

La Palma



MOSAIC

Winter 2015



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Miss La Palma Crowned
Winter 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 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.

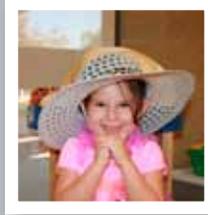
All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

La Palma City Council

- Gerard Goedhart, Councilmember
- Steve Hwangbo, Councilmember
- Peter Kim, Councilmember
- Steve Shanahan, Councilmember
- Michele Steggell, Councilmember

Calendar of Events

January



- 1 New Years Day, City Offices Closed
- 6 City Council Meeting – 7:00 p.m.
- 16 Karaoke Night for Adults – 6:00 p.m.
- 17 Teen Black & White Dance – 7:00 p.m.
- 20 City Council Meeting – 7:00 p.m.

February



- 3 City Council Meeting – 7:00 p.m.
- 16 Presidents Day, City Offices Closed
- 17 City Council Meeting – 7:00 p.m.
- 20 Karaoke Night for Adults – 6:00 p.m.

March

- 3 City Council Meeting – 7:00 p.m.
- 8 Daylight Saving Time Begins
- 17 City Council Meeting – 7:00 p.m.
- 20 First Day of Spring
- 20 Karaoke Night for Adults – 6:00 p.m.
- 21 Teen Fashion Scene
- 30 Spring Day Camps Begins



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.



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American with Disabilities Act (ADA) Transition Plans:

On August 5, the City Council approved an ADA Transition Plan for its facilities, intersections and bus stops. The City contracted with IDS Group, Inc. (IDS), in conjunction with the seismic review, to conduct an assessment of the City's public facilities and with Charles Abbot to survey the intersections and bus stops. These reports provide a detailed list of deficiencies and required improvements to the City's buildings, parks, and right-of-way. Copies of those reports are available as part of the August 5 staff report on the City's website. The magnitude and cost of the required improvements citywide is not possible to be completed within one year. Therefore, a phased approach, with annual dedicated funding, is being recommended through the City's 5 year Capital Improvement Plan. Based on the number of City owned facilities, their age, and various levels of compliance, a priority interim guided construction phasing will be required to complete the Transition Plan.

Options to Address Civic Center Deficiencies:

On August 19, the City Council had an initial discussion regarding various options to address deficiencies in the Civic Center, which consists of the City Hall, Police Department, and Fire Department structures. This discussion was brought forward as a result of deferred maintenance items, the structural seismic evaluation conducted earlier in the year, and the ADA plan mentioned above. In addition to deferred maintenance over the past several years, ADA improvements required by law, this 40 plus-year old facility requires significant seismic retrofitting if it is to remain operational following a major seismic event. Options presented to the City Council included options ranging from making necessary repairs to the current building at a cost of approximately \$8.2 million to rebuilding the building at its existing location at an approximate cost of \$13.4 million, to relocating and renting or building a new facility at a new location at costs approximated at up to \$18.2 million. Financing options were also discussed. This topic will come back to the City Council for discussion later in the year with more definitive financing options, project details, and alternatives, including what costs to repair or rebuild the structures would be if the buildings were not expected to remain functional following a major seismic event.

Water Conservation and Management Ordinance Adopted:

On September 26, the City Council adopted Ordinance 2014-02 amending Chapter 42 of the City Municipal Code regarding conservation and water management. The ordinance brought the City into compliance with new

State regulations and allowed the City to provide less stringent drought measures than were currently in place. Permanent restrictions included in the Ordinance are:

- Landscape watering with potable water is prohibited between the hours of 10 a.m. and 4 p.m.
- Landscape watering is limited to no more than 15 minutes per station on allowed days as designated by the City.
- No excessive water flow or runoff.
- No washing down hard or paved surfaces.
- Obligation to fix leaks, breaks or malfunctions within three (3) days of discovery.
- Re-circulating water required for water fountains and decorative water features.
- Restaurants required to use water conserving dish wash spray valves.

Declaration of Stage One Water Watch and Weather Based Irrigation Timer Rebates:

On October 7, the City declared a Stage One Water watch throughout the entire City of La Palma water service boundaries and approve reallocation of funds to supplement rebates for weather based irrigation timers.

California saw its driest year on record in 2013 and the drought has continued through the summer of 2014. Many regions of the state have been severely impacted prompting Governor Brown to ask all Californians to reduce their daily water use by 20%. While Orange County has prepared for dry periods like this, water reserves throughout the state are being rapidly depleted. On February 11, 2014, Metropolitan Water District of Southern California (MET) declared a Water Supply Alert throughout its service area as part of a set of comprehensive actions in response to the State's unprecedented dry conditions. On July 15, 2014, the State Water Resources Control Board (SWRCB) adopted emergency regulations for statewide water conservation calling for a reduction of 20% for all water suppliers.

The City of La Palma Municipal Code, Chapter 42 states that the City Council may declare a Stage One Water Watch during periods when the possibility exists that the City may not be able to meet all of the reasonably beneficial demands of its customers; or when the regional water supplier requests conservation measures throughout its service boundaries. Stage One Water Watch conservation measures include:

- Watering of landscaped areas between 6:00 p.m. and 9:00 a.m. the following day of designated irrigation day. Designated watering days shall be the following:
- Even numbered homes and businesses shall water on Tuesday, Thursday and Saturday.

- Odd numbered homes and businesses shall water on Wednesday, Friday and Sunday.
- City owned facilities shall water on Monday, Wednesday and Friday.
- Washing of vehicles shall be on designated watering days between the hours of 6:00 p.m. and 9:00 a.m. the following morning. Water hoses must be equipped with an automatic shut off device.
- Filling or refilling of swimming pools, spas or ponds shall be on designated watering days between the hours of 6:00 p.m. and 9:00 a.m. the following morning.
- Watering of parks, school grounds, and recreational fields shall be on designated watering days between the hours of 6:00 p.m. and 9:00 a.m. the following morning.
- Use of water from fire hydrants is limited to fire fighting, construction, or other activities needed to maintain public health and safety.
- All leaks, breaks or other malfunctions shall be repaired promptly upon discovery or within three days of notification.

For more information on rebates or water conservation measures, please contact the City's Water Department at (714) 690-3310.

9-1-1 System Upgrade:

On September 16, the City Council approved the purchase hardware, software, furnishings, electrical upgrades, and any other equipment or services necessary to upgrade the City's 9-1-1 System to the Next Generation 9-1-1 (NG911) IP based system and replace the digital call logger device for a total project amount not to exceed \$223,000. The current 9-1-1 system has been discontinued and it is becoming increasingly difficult to get replacement parts. \$218,000 of the funding will come from the State Office of Emergency Services California 9-1-1 Emergency Communication Branch. It is expected that the upgrade will be completed early in 2015.

Energy Related Improvements to City Facilities:

On October 7, the City Council held a Public Hearing to discuss an energy service contract for a variety of energy related projects citywide. The projects were approved pending legal counsel review and approval of agreements. Proposed projects include lighting, mechanical, controls, and irrigation upgrades to street lighting, City parks, Water facilities, and the City Yard. Any projects that would affect the Civic Center were deferred to further discussions regarding those facilities. The total cost of the projects will be paid for with energy savings that are guaranteed by Climatec, the corporation overseeing the improvements.

