	
Code	Days	Dates	Time	Fee/Weeks
11933	T	9/9-11/18*	5:15-6:00 p.m.	\$62/10

\*No Class on 11/11

### Music/Art

#### Art Innovator's Preschool!

Age: 3.5 – 5

Unleash your little one's power to create! Learning to draw on their own not only refines their fine motor skills but boosts their confidence like never before! Explore various subjects and fun media each week. A \$5 material fee is payable to the instructor at the first class meeting.

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

Instructor:	Certified Art Innovators Instructor		Location: Ehlers Recreation Center	
Code	Days	Dates	Time	Fee/Weeks
11934	T	9/23-10/21	2:05-2:45 p.m.	\$55/5
11935	T	10/28-11/25*	2:05-2:45 p.m.	\$55/5

\*No Class on 11/11

#### 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, finger plays, peek-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 materials 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
11936	TH	10/23-11/20	3:30-4:00 p.m.	\$65/5



## Youth

### Toddlers Love Music

Age: 1 – 2 years old

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 Kids Love Music class! Class content changes each session. There is an optional materials 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	
11937	TH	10/23-11/20	4:15-4:45 p.m.	\$65/5	

### Kids Love Music

Age: 1 – 4

Join us for a fun time with your child! Sing, dance and play with puppets and rhythm instruments. Class ends 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	
11938	TH	10/23-11/20	5:00-5:45 p.m.	\$65/5	

## Fitness

### TriFyftt: Soccer

Age: 2 – 6

Here is a great chance for kids to play their favorite SOCCER! This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in the sport of soccer. Every child will be given a camp shirt. The 2-3 age is Parent and Me Soccer class.

Instructor: Trifyftt Sports				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
11939	2-3	TH	10/9-11/6	5:00-5:30 p.m.	\$49/5
11940	3-4	TH	10/9-11/6	5:30-6:15 p.m.	\$49/5
11941	4-6	TH	10/9-11/6	6:30-7:15 p.m.	\$49/5

### TriFyftt: Multi Sport

Age: 2 – 6

Here is a great chance for kids to play their favorite sports (soccer, t-ball, basketball) all at one class! This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt. The 2-3 age is Parent and Me Multi Sport class.

Instructor: Trifyftt Sports				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
11942	2-3	SAT	10/11-11/15*	9:30-10:00 a.m.	\$59/5
11943	3-4	SAT	10/11-11/15*	10:00-10:45 a.m.	\$59/5
11944	4-6	SAT	10/11-11/15*	11:00-11:45 a.m.	\$59/5
*No Class 11/8					

### AnaheimICE: Parent and Me Skating

Age: 3 – 5

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

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

Instructor: Anaheim ICE Staff				Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks	
11945	T	9/30-10/21	12:30-1:00 p.m.	\$39/4	
11946	SAT	10/4-10/25	11:45-12:15 p.m.	\$39/4	
11947	T	10/28-11/18	12:30-1:00 p.m.	\$39/4	
11948	SAT	11/1-11/22	11:45-12:15 p.m.	\$39/4	

### AnaheimICE: Skating For Tots

Age: 3 – 5

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

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

Instructor: Anaheim ICE Staff				Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks	
11949	W	10/1-10/22	4:30-5:00 p.m.	\$39/4	
11950	SAT	10/4-10/25	11:45-12:15 p.m.	\$39/4	
11951	W	10/29-11/19	4:30-5:00 p.m.	\$39/4	
11952	SAT	11/1-11/22	11:45-12:15 p.m.	\$39/4	

## Swimming Safety and Beginning Swim Lessons for Children

Age: 6 mos – 8 yrs

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, headed therapeutic pool at the La Palma Intercommunity Hospital. Classes teach basic water skills. Due to pool size restrictions, all levels are designed for the non-swimmer or very beginning student.

Special registration forms are available at the Recreation Office.



# Activity | Guide

## Youth

### Educational

#### Math Competition and Prep Class

Age: 9 – 14

Math Competition Prep Class prepares students for the AMC test in November and Math Kangaroo test. Students will have an opportunity to learn advanced math that is not ordinarily done in their schools. This class will increase the student's problem solving abilities and critical thinking. Students must be the 3rd through 7th grade to participate.

Instructor: Young Leaders of Orange County

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
11953	SAT	9/6-9/27	2:30-4:00 p.m.	\$40/4
11954	SAT	10/4-10/25	2:30-4:00 p.m.	\$40/4
11955	SAT	11/1-11/29*	2:30-4:00 p.m.	\$40/4
11956	SAT	12/6-12/20	2:30-4:00 p.m.	\$30/3

\*No Class on 11/8

#### Experiential Writing

Ages 8 – 12

Our everyday experiences can inspire imaginative writing and fuel a desire to become skilled writers. Come participate in creative exercises, outdoor games and, sensory activities before creating wonderful essays about those experiences. Students will learn various styles of short essay writing, including narrative, persuasive, compare & contrast, and expository. They will learn grammar and editing skills within the context of their own writing. A Supply fee of \$35 is due to the instructor the first meeting of class.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: Write On!

Location: Cypress Community Center

Code	Days	Dates	Time	Fee/Weeks
12198	T	9/23-10/28	3:30-4:45 p.m.	\$95/6

#### Narrative Essays

Ages 8 – 12

Come and create your own narrative stories with quirky characters, twisty plots, descriptive dialogue, and strange settings. We'll incorporate important writing elements to create amazing narrative essays. Students will learn grammar and editing skills with the context of their own writing. Please come to class 10 minutes early for fun warm-up exercises. A Supply fee of \$25 is due to the instructor the first meeting of class.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: Write On!