Freeway Overlay District Approved:

On October 21, the City Council adopted Ordinance 2014-03 adding a section to City Code to establish a new zoning overlay district entitled "Freeway Overlay District." The Freeway Overlay District is intended to provide limited freeway oriented on-site and off-sign signage adjacent to State Route 91. The proposed Ordinance also establishes criteria and standards for pole and billboard signs. This amendment has been prepared consistent with the updated General Plan that would allow up to two digital billboards within La Palma City limits along the 91 freeway. The Code Amendment sets forth the attenuated sign board regulations and establishes the parcels which may be allowed to have such freeway visible signage. Chiefly, billboards would be limited to a total of two, one on the north side of the 91 freeway and one on the south side. This is accomplished with a linear restriction of one per 2,500 feet on each side of the freeway. Also, pole signs are proposed to be limited to only commercial retail establishments.

Miscellaneous:

During this time period, the City Council also discussed leasing options for the City's property at 5410 La Palma avenue; reviewed the 2013 reorganization of the Community Services Department; denied a request for the approval of alcohol sales at a car wash located near a school facility; approved a large family day care home on Sharon Drive; conducted a Zoning Code Workshop; approved the purchase of a replacement police vehicle; authorized the recruitment of an Administrative Secretary, a Police Officer, and a part-time Technology Technician to fill current vacancies; approved a continuing agreement with La Palma Sign Partners, LLC to advance the concept of a digital billboard project; and approved a contract for installation of ADA pedestrian ramps and removal and replacement of curb, gutters, and sidewalks at various locations throughout the City.

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 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.

A Message From The City

City New Year Resolutions

As we begin the 2015 year, the City of La Palma also begins a new City Council term. City Council goal setting sets broad community priorities that will drive City decision making over the next year. Think of it as a community-wide new year's resolutions list. Winter also brings the start of other important City processes. Here are a few of the major projects worth watching in the coming months:

Budget and financial planning: City Council goals and mid-year financial updates will set the stage for updating last year's Sustainable Financial Plan and building the 2015-16 budget. Watch for reports to the City Council and updates in the Finance section of the City's website.

Labor relations: City employees deliver the quality services expected by the community and represent its largest investment. The City's three employee associations have agreements which all expire in June and negotiations for new agreements will get underway early in the year. It has been four years since the last comprehensive agreements were adopted.

Street improvements: The final year of a seven year program to upgrade the City's residential gets underway in 2015 followed by arterial street rehabilitation which gets underway soon after the start of the year.

Economic development and new business: The City has an economic development action plan but limited tools for bringing economic growth and diversification to the community. Streamlining processes and requirements, providing individual attention, and facilitating local access to resources such as SCORE workshops for small businesses all help La Palma make the most of our assets. Information on upcoming La Palma workshops are available on the SCORE website at www.score114.org.

Energy improvements: One way the City maintains services is to implement one time investments that result in on-going savings. Energy conservation is one example where the City is taking the lead to improve efficiency in City facilities, and to decrease costs by acquiring its street lights from Southern California Edison. Not only will the purchase drop the electricity rate paid by the City, but it will allow the City to replace existing light heads with more energy efficient LED lights. These improvements pay for themselves over time through the energy savings they create and result in additional savings for City operations. Approval of this purchase should occur later in 2015.

Watch as each of these processes develop and let the City know your perspective on how the City can be a catalyst and a partner in leading our community into the future. Or volunteer and help create that future yourself. Have a question or comment? Just submit it via our website at www.cityoflapalma.org and it will be routed appropriately. You can also sign up via the Notify Me button for alerts on City topics and projects of interest to you. With your involvement, 2015 will be a great year for the City of La Palma!

Holiday Closures and Service Schedule

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

All La Palma City offices (City Hall, Recreation, Water, Maintenance, and Police Administration) will be closed starting December 25 and will re-open on January 5. The Police Department is always open for emergency services or for other matters requiring an urgent response from the City, such as a water leak. Customers wishing to pay their municipal utility (water) bill during the holiday break are encouraged to use the drop-box, located outside City Hall, or call Park Disposal (EDCO) directly at (714) 522-3577 and pay over the phone at no additional cost.

Trash collection services will be disrupted on December 25 and January 1, in observance of these holidays. Trash collection will be pushed back one day for collection scheduled for Thursday and Friday during this two week period. Park Disposal will also be collecting holiday trees, using a separate collection truck, during this two week period.

Street sweeping services will also be cancelled on Thursday, December 25 and on Thursday, January 1, with no make-up day; Monday, Tuesday, Wednesday, and Friday street sweeping will take place on their respective days. Thursday street sweeping will resume on January 8, 2014.

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

4th Annual District Idol Competition

February 19 & 20, 2015

Don't miss your chance to be the vocal winner at the 4th Annual District Idol competition sponsored by the Kennedy Performing Arts Center Foundation.

All students in the Anaheim Union High School District are eligible to audition. Applications are available on line at www.kpacfoundation.org and individual audition times will be scheduled. Students selected as finalists for District Idol must be able to attend a required meeting, rehearsal and performance. Please check the dates below.

- **Saturday, January 10:** Audition at Oxford Academy;
- **Saturday, January 24:** Mandatory meeting at Oxford Academy
- **Tuesday, February 17:** Dress rehearsal at Kennedy from 5 – 8 p.m.
- **Thursday, February 19:** Jr. High School performance at Kennedy Performing Arts Center from 7 – 9 p.m.
- **Friday, February 20:** High School performance at Kennedy Performing Arts Center from 7 – 9 p.m.
- Cash prizes will be awarded to 1st, 2nd and 3rd place winners.

Foundation Website: www.kpacfoundation.org for further details.

Call Kathy McClennen at (714) 996-2278 with questions.

Home Spotlight

Winter 2015 Home Spotlight Award Winner

The City of La Palma would like to congratulate residents Dianna & James Ragle of 5081 Lynn Circle for winning the 2015 Winter Home Spotlight Award!



Deanna and James Ragle have lived in their home for the past 5 years with their young son, Noah. They moved into the home and went to work updating the exterior by painting the entire outside, adding all new landscaping with beautiful light brick work that wraps around the entire property with the newly created brick wall. They have newly painted the front door in a very tasteful red tone which gives the complete look of the overall home. Deanna and James are excited to receive this 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 Deanna and James Ragle 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.

Miss La Palma 2014

The City of La Palma kicked off the La Palma Days Celebration with the Pageant on Sunday, November 2. There were approximately 200 people watching as Maddie Thompson, Kennedy High School Senior, was crowned as La Palma's 2014-2015 Ambassador.



As Ambassador, Maddie will attend Business Grand Openings, City functions and Community Events. Four contestants were seeking the coveted title of La Palma Ambassador. La Palma Ambassador, Maddie and her court La Palma Princesses Michelle Glasell, Kari Kessinger and Shelby Rogers will now serve as the Ambassadors of the City of La Palma for this coming year.



5 Things To Know About The Drought

- It is one of the worst in California's history
- Storage levels are dropping, we need to preserve our reserves
- Conservation is the key to making it through this drought
- Limiting outdoor water use equals big savings
- Do your part, go to bewaterwise.com or ocwatersmart.com for water-saving tips and get information on valuable rebates

WATER SAVING TIPS

La Palma residents and businesses have done a good job conserving water. But the multi-year drought has reduced our water reserve levels. More savings must be done to make sure there is water for our future.

Here are some helpful things you can do to save water:

Indoor

- Turn off the water when you brush your teeth and shorten your showers to 5 minutes. Save up to 25 gallons a day.
- Fix leaking faucets and running toilets. Save 20 gallons a day.
- Wash only full loads of laundry and save between 15 and 50 gallons each time.
- Buy water-saving devices like high-efficiency toilets and clothes washers. These are eligible for rebates!