Location: Cypress Community Center

Code	Days	Dates	Time	Fee/Weeks
12197	T	11/18-12/16	3:30-4:30 p.m.	\$80/5

### Music/Art

#### Art Innovator's Art

Age: 5 – 11

Build your own portfolio with masterpieces you create each week! Explore a variety of artistic style and form using high quality media such as watercolor, pastels, paint and more! Every week is a new lesson with a different subject, technique & medium. We never repeat! A \$10 material fee is payable to the instructor.

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

Instructor: Certified Art Innovators Instructor

Location: Ehlers Recreation Center

Code	Days	Dates	Time	Fee/Weeks
11957	T	9/23-10/21	3:00-4:00 p.m.	\$66/5
11958	T	10/28-11/25*	3:00-4:00 p.m.	\$66/5

\*No Class on 11/11

### Fitness

#### Lil' Tigers Karate

Age: 4 – 7

Do you want your child to develop better social skills and understand the concept of "teamwork?" This program is developed specifically for preschool age children through age 7. It is designed to improve motor skills and enhance the ability to pay attention and follow directions. 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
11959	M/W	9/1-9/17	3:30-4:30 p.m.	\$45/3
11960	M/W	10/1-10/20	3:30-4:30 p.m.	\$45/3
11961	M/W	11/3-11/19	3:30-4:30 p.m.	\$45/3

### Teen Dance

#### Hip Hop After Homework

Age: 5 – 19

In this class, students will be trained in popular Hip-Hop dance moves and choreography which will develop their coordination and cardiovascular fitness. After one seven-week session the student will be prepared for simple freestyle and to perform some basic choreography. **New for Fall – pay as you go \$10 each week option**

Instructor: M. Jacob

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
Beginners	11962	5-13	TH	9/4-10/16	5:30-6:15 p.m. \$56/7
	11963	5-13	TH	10/23-12/11*	5:30-6:15 p.m. \$56/7
	11964	5-13	TH	9/4-12/11*	5:30-6:15 p.m. \$100/14
Interm.	11965	5-13	TH	9/4-10/16	6:15-7:00 p.m. \$56/7
	11966	5-13	TH	10/23-12/11*	6:15-7:00 p.m. \$56/7
	11967	5-13	TH	9/4-12/11*	6:15-7:00 p.m. \$100/14
Advanced	11968	8-19	TH	9/4-10/16	7:00-7:45 p.m. \$56/7
	11969	8-19	TH	10/23-12/11	7:00-7:45 p.m. \$56/7
	11970	8-19	TH	9/4-12/11	7:00-7:45 p.m. \$100/14

\*No Class on 11/27



## Youth / Teens

### Fitness

#### Junior Karate

Age: 8 – 14

Students will be involved in positive activities what will direct their focus to achieve goals that may not have been though possible. Emphasis will be on developing the child's self-esteem, self-discipline and confidence through practicing traditional karate techniques.

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		
11971	T/TH	9/2-9/18	4:30-5:30 p.m.	\$45/3		
11972	T/TH	10/2-10/21	4:30-5:30 p.m.	\$45/3		
11973	T/TH	11/4-11/20	4:30-5:30 p.m.	\$45/3		

#### Junior Tae Kwon-Do

Age: 8 – 14

Tae Kwon-Do at martial Arts Fitness Center is not only a great way to exercise but it is also a great way for students to learn self-control, improve study habits and increase concentration skills. Students learn a variety of techniques that will allow them to better handle physical and emotional challenges of life. 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		
11974	M/W	9/1-9/17	4:30-5:30 p.m.	\$45/3		
11975	M/W	10/1-10/20	4:30-5:30 p.m.	\$45/3		
11976	M/W	11/3-11/19	4:30-5:30 p.m.	\$45/3		

#### 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 balls and class equipment.

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: Intermediate players should be able to place their ground strokes and volleys. They are in the process of learning serves and match play.

Instructor:	McConnell Sports Staff				Location:	Tennis Courts Central Park
Code	Level	Age	Days	Dates	Time	Fee/Weeks
11979	1	7-14	TH	9/18-11/6	4:00-5:00 p.m.	\$80/8
11977	2-3	7-14	TH	9/18-11/6	5:00-6:30 p.m.	\$120/8
11980	1	7-14	TH	11/20-12/18*	4:00-5:00 p.m.	\$40/4
11978	2-3	7-14	TH	11/20-12/18*	5:00-6:30 p.m.	\$60/4

\*No Class on 11/27

**Class now meets on Thursdays**

#### Freestyle Jump Rope

Ages: 7 – 14

This class is an introduction to the new and exciting sport of Jump Rope. Learn individual and pair skills, Double Dutch, single rope speed/power, Long Rope and Chinese Wheel. Any level jumper is welcome to join this class. Jump rope is a lot of fun and will help increase self-esteem and fitness levels which will help children to excel at other sports. Come prepared with appropriate running/athletic shoes, snacks and water. Class is taught by the USA Jump Rope Region 8 Champions, the Jumping Coyotes, coach Rich Neder. A \$2 material fee is paid to the instructor at first class meeting.

Instructor:	R. Neder				Location:	Sago Palm
Code	Days	Dates	Time	Fee/Weeks		
11985	W	9/3-9/24	6:30-7:30 p.m.	\$35/4		
11986	W	10/1-10/22	6:30-7:30 p.m.	\$35/4		
11987	W	10/29-11/19	6:30-7:30 p.m.	\$35/4		

#### Wolf Pack Basketball League

Ages 3 – 17

Participants will learn the basic and advanced fundamentals of basketball while learning to play in a team environment. Skills will include shooting, ball handling, passing, defense and rebounding. Teams will be structured for an equal level of play throughout the league. Participants will be evaluated and placed on a team accordingly. Player evaluation will be conducted at Central Park. Our goal is to have a competitive league and for all participants to become team oriented players. The leagues mission is to instill discipline, enhance self-esteem and self-confidence, learn leadership qualities, and most of all have fun. Each participant will receive a uniform and certificate at the end of the season. There will be a parent night at Central Park (date TBD). The parent night will include a volunteer coaches and referee training for parents that are interested in becoming involved. We will hold a skill development clinic prior to the season start. Participants who register for the league will have their clinic fee waived.

\$15 supply fee payable to Wolf Pack Basketball due at parents meeting.

Practice day will be determined once participant is on a team, games will be played on Saturdays.

Code	Days	Dates	Time	Fee/Weeks
11988	TBD	9/27-12/6	TBA	\$110/10
11989	Clinic	TBA	TBA	\$30/1

#### AnaheimICE: Beginning Skating

Age: 6 – 16

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

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

Instructor:	Anaheim ICE Staff				Location:	Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks		
11981	W	10/1-10/22	5:00-5:30 p.m.	\$39/4		
11982	SAT	10/4-10/25	10:45-11:15 a.m.	\$39/4		
11983	W	10/29-11/19	5:00-5:30 p.m.	\$39/4		
11984	SAT	11/1-11/22	10:45-11:15 a.m.	\$39/4		



# Activity | Guide

## Teens Events

### Dances: For 6th, 7th and 8th graders!

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

Time: 7:00 p.m. – 10:00 p.m.

\$10 Admission

Buy a Fast Pass for the entire school year only \$40 for 5 dances!

If you purchase the 2014–2015 “Fast Pass”, you can save both time and money for our dances throughout the year. That’s right! You’re entitled to FIVE dances throughout the year for only \$40. Just bring your ID to each dance and jump to the front of the line. Stop by the Community Services Department to purchase your Fast Pass Today!

### Glow in the Dark Dance

Saturday, September 20

Pre-sale begins on September 15

Let’s light up the beginning of the school year. Glow in the dark bro!

### Halloween Dance – Something Wicked this Way Comes

Saturday, October 18

Pre-sale begins on October 13

Come join us ghouls and monsters and terrify us with your spooky dancing.



### Fall Dodgeball Night

Friday, November 14

Ages 13 – 18

Location: Lexington Junior High

Time: 6:00 – 9:00 p.m.

FREE

Single players or teams (up to 10) are welcome! Pick up a registration form at La Palma Community Services Department. There will be prizes for first place, most creative team name and most creative uniform. Register now, space is limited!

### Scary Movie Night

Friday, October 24

at Cypress CC

Time: 7:00 p.m.

\$2

Come make and create your own pizza with us before you watch a frightening horror movie!



### Upcoming 2014-15 Teen Special Events

2015 Black & White New Year Dance	January 17
Spring Dodgeball Night	March 6
Teen Fashion Show	March 21
Let the Good Times Roll Masquerade Dance	April 11
Battle of the Bands	May 2
Skate Night	May 15
Wild Wild West Dance	June 6



## Teen / Adult

### Educational

#### Elements of Narrative Writing

**Ages 12 – 16**

Along with some fun, interactive exercises that tap into the mind's creativity, students will write short stories based on narrative prompts. We'll enjoy learning to incorporate important narrative elements such as problem development, sensory details, character descriptions, and dialogue. A Supply fee of \$25 is due to the instructor the first meeting of class.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: Write On!		Location: Cypress Community Center		
Code	Days	Dates	Time	Fee/Weeks
12199	W	11/19-12/17	3:30-4:30 p.m.	\$80/5

#### The Argumentative Essay

**Ages 12 – 16**

Learn an important style of essay writing that involves reflecting on conflicting ideas, presenting logical arguments, and then taking a position. This is a particularly important style aligned with the Common Core State Standards for writing. A Supply fee of \$20 is due to the instructor the first meeting of class.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: Write On!		Location: Cypress Community Center		
Code	Days	Dates	Time	Fee/Weeks
12200	W	9/24-10/15	3:30-4:30 p.m.	\$65/4
12201	W	10/22-11/12	3:30-4:30 p.m.	\$65/4

#### Drivers Education

**Age: 14 – 18**

Driver's education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time of day or night. This course is offered online only. 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.

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 Drivers		Location: Online Course		
Code	Days	Dates	Fee/Weeks	
11990	Internet	9/1-12/31	\$75	

### Music/Art

#### Photography 101

**Age: 14+**

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)! Bring your camera to class and get ready to have some fun!

This class is co-sponsored with Buena Park Recreation. Tuesday class held at the Buena Park Community Center, 6688 Beach Blvd. Wednesday class held at Ehlers Recreation Center, 8150 Knott Ave.

Instructor: R. Hinckley		Location: Buena Park		
Code	Days	Dates	Time	Fee/Weeks
11999	T	9/9-9/30	9:00-11:00 a.m.	\$48/4
12000	W	9/10-10/1	6:30-8:30 p.m.	\$48/4
12001	T	10/7-10/28	9:00-11:00 a.m.	\$48/4
12002	W	10/8-10/29	6:30-8:30 p.m.	\$48/4
12041	T	11/4-12/2*	9:00-11:00 a.m.	\$48/4
12042	W	11/5-12/3*	6:30-8:30 p.m.	\$48/4

\*No Class on 11/11 and 11/26

#### Photography 102

**Age: 14+**

Photography 102 is a great way to take your photo skill to the next level. Learn how to take pictures of models and others. We will work on portrait, landscape, and so much more.