Outdoor

- Water your yard early in the morning or later in the evening to reduce evaporation. Save up to 25 gallons a day.
- Keep mulch around plants to reduce evaporation and save hundreds of gallons a year.
- Fix sprinkler leaks, overspray and broken sprinkler heads. You'll save 500 gallons a month.
- Purchase a smart timer to control your sprinklers and water only when your lawn needs it. The City of La Palma is supplementing the rebate available through the County of Orange!

Check bewaterwise.com for more tips on saving water or ocwatersmart.com for rebate information. Talk to your family and friends about saving water. If everyone does a little, we save a lot. Don't waste another minute wasting.

Motor Vehicle Restrictions in La Palma

Well-kept homes and properties help to create an appealing atmosphere in which to reside. The City of La Palma's pleasing appearance is based on the civic pride that residents have for their property. To assist in maintaining La Palma's high quality of life, the City has established property maintenance standards in its City Code to address various public nuisance conditions such as inoperable vehicles.

The La Palma City Code prohibits the storage and parking of inoperable vehicles in view from the public right-of-way. For the purpose of this law, "inoperable vehicle" is defined as those which the engine, wheels, or other parts have been removed, altered, damaged, or allowed to deteriorate so that the vehicle cannot be driven.



An obvious sign of an In-op vehicle are growing weeds and cobwebs.

There are also limits to the amount of front yard area that can be used for a driveway or parking. Parking of vehicles on residential properties anywhere other than the garage and designated driveway area. All vehicles are prohibited from parking on any lawn area or on any unapproved parking pad. Any vehicle parked on a public street must be in driving condition, with current DMV registration, current tags, and may not be parked on the street over 72 hours.



Another clue that the vehicle is inoperable are expired registration tags, missing wheels and vehicles up on blocks or jacks.

Abandoned, inoperable, unlicensed and junk vehicles are not allowed on private or public property in La Palma. If there is an inoperable vehicle stored on your property, store it in your garage or out of view from the public right-of-way. If you no longer want your vehicle you may be able to donate it to a registered charity or nonprofit organization. There are several services that will pick up the vehicle free of charge. Vehicle donations are usually tax deductible which can be an added benefit.

For more information on vehicle restrictions visit the City's web site at www.cityoflapalma.org.

Help stop blighting conditions in your neighborhood. Report inoperable vehicles to the Code Enforcement Officer at (714) 690-3342.

Title of 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.

Information at Your Fingertips

2-1-1

2-1-1 is a nationally recognized toll free, three-digit dialing code available 24 hours a day, seven days a week. 2-1-1 provides a "one-stop" service for vital information by providing the "right" phone number for the "right" resource needed. It is the equivalent of 9-1-1 but for non-emergency health and human services.

Benefits of 2-1-1

2-1-1 Orange County is fast, free, confidential, multilingual and always available. 2-1-1 eliminates the need to navigate the complicated web of health and human services by providing one simple number to link people to the vital community services they need.

Services Provided: Child care, emergency financial assistance, health care, food, shelter/housing alternatives, jobs, mental health support, services for persons with disabilities, resources for older adults and their caregivers, alcohol and drug services, safe surrender sites for newborns.

How to be Safe on Your New Holiday Toys

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

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

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

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

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

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

Fight Back Against the Flu!

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

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

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

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



When to Call 9-1-1

9-1-1 is the number to call to get help in a police, fire or medical emergency. A 9-1-1 call goes over dedicated phone lines to the 9-1-1 answer point closest to the caller, and trained personnel then send the emergency help needed.

9-1-1 should only be used in emergency situations. An emergency is any situation that requires immediate assistance from the police/sheriff, the fire department or an ambulance. If you are ever in doubt of whether a situation is an emergency you should call 9-1-1. It's better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

Do not call 9-1-1 for information, directory assistance, when you're bored, for paying tickets, for your pet, as a prank.

If 9-1-1 fails, you should know these alternative telephone numbers.

OCFA Emergency Number (non 9-1-1): (714) 538-3501

La Palma Police Department (non 9-1-1): (714) 690-3370

The Local Economic Report

By Douglas D. Dumhart

Community Development Director for the City of La Palma

The City of La Palma is pleased with the sustained excellence of the local economy and its embrace of the entrepreneurial spirit, and is excited to announce several new additions to its business community. Samsung Chemical USA, Inc. recently chose to relocate from La Mirada to La Palma over Irvine. Their operations settled into Centerpointe bringing 40 employees to the first class business park. Samsung Chemical USA, Inc. engages in the distribution and sale of plastic chemical resins, solid surface countertops, and related products primarily in the United States, Asia, Europe, and the Middle East.

Opening offices in Centerpointe this summer is Defense Contract Audit Agency (DCAA). DCAA provides audit and financial advisory services to Department of Defense (DoD) and other federal entities responsible for acquisition and contract administration. DCAA operates under the authority, direction, and control of the Under Secretary of Defense Chief Financial Officer. DCAA has absorbed some of the space previously occupied by BP/Arco's operation.

Also, moving into vacated BP/Arco space is Meadowbrook Insurance Group. They are the California branch to a publicly traded parent company, based in Southfield Michigan, Meadowbrook provides risk management solutions to businesses, groups, associations and individuals. The company has been in business for over 55 years and the La Palma office is one of 30 Meadowbrook offices nationally. They are moving their offices from Cerritos where they have been for almost 30 years to Centerpointe. They also bring approximately 40 employees to the La Palma business park.

The Walmart Neighborhood Market completed its first full year of operations in May. The sales tax numbers available to the City indicate the Neighborhood Market did approximately 100% more business than Ralph's conducted in their final year. Walmart Corporate executives inform City staffs that they expect to see continued year-over-year increase in gross sales from the La Palma store. Something for residents to consider while Holiday shopping: anything they ordered online from Walmart can be delivered to the Neighborhood Market for pick up. In doing so, the sales tax for the purchase is recorded to the City of La Palma rather than into a regional pool that is divided amongst all municipalities.

The much anticipated opening of the new Bulgogi House Restaurant happened in October. This 9,000+ square foot Korean Bar-B-Que establishment is located on Walker Street north of Orangethorpe Avenue adjacent to the 91 freeway. The signature restaurant features over 330 seats and 60 cook top grills in the dining room, an extensive salad bar, and a full bar with 55 seats catering to the upwardly mobile and hip Gangnam crowd. They expect to employ as many as 60 people at their restaurant,

according to Chief Financial Officer Eric Kwon. Bulgogi House has also selected Centerpointe for its corporate headquarters and has big plans for franchising an "express" version of its signature restaurant.

Coming soon to the vacant Walgreens on La Palma and Walker will be The Coffee Bean and Tea Leaf. The Coffee Bean & Tea Leaf is an American coffee chain founded in 1963. It is owned and operated by International Coffee & Tea, LLC, which has its corporate headquarters in Los Angeles, California. Their passion is connecting loyal customers with carefully handcrafted products of the world's best coffees and teas. The plans for the La Palma store include keeping one of the existing drive-thru's of the former pharmacy and converting the second drive-thru facing Walker Street into a patio area.

Also in the development review process is a rebuild and modernization of the McDonalds on Orangethorpe. Their current building was constructed in 1972 and the rebuild will be a complete razing of the old building and be brand new construction. The store will also be reoriented on the property in order to accommodate a double stack extended drive thru to better serve customers and improve on-site circulation. McDonald's would like to begin reconstruction in the spring and reopen by summer. Along with their project is a proposed development on the fallow land adjacent to Coyote Creek. The proposed development features a contemporary 6,000sf multi-tenant retail building oriented towards the main entrance of McDonalds.

The City has been approached by representatives for the Ozawa family looking to develop their property and finish off the Andrew Street tract. The Ozawa family own the two homes that front Walker Street, north of the Edison right of way and south of Houston Street. The combined lots will produce seven new single family home sites in La Palma. They are anticipated to initiate processing of a Tract Map to parcelize the properties after the New Year.

According to the City's Property and Sales Tax advisor Hinderliter deLlamas, the number of Southern California sales hit a five year month of September high. The recent increases in price have priced some prospective buyers out of the market and mortgage requirements are scaring off others. Prices of affordable homes have increased at a higher rate than those over \$500,000. The median price of a single family home in Southern California during September 2014 was \$413,000, an 8.1 percent increase from \$382,000 in September 2013. La Palma's sales value history shows a median price of \$647,500 in 2014 Q3 with 28 full value transactions through 9/30/14. La Palma's median single family residential median price is 36% higher than the statewide median. All are positive indicators that La Palma continues to be a good investment.



Activity Guide

Preschool / Toddlers

Educational

Tiny Tots

Age: 3 – 5

Our preschool teacher, Ms. Andi, along with a trained Community Services staff member 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. 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. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

SESSION THREE TINY TOT REGISTRATION IS ON SATURDAY, JANUARY 3 (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. Non-Residents must bring the child's birth certificate. 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. SPACE IS LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. There is a MANDATORY parents meeting for ALL NEW STUDENTS on Saturday, January 3 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 previous session participants enrolling in our fourth session. Priority registration runs from February 17-20. Open registration for the fourth session begins Saturday, February 21. 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 to 24 students per class.

Instructors: A. Terry		Location: Pygmy Room		
Code	Days	Dates	Time	Fee/Weeks
12228	M/W/F	1/12-2/27*	9:00-12:00 p.m.	\$140/7
12229	T/Th	1/13-2/26	9:30-11:30 a.m.	\$99/7
12230	M/W/F	3/2-4/24*	9:00-12:00 p.m.	\$140/7
12231	T/Th	3/3-4/23*	9:30-11:30 a.m.	\$99/7

*No Class on 1/19, 2/16, 3/30-4/3

Camp Tiny Tots

Age: 3 – 5 (Pre – K)

This fun and exciting program is designed for the younger campers, ages 3-5 to keep them active this spring. Camp Tiny Tots is filled with games, crafts, songs, special activities, physical fitness, and parent-participation excursions. Campers need to bring their lunch each day and must be potty trained. On Friday, April 3, an optional parent-participation excursion to a local place of interest will be held for Tiny Tots in camp. Excursion will be and additional cost. There is a \$15 non-resident fee for each camper. Registration begins February 2. Class space is limited to 24 students.

Instructor: A. Terry		Location: Pygmy Room		
Code	Days	Dates	Time	Fee/Weeks
12277	M-TH	3/30-4/2	9:00 a.m.-1:00 p.m.	\$40/1

Dance

Parent & Me Ballet and 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 Buena Park		
Code	Days	Dates	Time	Fee/Weeks
12232	T	1/6-2/24	5:15-6:00 p.m.	\$52/8
12233	T	3/10-5/5*	5:15-6:00 p.m.	\$52/8

*No class 3/31

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.

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 Buena Park		
Code	Days	Dates	Time	Fee/Weeks
12234	T	1/13-2/10	2:05-2:45 p.m.	\$55/5
12235	T	2/17-3/17	2:05-2:45 p.m.	\$55/5



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	
12236	TH	1/15-2/12	3:30-4:00 p.m.	\$65/5	

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 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	
12237	TH	1/15-2/12	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	
12238	TH	1/15-2/12	5:00-5:45 p.m.	\$65/5	

Fitness

TriFyft Soccer

Age: 2 – 6

Here is a great chance for kids to play their favorite sport 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: Trifyft Sports				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
12239	2-3	TH	2/5-3/5	5-5:30 p.m.	\$59/5
12240	3-4	TH	2/5-3/5	5:30-6:15 p.m.	\$59/5
12242	4-6	TH	2/5-3/5	6:30-7:15 p.m.	\$59/5

TriFyft Multi Sport

Age: 2 – 6

Here is a great chance for kids to play their favorite sports (soccer, t-ball, basketball) all 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 t-shirt. The 2 – 3 age is Parent and Me Multi Sport class.

Instructor: Trifyft Sports				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
12243	2-3	SAT	1/31-2/28	9:30-10 a.m.	\$59/5
12278	3-4	SAT	1/31-2/28	10-10:45 a.m.	\$59/5
12279	4-6	SAT	1/31-2/28	11-11:45 a.m.	\$59/5

Anaheim Ice Parent & Me Skating

Age: 3 – 5

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. 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	
12244	T	1/13-2/3	12:30-1:00 p.m.	\$39/4	
12245	SAT	1/17-2/7	11:45-12:15 p.m.	\$39/4	
12246	T	2/24-3/17	12:30-1:00 p.m.	\$39/4	
12247	SAT	2/21-3/14	11:45-12:15 p.m.	\$39/4	



Activity | Guide

Youth

Educational

Anaheim Ice Skating for Tots

Age: 3 – 5

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Class includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm. This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

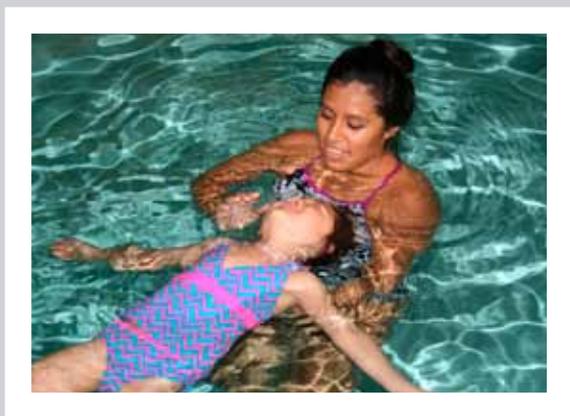
Code	Days	Dates	Time	Fee/Weeks
12248	W	1/14-2/4	4:30-5:00 p.m.	\$39/4
12249	SAT	1/17-2/7	11:45-12:15 p.m.	\$39/4
12250	W	2/25-3/18	4:30-5:00 p.m.	\$39/4
12251	SAT	2/21-3/14	11:45-12:15 p.m.	\$39/4

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, heated 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.

Registration forms are available at the Recreation Office. Classes are 3-week sessions on Tuesday and Thursdays or 6-week sessions held on Saturdays.



Math Competition Prep Class

Age: 3rd – 7th grade

With a unique word-problem curriculum, students apply reading, logical analysis, and critical thinking to solve difficult problems with multiple steps, and advanced math that they do not learn in schools. This 4 week intensive math program focuses on challenging elementary and middle school students with math word problems, puzzles, and basics to improve their skills in school, and prepare them for the AMC test in November and Math Kangaroo test.

Instructor: Young Leaders of Orange County

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
12252	SAT	1/10-1/31	2:30-4:00 p.m.	\$40/4
12253	SAT	2/7-2/28	2:30-4:00 p.m.	\$40/4
12254	SAT	3/7-3/28	2:30-4:00 p.m.	\$40/4

Persuasive Paragraphs

Age: 7 – 12

Active verbs, lively adjectives, persuasive voices, and creative jingles surround us daily through various forms of media. In the first session, we will learn persuasive writing in a fun, interactive style as we create election speeches, advertisements, announcements, and persuasive letters. The second session will focus on creating an advanced persuasive essay from an engaging choice of topics. Develop the vocabulary and style to perfect your persuasive writing. A \$20 materials fee is due on the first day 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 CC

Code	Days	Dates	Time	Fee/Weeks
12280	T	1/6-1/27	3:30-4:30 p.m.	\$65/4
12281	T	2/3-2/24	3:30-4:30 p.m.	\$65/4

Music/Art

Art Innovators

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

Location: Ehlers Recreations Buena Park

Code	Days	Dates	Time	Fee/Weeks
12282	T	1/13-2/10	3:00-4:00 p.m.	\$66/5
12283	T	2/17-3/17	3:00-4:00 p.m.	\$66/5



How to Draw Cartoon Faces: The Art of Caricature



Age: 9 – 17

Students will learn the basic fundamentals of caricature (facial structure/anatomy, features, exaggeration, and humor) and will practice drawing various faces and ultimately produce their own final caricature “portrait” of a friend, loved one, or famous person. \$15 material fee is payable to the instructor at the first class.