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

Instructor: R. Hinckley		Location: Buena Park		
Code	Days	Dates	Time	Fee/Weeks
12043	T	9/9-9/30	6:30-8:30 p.m.	\$48/4
12044	T	10/7-10/28	6:30-8:30 p.m.	\$48/4
12049	T	11/4-12/2*	6:30-8:30 p.m.	\$48/4

\*No Class on 11/11

### Fitness

#### Adult Tae Kwon-Do

**Age: 15+**

Training 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. 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
12053	M/W	9/1-9/17	6:30-7:30 p.m.	\$45/3
12054	M/W	10/1-10/20	6:30-7:30 p.m.	\$45/3
12055	M/W	11/3-11/19	6:30-7:30 p.m.	\$45/3



# Activity | Guide

## Teen / Adult

### Aerobic Dancing

**Age: 16+**

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

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

Instructor: K. Phelps				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
12003	M/W	9/15-12/10*	5:45-6:45 p.m.	\$120/13
Pay as you go	SAT	9/20-12/13*	8:30-9:45 a.m.	\$6/1 day
Pay as you go	M/W	9/15-12/10*	5:45-6:45 p.m.	\$6/1 day

\*No Class on 11/8, 11/26, 11/29 and 12/3

### Adult 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.

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
12056	T/TH	9/2-9/18	5:30-6:30 p.m.	\$45/4
12057	T/TH	10/2-10/21	5:30-6:30 p.m.	\$45/3
12058	T/TH	11/4-11/20	5:30-6:30 p.m.	\$45/3

### 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
12059	T	9/2-9/16	7:00-8:00 p.m.	\$45/3
12060	T	10/7-10/21	7:00-8:00 p.m.	\$45/3
12061	T	11/4-11/18	7:00-8:00 p.m.	\$45/3

### Anaheim ICE: Ice Skating for Adults

**Age: 17+**

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

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

Instructor: Anaheim ICE Staff			Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks
12062	W	10/1-10/22	7:00-7:30 p.m.	\$39/4
12063	W	10/29-11/19	7:00-7:30 p.m.	\$39/4

### Power Tae Aerobics

**Age: 13+**

Power Tae Aerobics, created by Grand Master J.G. Park (Olympic Tae Kwon Do coach), is a 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!

Lessons will be held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopulos			Location: Tae Kwon Do Center	
Code	Days	Dates	Time	Fee/Weeks
12064	W/SAT	9/3-9/27	7:00-8:00 p.m.	\$55/4
			8:30-9:30 a.m. (Sat)	
12065	W/SAT	10/1-10/29	7:00-8:00 p.m.	\$55/4
			8:30-9:30 a.m. (Sat)	
12066	W/SAT	11/1-11/29	7:00-8:00 p.m.	\$55/4
			8:30-9:30 a.m. (Sat)	
12067	W/SAT	12/3-12/27	7:00-8:00 p.m.	\$55/4
			8:30-9:30 a.m. (Sat)	

### Power Barre

**Age: 13+**

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

Lessons will be held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopulos			Location: Tae Kwon Do Center	
Code	Days	Dates	Time	Fee/Weeks
12068	M/TH	9/1-9/29	7:00-7:45 p.m.	\$55/4
12069	M/TH	10/2-10/30	7:00-7:45 p.m.	\$55/4
12070	M/TH	11/3-11/24	7:00-7:45 p.m.	\$55/4
12071	M/TH	12/1-12/29*	7:00-7:45 p.m.	\$55/4

No Class on 12/25



## Adult

### Education

### Abs, Thighs, and Buns

Age: 16+

No cardio, just an invigorating warm up, 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're comfortable and increase intensity when you choose. Wear comfortable clothes, bring a water bottle and mat. This class is co-sponsored with Buena Park.

Tuesday class held at Ehlers Recreation Center, 8150 Knott Ave.

Thursday class held at the Buena Park Community, Center 6688 Beach Blvd.

Instructor: High Fidelity Entertainment			Location: Buena Park	
Code	Days	Dates	Time	Fee/Weeks
12072	T	9/9-11/18*	6:00-7:00 p.m.	\$52/10
12073	TH	9/11-11/13	6:00-7:00 p.m.	\$52/10
12074	T/TH	9/11-11/18*	6:00-7:00 p.m.	\$75/10

\*No Class on 11/11

### Iaido and Meditation

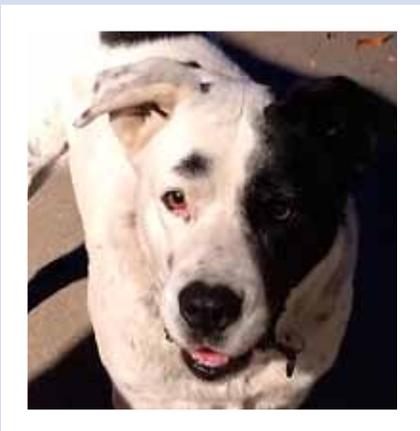
Age: 13+



Iaido (ee-eye-doe) is a Japanese art that was created to preserve the sword skills of the samurai warriors. It emphasizes awareness, calmness, centering, focus and precision, as well as traditional etiquette. This class focuses on a form of Iaido related to aikido, a non-combative form of martial arts. Although traditional training uses the Iaito (unsharpened Japanese practice sword), beginners may use a bokken (wooden sword). Training will also include the use of the jo (staff). Bokken and jo will be provided for beginners. Wear loose fitting sports clothing covering knees and elbows, or a Japanese dogi (uniform) with white belt. If you have an Iaito or hakama, you may use them in class. All personal weapons must be approved. Students who qualify may test for ranks up to and including black belt. Additional fees required for testing. Meditation based on Rinzaï Zen training.