Instructor: J. Galloway				Location: Fan Palm
Code	Days	Dates	Time	Fee/Weeks
12284	S	1/3-2/7	9:00-10:00 a.m.	\$65/6
12285	S	2/14-3/21	9:00-10:00 a.m.	\$65/6

Club La Palma Spring Day Camp

Age: 5 – 12

Parents! Need a fun and safe place for your young ones this Spring Break, March 30 – April 3? Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships. Our Day Camp is designed for youth 5 – 12, and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee of \$129 for the week, includes an enjoyable excursion (Thursday, April 2), afternoon snacks and all activities. Registration forms will be available beginning February 3.

Instructor: Recreation Staff				Location: Royal Palm Room
Code	Days	Dates	Time	Fee/Weeks
12409	M-F	3/30-4/3	6:30-6:00 p.m.	\$129/1

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 children’s motor skills and enhance their 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
12286	M/W	1/5-1/21	3:30-4:30 p.m.	\$45/3
12287	M/W	2/2-2/18	3:30-4:30 p.m.	\$45/3
12288	M/W	3/2-3/18	3:30-4:30 p.m.	\$45/3

Aikido for Kids



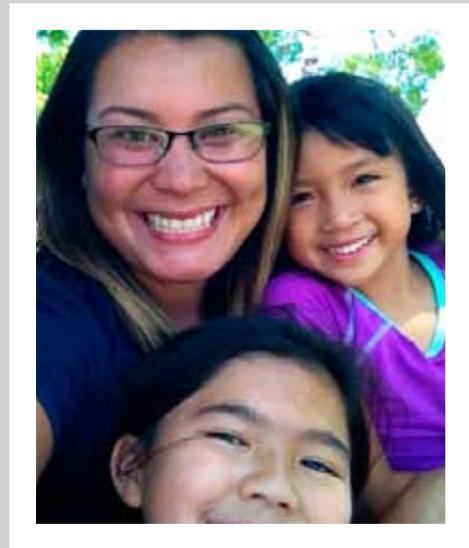
Age: 6 – 12

Aikido is a noncompetitive, non-violent, martial art with the goal of developing both mind and body. Aikido helps children gain confidence through self-defense techniques while also increasing their flexibility and fitness. Classes start with stretching, rolling and learning to fall safely. Basic movements in joint-lock and throwing techniques are taught step-by step, ensuring that student’s learn in a simple and clear methodology. Children who qualify may test for ranks designed to prepare them for transition into the Aikido Association of America. Additional fee required for testing. Wear loose fitting sports clothing that cover knees, or a karate or judo uniform with a white belt.

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

Instructor: J. Nakayama Chushinkan Dojo				Location: Ehlers Recreation
Code	Days	Dates	Time	Fee/Weeks
12289	M/W/TH	1/5-2/19*	5:30-6:30 p.m.	\$90/7
12290	M/W/TH	2/23-4/9*	5:30-6:30 p.m.	\$78/6

*No Class 2/16, 3/30, 4/1, 4/2





Activity | Guide

Youth / Teens

Educational

The Persuasive Essay

Ages 12 – 15

Persuasive writing surrounds us in politics, advertising, business, and the academic world. Writing a superbly persuasive essay is an essential life skill. We will focus on each step of the persuasive essay: analyzing the topic and taking notes, creating an outline, writing a first draft, and composing a final essay with grammar and structural changes. Come join this engaging and encouraging class! A \$20 materials fee is due on the first day 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 CC

Code	Days	Dates	Time	Fee/Weeks
12291	M	1/5-1/26	3:30-4:45 p.m.	\$65/4
12292	M	2/2-3/2	3:30-4:45 p.m.	\$65/5

Dance

Hip Hop After Homework

Age: 5 – 17

Hip Hop After Homework is a tool which uses dance as an incentive for Elementary through High School age youth to stay on top of their school work. The youth are trained in popular dance moves and choreography which develop their coordination and cardiovascular fitness. The students get the opportunity to also build self esteem, self discipline and confidence while learning techniques that are used in modern hip hop and break dancing. After one five-week session the student will be prepared for simple freestyle and to perform some basic choreography. NEW: Pay as you go \$10 per week.

Instructor: M. Jacob

Location: Royal Palm

Code	Age	Days	Dates	Time	Fee/Weeks
Beginners					
12293	5-13	TH	1/8-2/12	5:30-6:15 p.m.	\$50/6
12294	5-13	TH	2/19-3/26*	5:30-6:15 p.m.	\$40/5
12295	5-13	TH	1/8-3/26*	5:30-6:15 p.m.	\$80/11
Intermediate					
12296	5-13	TH	1/8-2/12	6:15-7:00 p.m.	\$50/6
12297	5-13	TH	2/19-3/26*	6:15-7:00 p.m.	\$40/5
12298	5-13	TH	1/8-3/26*	6:15-7:00 p.m.	\$80/11

*No Class 3/19

Fitness

Junior Karate

Age: 8 – 14

Karate at the Martial Arts Fitness Center is an excellent confidence booster for kids. Their training will encourage them to draw on their own strengths and strive for their personal best. Students will be involved in positive activities that will direct their focus to achieve goals that may not have been thought possible. Emphasis will be on developing your child's self-esteem, self-discipline and confidence through practicing traditional karate techniques, 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
12302	T/TH	1/6-1/22	4:30-5:30 p.m.	\$45/3
12303	T/TH	2/3-2/19	4:30-5:30 p.m.	\$45/3
12304	T/TH	3/3-3/19	4:30-5:30 p.m.	\$45/3

Junior Tae Kwon-Do

Age: 8 – 14

This class is not only a great way to exercise but it's 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
12305	M/W	1/5-1/21	4:30-5:30 p.m.	\$45/3
12306	M/W	2/2-2/18	4:30-5:30 p.m.	\$45/3
12307	M/W	3/2-3/18	4:30-5:30 p.m.	\$45/3

Basketball Fundamentals



Age: 5 – 18

This Basketball Fundamentals course is for children and youth desiring to either learn the basics of basketball or improving their existing basketball skills. This course focuses on shooting form, ball handling, and finishing combinations. Your child will be given a personalized workout program to do throughout the week to either establish the basics or add more advanced moves to their game.

Instructor: M. Jacob

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
Beginners					
12312	5-13	M	1/5-2/9	5:30-6:30 p.m.	\$35/6
12313	5-13	M	2/16-3/30*	5:30-6:30 p.m.	\$35/6
12314	5-13	M	1/5-3/30*	5:30-6:30 p.m.	\$60/12
Intermediate					
12315	7-18	M	1/5-2/9	6:30-7:30 p.m.	\$35/6
12316	7-18	M	2/16-3/30*	6:30-7:30 p.m.	\$35/6
12317	7-18	M	1/5-3/30*	6:30-7:30 p.m.	\$60/12

*No Class 3/16



Teen

Educational

Tennis

Age: 7 – 14

It's time to swing 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 session awards to the top player in each class.