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

Instructor: Black Belt Staff			Location: Ehlers Recreation Center	
Code	Days	Dates	Time	Fee/Weeks
12143	W	9/10-10/25	7:30-8:30 p.m.	\$60/7
	SAT		8:00-9:30 a.m.	
12144	W	10/29-12/13	7:30-8:30 p.m.	\$60/7
	SAT		8:00-9:30 a.m.	



### Dog Obedience

Age: 18+

This class is based on the American Kennel Club Companion Dog Skills- sit, down, come, stay and walking on a loose leash. Your dog can become a well-behaved companion at home and in the community. Dogs must be 5 months or older, must have Distemper, Parvo vaccinations, and meet Rabies requirements. At the first day of class please bring proof of vaccinations and no dogs!

Instructor: M. Caballero				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
12202	M	9/8-11/3	7:00-8:00 p.m.	\$75/9

### Understanding the World of Wine



Age: 21+

Have you ever felt intimidated when buying a bottle of wine or ordering wine in a restaurant? In this basic introductory course, you will explore the major wine regions of the world, the grapes they grow and the wines they produce. Learn how to read a wine label, navigate a wine list, and pair wines with food. You will also become familiar with the growing of grapes and the wine making process. At the completion of the class you will feel comfortable talking about wine, ordering wine and purchasing and enjoying this wonderful beverage. A \$20 material fee will be payable to instructor on first day of class.

Instructor: Tim Severin				Location: Fan Palm Room
Code	Days	Dates	Time	Fee/Weeks
11998	TH	10/2-11/20	7:00-8:00 p.m.	\$20/8

### Dance

#### Line Dance

Age: 18+

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

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

Instructor: J. Karter				Location: Cypress CC
Code	Days	Dates	Time	Fee/Weeks
12075	M	9/22-10/27	6:30-7:30 p.m.	\$32/6
12076	M	11/3-12/8	6:30-7:30 p.m.	\$32/6



# Activity Guide

## Older Adults

### Two Step & Swing

Age: 18+

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: J. Karter				Location: Cypress SC
Code	Days	Dates	Time	Fee/Weeks
12077	M	9/22-10/27	7:30-8:30 p.m.	\$32/6
12078	M	11/3-12/8	7:30-8:30 p.m.	\$32/6

### Strictly Ballroom Dance

Age: 18+

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

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

Instructor: J. Karter				Location: Cypress SC
Code	Days	Dates	Time	Fee/Weeks
12079	M	9/22-10/27	8:30-9:30 p.m.	\$32/6
12080	M	11/3-12/8	8:30-9:30 p.m.	\$32/6

### Music/Art



### Lucky Ukulele

Age: 18+

Do you have a Ukulele? Come learn four different positions of chords including major and minor and dominant 7th. You will learn Hawaiian and county tunes, as well as other styles. Come and enjoy the fun with us! Our instructor has 40 years of professional experience.

Supplies Required: Ukulele, tuner and music stand. \$5 material fee is payable to the instructor at the first class.

Instructor: J. Kelihoikoi				Location: Pygmy Palm
Code	Days	Dates	Time	Fee/Weeks
11991	W	9/3-9/24	7:30-9:00 p.m.	\$49/4
11992	W	10/1-10/22	7:30-9:00 p.m.	\$49/4
11993	W	11/5-11/26	7:30-9:00 p.m.	\$49/4

### Dance

### Zumba Dance

Age: 20+

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

Instructor: L. Li				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
12045	M/W	9/8-9/29	7:45-8:45 p.m.	\$30/4
12046	M/W	10/6-10/29	7:45-8:45 p.m.	\$35/4
12047	M/W	11/3-11/26	7:45-8:45 p.m.	\$35/4
12048	M/W	12/1-12/17*	7:45-8:45 p.m.	\$25/3

\*No Class on 12/3

### Fitness

### Tai Chi Chuan

Age: 18+

Tai Chi is one of the most popular forms of exercise practiced all over the world. It is a soft and smooth form also known as "a moving meditation." Tai Chi is safe, easy to learn, sweat-free and improves your physical condition, muscle strength, coordination, flexibility and balance. Wear comfortable clothes.

Instructor: O. Rosenthal				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
12050	M/W	9/8-10/1	9:00-10:00 a.m.	\$40/4
12051	M/W	10/6-10/29	9:00-10:00 a.m.	\$40/4
12052	M/W	11/3-11/26	9:00-10:00 a.m.	\$40/4



**Dance**

**Country Line Dancing**

Age: 55+

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

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

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

**Marsha Roe's Line Dance Class**

Age: 55+

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

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

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

**Fitness**

**Zumba Gold**

Age: 50+

Zumba Gold is the most effective and fit class for Active Adults! It's a cardio based fitness class with slower and easy to follow patterns. Zumba is great for mind, body and soul. Wear comfortable clothes and bring a water bottle. Let's dance together!

Instructor: L. Li		Location: Royal Palm		
Code	Days	Dates	Time	Fee/Weeks
12081	F	9/12-10/24	9:00-10:00 a.m.	\$35/7
12082	F	11/14-12/19	9:00-10:00 a.m.	\$30/6

**Water Fitness**

Age: 55+

Water Fitness is 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 to reduce stress and tension. This class is taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Special registration forms are available at the Recreation Office.