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

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

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

Instructor: McConnell Sports Staff

Location: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
12318	1	7-14	TH	2/5-3/26	4:00-5:00 p.m.	\$80/8
12319	2-3	7-14	TH	2/5-3/26	5:00-6:30 p.m.	\$110/8

Anaheim Ice Skating: Youth-Beginning

Age: 6 – 16

Have fun at Anaheim ICE! Beginning ice skating made fun and easy! Learn how to skate across the ice, glide on one foot, turn, stop and more. The fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm. This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
12320	W	1/14-2/4	5:00-5:30 p.m.	\$39/4
12321	SAT	1/17-2/7	12:15-12:45 p.m.	\$39/4
12322	W	2/25-3/18	5:00-5:30 p.m.	\$39/4
12323	SAT	2/21-3/14	12:15-12:45 p.m.	\$39/4

Freestyle Jump Roping

Age: 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 athletic shoes, snacks and water. Class is taught by the USA Jump Rope region 8 Champions-Jumping Coyotes. 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
12327	W	1/7-1/28	6:30-7:30 p.m.	\$35/4
12328	W	2/4-2/25	6:30-7:30 p.m.	\$35/4
12329	W	3/4-3/25	6:30-7:30 p.m.	\$35/4

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.

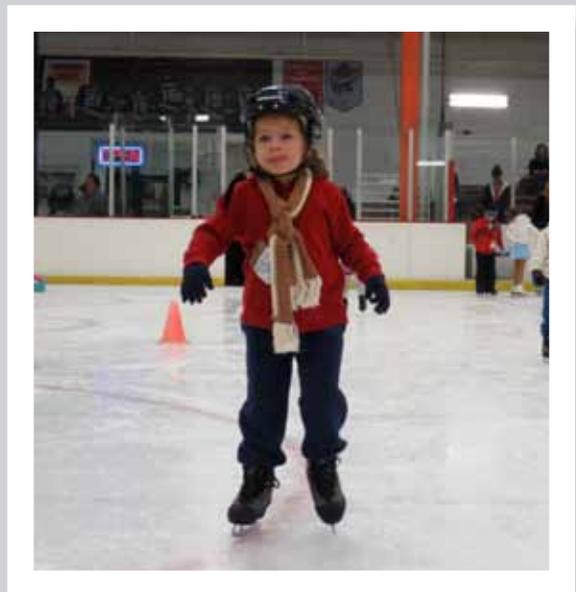
Education is the key to safe and successful driving. We have spent years developing our courses, which now incorporate the highest quality materials and activities.

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
12330	Internet	1/2-3/31	\$75





Activity | Guide

Teen Events

Teen Dances

Location: La Palma Community Center, 7821 Walker Street, La Palma. The City of La Palma in cooperation with the City of Cypress offers five teen dances throughout the school year. These dances are limited to students in seventh or eighth grade.

Time: 7:00 p.m. –10:00 p.m.

\$10 Admission

You will need your school I.D. to purchase your ticket as well as to enter the dance.

Black & White Dance

Saturday, January 17

Come kick off the New Year with friends! The Black & White dance party will be one you will not want to miss. Formal Attire is encouraged, but not required.

Time: 7:00 p.m. –10:00 p.m.

\$10 Admission

You will need your school I.D. to purchase your ticket as well as to enter the dance.

Let the Good Times Roll, Dance

Saturday, April 11

Come join us as we celebrate Mardi Gras! Wear purple, green and yellow attire to get into the fun of Mardi Gras.

Time: 7:00 p.m. –10:00 p.m.

\$10 Admission



2015 Battle of the Bands

Does your band have what it takes to win the title of our 14th annual Battle of the Bands? Applications are due no later than Friday, April 3, 2015 by 500 p.m. at the La Palma Community Center. This event will be held at the Central Park Pavilion, 7821 Walker Street, La Palma. The overall winner will be given the opportunity to perform at this year's La Palma Days. This event will take place on Saturday, May 2. Applications out now!

Teen Fashion Scene

Saturday, March 21

Come check out the latest designs for the most popular event of the year. The show features stores like Vans, Furnace and local designers. Ticket cost \$5. If you want to enter your original designs in the show, you may pick up a designer application, available now. Applications are due February 6th by 5:00 p.m. to the La Palma Community Center.



Models Needed

Have you ever wanted to "strut" your stuff down the runway? This is your big chance! We are looking for 10-18 year old guys and girls to model in the Teen Fashion Scene on Saturday, March 21, 2015.

Upcoming 2015 Special Teen Events

Battle of the Bands, May 2

Skate Night, May 15

Wild Wild West Dance, June 7



Teen / Adult

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
12331	T	1/6-1/27	11:00-1:00 p.m.	\$48/4
12332	W	1/7-1/28	6:30-8:30 p.m.	\$48/4
12333	T	2/10-3/3	11:00-1:00 p.m.	\$48/4
12334	W	2/11-3/4	6:30-8:30 p.m.	\$48/4
12335	T	3/17-4/7	11:00-1:00 p.m.	\$48/4
12336	W	3/18-4/8	6:30-8:30 p.m.	\$48/4

Fitness

Aikido-Beginning/Intermediate/Advanced

Age: 13+

The Japanese martial art of Aikido is a peaceful discipline, combining effective self-defense with a philosophy for living each day. Classes include stretching, instruction in safe rolling and falling, joint-lock and throwing techniques and etiquette. Students who qualify, may test for the rank of 7th kyu in the Aikido Association of America. Additional fees required for testing. Wear loose fitting sports clothing covering knees (no shorts), or a karate or judo uniform with white belt.

Intermediate/Advanced classes require prior attendance in the Beginning Aikido class AND instructor approval.

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

Instructor: J. Nakayama Chushinkan Dojo

Location: Ehlers Recreation

Code	Days	Dates	Time	Fee/Weeks
Beginning				
12308	M/TH Sat	1/5-2/21*	6:30-7:30 p.m. 9:30-10:30 a.m.	\$70/7
12309	M/TH Sat	2/23-4/11*	6:30-7:30 p.m. 9:30-10:30 a.m.	\$70/7
Inter/Adv				
12310	M/TH W S	1/5-2/21*	7:30-8:30 p.m. 6:30-7:30 p.m. 9:30-10:30 a.m.	\$80/7
12311	M/TH W S	2/23-4/11*	7:30-8:30 p.m. 6:30-7:30 p.m. 9:30-10:30 a.m.	\$80/7

*No Class 2/16, 3/14

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
12338	W SAT	1/7-2/21	7:30-8:30 p.m. 8:00-9:30 a.m.	\$60/7
12339	W SAT	2/25-4/11*	7:30-8:30 p.m. 8:00-9:30 a.m.	\$60/7

*No Class 3/14

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 Markopolos

Location: Tae Kwon Do Center

Code	Days	Dates	Time	Fee/Weeks
12351	W/SAT	1/3-1/31	7:00-8:00 p.m. 8:30-9:30 a.m. (SAT)	\$55/4
12352	W/SAT	2/4-2/28	7:00-8:00 p.m. 8:30-9:30 a.m. (SAT)	\$55/4
12353	W/SAT	3/4-3/28	7:00-8:00 p.m. 8:30-9:30 a.m. (SAT)	\$55/4



Activity | Guide

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
12354	M/TH	1/5-1/29	7:00-7:45 p.m.	\$55/4
12355	M/TH	2/2-2/26	7:00-7:45 p.m.	\$55/4
12356	M/TH	3/2-3/30	7:00-7:45 p.m.	\$55/4