Winter Sessions: Held on Monday's and Wednesdays or Tuesdays and Thursdays. Class times are 9:00 a.m. and 10:00 a.m. All classes are 50 minutes long.

**Older Adult Resources**

**Improving Access to Community and Social**

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

**Information and Referral**

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

**Senior Transportation Referral**

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

**La Palma Meals on Wheels**

La Palma's Meals on Wheels program was developed to serve nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call (714) 690-3352.



## All Ages

### Magic Academy

Age: 8 – 99

Learn to perform a variety of magic tricks and amaze your friends! Magic performances can break the ice in social situations and help to overcome stage fright. In this class you will learn new tricks and tips each week including ball and vase, linking rings, coin and card tricks. Students will have the opportunity to put together a short magic show and perform for the class. Fee includes ball and vase, linking rings and deck of cards for each student.



Instructor: Ian Galloway

Location: Fan Palm Room

Code	Days	Dates	Time	Fee/Weeks
12083	M	9/8-10/13	6:00-7:00 p.m.	\$90/6

### Practical Chess Instruction

Age: 8+

Strengthen your brain! Every Friday night we hold chess tournament games, officially rated by the US Chess Federation. For more information, see our website at [www.lapalmachess.com](http://www.lapalmachess.com). We also encourage all players to register for the class online at [www.cityoflapalma.org/LPRecConnect](http://www.cityoflapalma.org/LPRecConnect). It's quick, easy, and it helps us get out games started on time.

Instructor: LP Chess

Location: Sago Palm

Code	Tournament	Days	Dates	Time	Fee/Weeks
12084	All Three Tournaments	F	9/5-12/26*	6:00-11:00 p.m.	\$40/14
12085	Indian Summer Classic	F	9/5-10/17	6:00-11:00 p.m.	\$35/7
12086	Godzilla Chess Rampage	F	10/24-12/19*	6:00-11:00 p.m.	\$30/6
12087	Holiday Ladder Match	F	12/26	6:00-11:00 p.m.	\$10/1

\*No Class on 10/31, 11/7, and 11/28

## Fitness

### Traditional Martial Arts

Age: 5 to Adult

This program features a variety of traditional oriental martial arts, emphasizing modern training methods and personal growth. Students improve physical fitness, increased mental alertness, reduce stress, and get a positive attitude.

Students learn several martial arts systems, and advanced students may complete in Taekwondo. Our instructors are certified by the Kukkiwon, World Taekwondo federation, the U.S. Olympic Committee, and are experienced in both traditional martial arts and sports training systems.

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 Senior Instructor before enrolling. This is a continuing program, and students may enroll in as many additional continuing sessions as desired without a contract.

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 \$45.

For the most dedicated students, a special weekly package is available at a special price. Training includes one of our Saturday classes (Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays. Additionally, there is a session discount for continuing students who wish to sign up for all of the classes offered during any one quarter.

Instructor: L. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
<b>BEGINNER</b>				
12095	SAT	9/6-9/27	9:00-10:00 a.m.	\$45/4
12096	SAT	10/4-10/25	9:00-10:00 a.m.	\$45/4
12112	SAT	11/1-11/29*	9:00-10:00 a.m.	\$45/4
12114	SAT	12/6-12/20	9:00-10:00 a.m.	\$45/3
12097	SAT	9/6-12/20*	9:00-10:00 a.m.	\$160/16
<b>INTERMEDIATE</b>				
12098	SAT	9/6-9/27	10:00-11:30 a.m.	\$45/4
12111	SAT	10/4-10/25	10:00-11:30 p.m.	\$45/4
12099	SAT	11/1-11/29*	10:00-11:30 a.m.	\$45/4
12100	SAT	12/6-12/20	10:00-11:30 a.m.	\$45/3
12106	SAT	9/6-12/20*	10:00-11:30 a.m.	\$160/16
<b>ADVANCED</b>				
12106	SAT	9/6-9/27	11:30-1:00 p.m.	\$45/4
12101	SAT	10/4-10/25	11:30-1:00 p.m.	\$45/4
12102	SAT	11/1-11/29*	11:30-1:00 p.m.	\$45/4
12103	SAT	12/6-12/20	11:30-1:00 p.m.	\$45/3
12104	SAT	9/6-12/20*	11:30-1:00 p.m.	\$160/16
<b>WEEKLY MARTIAL ARTS</b>				
12107	T/TH	9/2-9/30	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
12109	T/TH	10/2-10/30	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
12113	T/TH/S	11/1-11/29*	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
12108	T/TH/S	12/2-12/23	5:00-6:00 p.m.	\$70/3
	SAT		9:00-10:00 a.m.	
12110	T/TH/S	9/2-12/23	5:00-6:00 p.m.	\$260/16
	SAT		9:00-10:00 a.m.	