Women's Self Defense

Age: 14+

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

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

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
12346	T	1/6-1/20	7:00-8:00 p.m.	\$45/3
12347	T	2/3-2/17	7:00-8:00 p.m.	\$45/3
12348	T	3/3-3/17	7:00-8:00 p.m.	\$45/3

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
12340	M/W	1/5-1/21	6:30-7:30 p.m.	\$45/3
12341	M/W	2/2-2/18	6:30-7:30 p.m.	\$45/3
12342	M/W	3/2-3/18	6:30-7:30 p.m.	\$45/3

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
12343	T/TH	1/6-1/22	5:30-6:30 p.m.	\$45/3
12344	T/TH	2/3-2/19	5:30-6:30 p.m.	\$45/3
12345	T/TH	3/3-3/19	5:30-6:30 p.m.	\$45/3

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 Vertifirm concept. Vertifirm (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
12337	MW	1/5-4/1*	5:45-6:45 p.m.	\$115/13
Pay as you go	SAT	1/10-4/4	8:30-9:45 a.m.	\$6/1 day
Pay as you go	MW	1/5-4/1*	5:45-6:45 p.m.	\$6/1 day

*No class on 2/16

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 suggest 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
12357	T	1/6-2/24	6:00-7:00 p.m.	\$42/8
12358	TH	1/8-2/26	6:00-7:00 p.m.	\$42/8
12359	T/TH	1/6-2/26	6:00-7:00 p.m.	\$75/8
12360	T	3/10-5/5	6:00-7:00 p.m.	\$42/8
12361	TH	3/12-5/7	6:00-7:00 p.m.	\$42/8
12369	T/TH	3/10-5/7	6:00-7:00 p.m.	\$75/8



Adult

Music/Art

Art Of Caricature



Age: 18+

Students will learn the basic fundamentals of caricature (facial structure/anatomy, features, exaggeration, and humor) and will practice drawing various faces and ultimately produce their own final caricature "portrait" of a friend, loved one, or famous person. \$15.00 material fee is payable to the instructor at the first class.

Instructor: J. Galloway

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
12363	T	1/6-2/10	6:30-7:30 p.m.	\$65/6
12364	T	2/17-3/24	6:30-7:30 p.m.	\$65/6

Fitness

Zumba Fitness

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: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
12365	M/W	1/5-1/28	7:45-8:45 p.m.	\$35/4
12366	M/W	2/2-2/25	7:45-8:45 p.m.	\$35/4
12367	M/W	3/2-3/30	7:45-8:45 p.m.	\$35/4

Raw Cardio Boot Camp



Age: 18+

Instructor Michael Jacob has over 20 years' experience in physical fitness. This class, designed by the instructor, will help you find the discipline you need while offering a great combination of intensity and enjoyment to get into the shape you have always wanted. Raw Cardio Boot Camp is offered 1 day a week however you will be given exercise routines that you are expected to do throughout the week to ensure the best results. If you desire to get into shape but lack the knowledge or discipline to do so, this class is for you! Wear comfortable clothes and bring a water bottle.

Instructor: M. Jacobs

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
12368	TH	1/8-2/12	7:00-7:45 p.m.	\$40/6
12369	TH	2/19-3/26	7:00-7:45 p.m.	\$35/5
12370	TH	1/8-3/26	7:00-7:45 p.m.	\$60/11

Anaheim 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
12349	W	1/14-2/4	7:00-7:30 p.m.	\$39/4
12350	W	2/25-3/18	7:00-7:30 p.m.	\$39/4





Activity | Guide

Tai Chi Chuan

Age: 18+

Tai Chi is one of the most popular form of internal 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. Monday/Wednesday classes are held in La Palma, Tuesday/Thursday classes are held in Buena Park.

Instructor: O. Rosenthal

Location: Sago Palm –La Palma
Ehlers Recreation –Buena Park

Code	Days	Dates	Time	Fee/Weeks
12371	M/W	1/5-1/28	9:00-10:00 a.m.	\$40/4
12372	M/W	2/2-2/25	9:00-10:00 a.m.	\$40/4
12373	M/W	3/2-3/25	9:00-10:00 a.m.	\$40/4
12374	T/TH	1/6-1/29	11:00-12:00 p.m.	\$40/4
12375	T/TH	2/3-2/26	11:00-12:00 p.m.	\$40/4
12376	T/TH	3/3-3/26	11:00-12:00 p.m.	\$40/4

Education

Dog Obedience

Age: 18+

This class is based on the American Kennel Club Basic Obedience 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. Dog must be 5 months or older, must have Distemper, Parvo Vaccinations, and meet Rabies requirements. First night of class will be without dogs. On first night of class bring proof of all vaccinations.

Code	Days	Dates	Time	Fee/Weeks
12337	M	2/2-4/6*	7:00-8:00 p.m.	\$75/9

*No Class 2/16

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
12378	TH	1/8-2/26	7:00-8:00 p.m.	\$20/8

* There will be an optional 9th class on 3/5 that will run 2 hours long, from 7 p.m. to 9 p.m. It will be a wine tasting and will be held off site provided enough class participants are interested. There will be an additional cost of approximately \$30 to \$40 per person payable to the instructor for those who wish to attend.

Dance

Line Dance

Age: 18+

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

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

Instructor: J. Karter

Location: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
12379	M	1/5-2/23*	6:30-7:30 p.m.	\$32/6
12380	M	3/2-4/6	6:30-7:30 p.m.	\$32/6

*No Class 1/19, 2/16

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
12381	M	1/5-2/23*	7:30-8:30 p.m.	\$32/6
12382	M	3/2-4/6	7:30-8:30 p.m.	\$32/6

*No Class 1/19, 2/16

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
12383	M	1/5-2/23*	8:30-9:30 p.m.	\$32/6
12384	M	3/2-4/6	8:30-9:30 p.m.	\$32/6

*No Class 1/19, 2/16



Older Adults

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 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		Location: 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 international music and slower, easy to follow patterns. Zumba is indeed great for mind, body and soul. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li		Location: Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
12387	F	1/2-2/6	9:00-10:00 a.m.	\$30/6
12388	F	2/13-3/27	9:00-10:00 a.m.	\$35/7

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. Recreation forms are available at the Recreation Office.

Classes held Monday's/Wednesdays at 9:00, 10:00 or 11:00 a.m. or Tuesdays/Thursdays at 9:00, 10:00, or 11:00 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

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.





Activity | Guide

All Ages

Educational

Practical Chess Instruction

Age: 8+

Strengthen your brain; play chess! Every Friday night we hold tournament games, officially rated by the US Chess Federation. For more information about us and these tournaments, see our website at www.lapalmachess.com. We also 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.

Instructor: LP Chess

Location: Sago Palm

Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
12389	All Three Tournaments	F	1/2-3/27	6:00-11:00 p.m.	\$40/13
12390	Quick Chess Quad	F	1/2	6:00-11:00 p.m.	\$15/1
12391	Milky Way Championship	F	1/9-2/20	6:00-11:00 p.m.	\$35/7
12392	Fork & Skewer Chess BBQ	F	2/27-3/27	6:00-11:00 p.m.	\$30/5



Fitness

Private Tennis Lessons

Age: 7+

Private & Semi Private Tennis Lessons

Available through McConnell Sports. Coach Linda Pauling, former Whitney High School Coach, USPTA, USPTR developing tournament players in Southern California. Please call 415 676-9464 to schedule lesson time and then contact Recreation to register and make payment for the lessons.

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.

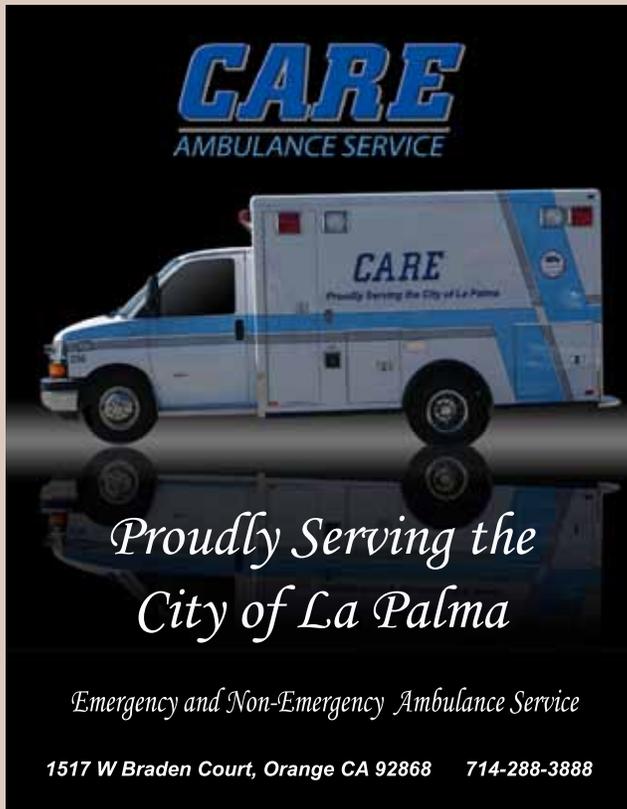
Students learn several martial arts systems, and advanced students may compete in Taekwondo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee, and are experienced in both traditional martial arts and sports training systems.

There are 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.

For the most dedicated students, a special weekly package available at a special price. Training includes one of our Saturday classes (Beginner, Intermediate, or Advanced) in addition to supplemental 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.

New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for \$45. Advanced students and instructors may wear their own authorized uniforms.

Instructor: L. Amsell		Location: Pygmy/Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
BEGINNER				
12393	SAT	1/3-1/31	9:00-10:00 a.m.	\$45/5
12394	SAT	2/7-2/28	9:00-10:00 a.m.	\$45/4
12402	SAT	3/7-3/28	9:00-10:00 a.m.	\$45/4
12398	SAT	1/3-3/28	9:00-10:00 a.m.	\$120/13
INTERMEDIATE				
12403	SAT	1/3-1/31	10:00-11:30 a.m.	\$45/5
12395	SAT	2/7-2/28	10:00-11:30 p.m.	\$45/4
12404	SAT	3/7-3/28	10:00-11:30 a.m.	\$45/4
12399	SAT	1/3-3/28	10:00-11:30 a.m.	\$120/13
ADVANCED				
12396	SAT	1/3-1/31	11:30-1:00 p.m.	\$45/5
12397	SAT	2/7-2/28	11:30-1:00 p.m.	\$45/4
12405	SAT	3/7-3/28	11:30-1:00 p.m.	\$45/4
12400	SAT	1/3-3/28	11:30-1:00 p.m.	\$120/13
WEEKLY MARTIAL ARTS				
12398	T/TH	1/3-1/31	5:00-6:00 p.m.	\$70/5
	SAT		9:00-10:00 a.m.	
12399	T/TH	2/3-2/28	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
12400	T/TH/S	3/3-3/31	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
12401	T/TH/S	1/3-3/31	5:00-6:00 p.m.	\$195/13



CARE
AMBULANCE SERVICE

*Proudly Serving the
City of La Palma*

Emergency and Non-Emergency Ambulance Service

1517 W Braden Court, Orange CA 92868 714-288-3888



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

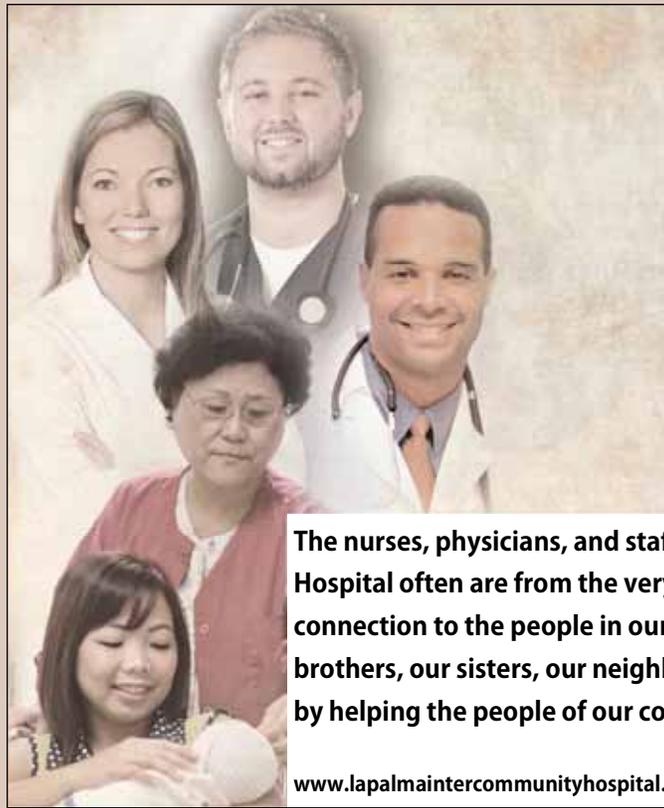


PARK
WASTE & RECYCLING SERVICES



ROSENDIN
ELECTRIC

SOUTHERN CALIFORNIA
714.521.8113 - WWW.ROSENDIN.COM




**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 / (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	Megan Hana, Andi Terry, Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

Recreation Leaders

Brandon Alfajora	Bryan Amezquita	Claudia Ayala
Hannah Daly	Elise Frontino	Michelle Glasell
Marian Martinez	Chris McCombs	Robert Mendoza
Ryan Plunkett	Min Rattanchandani	Mitasha Sujan
Michael Vela	Taylor Woodring	

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
Non-residents add an additional fee per class:			Class fee up to \$49 = \$5 non-Res Fee			
			Class fee \$50 and over = \$10 Non-Res Fee			
TOTAL PAID						

PAYMENT METHOD (Checks payable to: City of La Palma)				Staff Initial	Receipt #
Circle One: 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

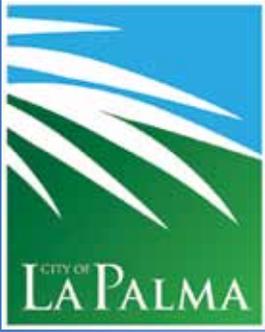
(Parent or guardian must sign for participants under 18 years of age.)

Print name

Date



Postal Customer La Palma, CA 90623



For up-to-date news . . .

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



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



Club La Palma Day Camp

March 30 – April 3

Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships. Our Day Camp is designed for youth 5 – 12, and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee of \$129 for the week, includes an enjoyable excursion (Thursday, April 3), afternoon snacks and all activities. Registration forms will be available beginning February 3.



Camp Tiny Tots

March 30 – April 3

This fun and exciting program is designed for the younger campers, ages 3 – 5 to keep them active this spring. Camp Tiny Tots is filled with games, crafts, songs, special activities, physical fitness, and parent-participation excursions. Campers need to bring their lunch each day and must be potty trained. Friday, April 3, an optional parent-participation excursion to a local place of interest will be held for Tiny Tots in camp. Excursion will be an additional cost. There is a \$15 non-resident fee for each camper. Registration begins February 2. Class space is limited to 24 students.