\*No Class 11/8



**ROSENDIN**  
ELECTRIC

SOUTHERN CALIFORNIA  
714.521.8113 - [WWW.ROSENDIN.COM](http://www.ROSENDIN.COM)

La Palma Tutoring

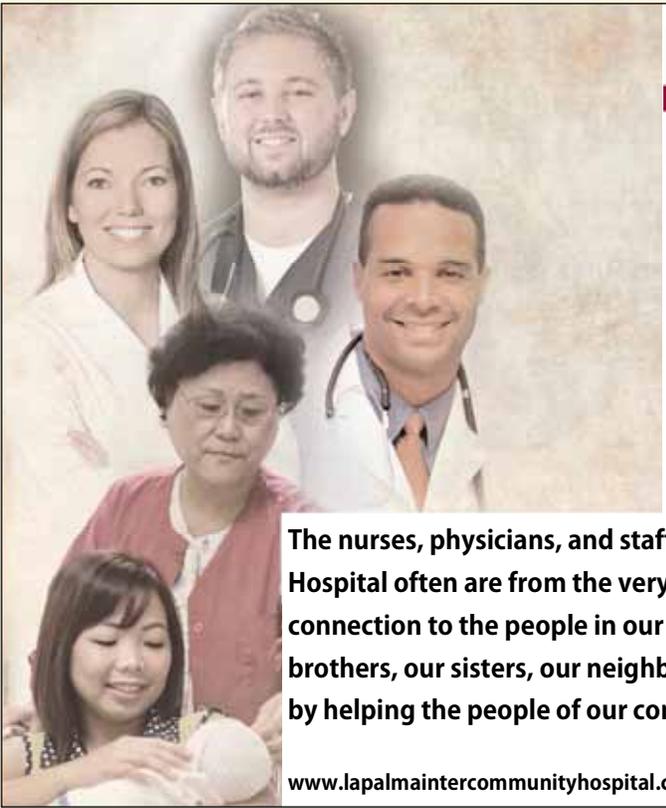


## Corporate Connection

Business Sponsorship Opportunities

The City of La Palma provides the opportunity to showcase your business at community events the City hosts throughout the year and in various publications that the City produces.

To learn more about becoming a Corporate Connection Sponsor please contact the Community Services Department 714-690-3359 or visit [www.cityoflapalma.org](http://www.cityoflapalma.org)




**LA PALMA**  
INTERCOMMUNITY HOSPITAL

**Working together to create healthy lifestyles is what we do — and who we are.**

The nurses, physicians, and staff that make up La Palma Intercommunity Hospital often are from the very communities they serve. We have a natural connection to the people in our communities: they are our brothers, our sisters, our neighbors and friends. We believe that by helping the people of our community, we help ourselves.



[www.lapalmaintercommunityhospital.com](http://www.lapalmaintercommunityhospital.com) / (714) 670-7400 / 7901 Walker St. La Palma Ca, 90623

# City & Class Activity Locations

## 1. The Palms at Central Park Community Center

King Palm    Queen Palm    Sago Palm    Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma  
(714) 690-3350

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

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

## 3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

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

7842 Walker Street, La Palma

## 5. US Tae Kwon Do Center

12233 Centralia, Lakewood

## 6. Arnold/Cypress Park

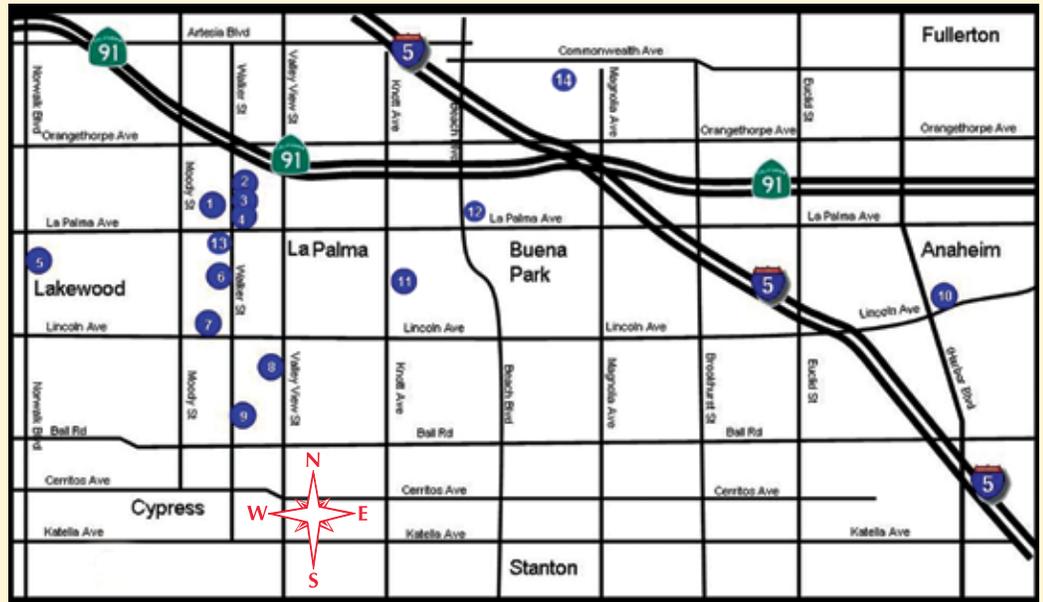
8611 Watson Street, Cypress

## 7. Cypress Senior Center

9031 Grindlay Street, Cypress

## 8. Cypress Community Center

5700 Orange Avenue, Cypress



## 9. Martial Arts Fitness Center

9949 Walker Street, Cypress

## 10. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

## 11. Ehlers Community Center

8150 Knott Ave., Buena Park

## 12. Buena Park Community Center

6688 Beach Blvd., Buena Park

## 13. La Palma Intercommunity Hospital

7901 Walker St., La Palma

## La Palma Recreation & Community Services



*Creating Unity in Community*

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

## Your Recreation Staff

Director	Mike Belknap
Supervisor	Cindy Robinson
Coordinator	jaNell Adams
Specialists	Andi Terry, Tim Dodd, Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

## Recreation Leaders

Brandon Alfajora	Bryan Amezquita	Anthony Diaz
Elise Frontino	Michelle Glasell	Megan Hana
Emily Kulassia	Chris McCombs	Robert Mendoza
Ryan Plunkett	Min Rattanchandani	Haley Sprague
Michael Vela	Taylor Woodring	Daniel Zagal

# Register Now!

**METHOD OF PAYMENT:** We accept cash, checks (made payable to the City of La Palma), money orders, credit cards. If cash is your preferred payment choice, you may pay for your registration when the La Palma Community Services Administrative office is open Monday through Thursday, 7:30 a.m.–5:30 p.m. and on Fridays, 7:30 a.m.–4:30 p.m. All other payment options may be used during our Central Park extended hours Monday–Friday until 10 p.m. and on Weekends from 8:00 a.m.–8:00 p.m. Non-Residents will pay an additional \$5 fee per class for classes \$49 and under and \$10 for classes \$50 and over.

**ALL RECREATION PROGRAMS ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS!** We encourage advance registration for all our programs. No registrations can be taken at classes, since most instructors need to know their enrollment at least two or three days prior to their starting date.

**REFUNDS:** Requests for refunds will be honored by Community Services only if they are made at least one (1) day prior to the start of classes with one or two meetings. On classes that consist of three or more meetings, the request for a refund must be made before the second class meeting. No refunds will be given after the second class meeting. An \$11 processing charge will be deducted from all requested refunds. A full refund will be made only when a class or program is filled or cancelled by Community Services. **ABSOLUTELY NO REFUNDS CAN BE GIVEN FOR EXCURSIONS.**

Adult/Guardian LAST Name			Adult/Guardian FIRST Name			
Address		Apt	City	Zip Code		
Day Phone		Cell Phone		E-Mail (for Online Class Registration)		
Emergency Contact Name		Emergency Contact Number		Relationship to Participant		
Class Code #	Class Name	Participant Name	Birth Date	Age	Sex	Fee
<b>Non-residents add an additional fee per class:</b>			Class fee up to \$49 = \$5 non-Res Fee			
			Class fee \$50 and over = \$10 Non-Res Fee			
<b>TOTAL PAID</b>						

<b>PAYMENT METHOD</b> (Checks payable to: <b>City of La Palma</b> )				Staff Initial	Receipt #	
<b>Circle One:</b>	Cash	Check # _____	Credit Card	Money Order	_____	_____

### WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE

I fully understand that participation by the person(s) registered in any City Community Services Program exposes him/her to the risk of personal Injury, death, or property damage. I hereby acknowledge that I am voluntarily having the person(s) registered, participate in the above program and agree to assume any such risks.

I hereby release, discharge and agree not to sue the City of La Palma for any injury, death or damage to or loss of personal property arising out of, or in connection with the participation in any City Community Services Program, by the person(s) registered, from whatever cause, including the active or passive negligence of the City of Palma or any other participants in any City Community Services Program.

The parties to this agreement understand that this document is not intended to release any party from any act or omission of "gross negligence," as that term is used in applicable case law and/or statutory provision.

In consideration for the City of La Palma's acceptance of this registration, I hereby agree to indemnify and hold harmless the City of La Palma, its officers, agents, or employees from any liability or claim or action for damages resulting from or in any way arising out of the participation in any City Community Services Program by the person(s) registered.

Furthermore, I give the City of La Palma, its officers, agents or employees permission to use any related picture, video or electronic images, sounds etc., in the City's promotional materials.

**I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AS IT APPLIES TO MYSELF AND TO ANY MINORS FOR WHOM I AM SIGNING, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.**

**X**

(Parent or guardian must sign for participants under 18 years of age.)

Print name

Date



## Postal Customer La Palma, CA 90623

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

### Fit N Fun Free After School Drop-in Program

Fit N Fun is a free drop in program for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Recreation Staff visit each school site three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! Supervision is provided from the time school ends until 3:45 p.m. even on minimum days! Fit N Fun begins Monday, October 6.

Miller Elementary: Mondays, Tuesdays, and Thursdays

Luther Elementary: Tuesdays, Wednesdays, and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

### HALLOWEEN CARNIVAL 2014

THE PARK OF DOOM!

Friday, October 31, 2014

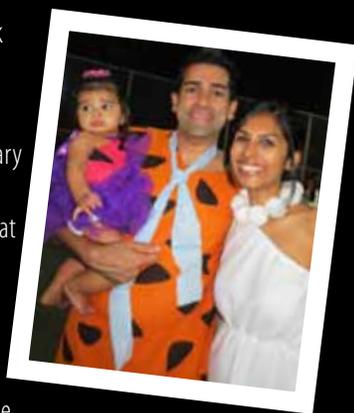
6:00–8:30 p.m., Central Park

FREE

Dress up in your favorite scary costume and join us for a night filled with adventure at Central Park of Doom. Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-trick!

Kids and families can choose from a variety of activities such as the costume contest for little ghost and goblins with special prizes in each age division. This year's Halloween Carnival will feature carnival games, a "Goblin Gulch" for children under the age of 5, and the frighten Maze of Doom for those who dare to enter!!

Community groups, organizations and individuals are invited to operate a carnival booth, as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Community Services Department at (714) 690-3350 or go to [www.cityoflapalma.org/halloween](http://www.cityoflapalma.org/halloween).



### 30th Annual La Palma Days

Saturday, November 8, 2014

10:00 a.m. – 6:00 p.m.

Featuring:

- La Palma Pageant on November 2
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food and Product Vendors



La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 2 then gears up for the grand celebration on Saturday, November 8.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

For more information or to volunteer for the year's event, please call (714) 690-3350 or visit [www.cityoflapalma.org/LaPalmaDays](http://www.cityoflapalma.org/LaPalmaDays).