

La Palma



MOSAIC

Fall 2015



La Palma — Celebrating 60 Years!



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 7:00 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

Peter Kim, Mayor

Gerard Goedhart, Mayor Pro Tem

Steve Hwangbo, Councilmember

Steve Shanahan, Councilmember

Michele Steggell, Councilmember

Calendar of Events

September

- 1 City Council Meeting—7:00 p.m.
- 7 Labor Day—City Offices Closed
- 11 Patriot Day
- 15 City Council Meeting—7:00 p.m.
- 18 Older Adult Karaoke—6:00 p.m.
- 23 Autumn Begins
- 26 Teen Homecoming Dance—7:00 p.m.



October

- 6 City Council Meeting—7:00 p.m.
- 12 Columbus Day—City Offices Open
- 16 Older Adult Karaoke—6:00 p.m.
- 17 Teen "Zombie Outbreak" Dance—7:00 p.m.
- 20 City Council Meeting—7:00 p.m.
- 23 Teen Scary Movie Night—7:00 p.m.
Cypress Community Center
- 31 Halloween Carnival—6:00-8:30 p.m.



November

- 1 Daylight Saving Time Ends
- 3 City Council Meeting—7:00 p.m.
Election Day
- 6 Teen Dodge Ball Tournament—7:00 p.m.
Cypress-Arnold Park
- 8 La Palma Pageant—5:00 p.m.
- 11 Veterans Day—City Offices Closed
- 14 La Palma Days—10:00 a.m.—6:00 p.m.
- 17 City Council Meeting
- 20 Older Adult Karaoke—6:00 p.m.
- 26-27 Thanksgiving—City Offices Closed



December

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



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



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Central Park Playground Replacement:

On April 7, the City Council was presented with a proposal to replace the 21 year old Central Park Playground Equipment and because of the City's financial crisis, they asked Staff to bring the item back at the April 21st City Council meeting with a plan that takes the City's financial and budget situation into consideration. The City Council found it difficult to approve the expense after making numerous cuts in services in preparation of the FY 2015-16 Budget and asked Staff to reduce the cost of the project for it to be reconsidered. At the May 5 City Council meeting, the project was approved as Staff was able to work with the contractors and utilize earmarked improvement funds and Park in Lieu Fees to lower the cost of the Central Park Playground Equipment. The installation and replacement has been completed.

Los Coyotes Electronic Monument Sign:

On April 21, the City Council, serving as the Planning Commission, approved Conditional Use Permit 368, allowing an electronic monument sign for Los Coyotes Elementary School. This electronic sign was the first application the City has received since the City Code was amended in 2008 to allow for electronic monument signs in the Public Institution Zone. The school plans to use the new digital monument signage as a communication tool to deliver messages to parents and the community; and will include important school related date and events. The display will also recognize school achievements.

Adoption of the Zoning Code Update:

The City Council held a public hearing on April 21 to introduce the adoption of the Comprehensive Update to Chapter 44 (the Zoning Code) of the La Palma Municipal Code. The last comprehensive update occurred in 2003 following the 1999 General Plan update. The Zoning Code update provided an opportunity to make revisions for legal compliance, modernize language and terminology, streamline development processes, and reflect day-to-day practices. The Zoning Code Update was approved and adopted at the May 5 City Council meeting with amendments for storage shed setbacks, artificial turf requirements, second-unit residences, non-conforming structures, parking lot and outdoor lighting standards, minor exceptions, and changed requirements in the Mixed-Use Business zone district.

Stage II Water Alert

On May 5, the City Council approved a Stage Two Water Alert throughout the entire City water service boundaries and also approved enforcement of State Emergency Regulations. The conservation measures for Stage Two include lawn watering and landscape irrigation being limited to two days per week between the hours of 6:00 p.m. and 9:00 a.m. with houses ending in an EVEN number watering on Tuesdays and Saturdays, and houses ending in an ODD numbered watering on Wednesdays and Sundays. Part of the approval was a request to have Staff bring back the Water Conservation Ordinance for review to make changes to the Water declaration stage requirements, including clarification of the language

requiring pool covers, the filling/refilling of pools, and a possible rebate program for pool covers. On June 2, the City Council heard the Staff presentation regarding rebates, pool covers, and a demonstration garden and lawn at City Hall. At this meeting, the City Council agreed to terminate watering grass at City Hall, have Staff conduct more research on grant opportunities for artificial turf, opposed pool cover rebates at this time due to the City's financial crisis, and directed Staff to clarify the language in Water Conservation Ordinance regarding pool covers and the filling/refilling of pools.

Hank Frese Memorial Paver

On April 21, the City Council approved the placement of Hank Frese's name on a paver in the Community Commemorative Area. Mayor Peter Kim submitted an application to have former Mayor Henry "Hank" Frese memorialized in the City's Community Commemorative Area. Mr. Frese was a Lt. Colonel in the US Marine Corp, served on the La Palma Homeowners Association Board as president; served as a member of the Civic Center Authority; and served on the City Council from 1972 through 1984, and as Mayor in 1976, 1977, 1979, and 1982. He was key in the successful development of many residential homes, facilitated the installation of La Palma Intercommunity Hospital in 1972 and played a strategic role in helping to advance the large business development, now Centerpointe, believing that this project would be a successful enterprise for the City. The Hank Frese Memorial Paver was placed and a ceremony was held in his memoriam at the City's annual Memorial Day Ceremony.

Long-Term Capital Improvement Program (CIP) Projections and Funding Plan

The City Council received a Staff presentation on April 21st to review the City's ten year Capital Improvement Plan (CIP). The presentation included discussion of seeking grants for some of the City's infrastructure projects, that City Staff has been able to stretch the life cycle of some of projects, changing the methodology to ensure the longevity of pavement rehabilitation and street upgrade projects, and choosing to delay Council Chambers upgrades that were scheduled. Other important conversation was had regarding the impact of drawing from the water and sewer funds in order to pay for water operations and repairs having led to a deficit in the water fund, and the need to conduct a water rate study to combat that deficit. In closing, City Council Members noted that more direction would be given during the FY 2015-16 Budget discussions to designate the CIP project's level of importance and evaluate those that need attention or could possibly be deferred to a later time to decrease the City's operational deficit.

Budget for Fiscal Year 2015-16

On April 21, the City Council had the first Study Session regarding the City's Long Term Financial Plan and Budget discussion. Staff presented a summary of four main drivers that have impacted the City's sustainability: a significant drop in sales tax revenues resulting from declining oil prices, a drop in property tax from La Palma Intercommunity Hospital

moving to non-profit status, a significant rise in CalPERS costs over the next few years as a result of changes in PERS policy and the City's prior unfunded liability, and a significant rise in insurance costs. With those factors in mind, the City would be facing a severe deficit if no action is taken to reduce expenditures. Staff relayed the actions taken previously to reduce City expenditures including reduction of labor costs with higher employee retirement contributions and lower tier benefits, reduction of Staffing to pre-1986 levels, department restructuring, and proactive economic development. With this in mind, the City Council reviewed further expenditure reduction strategies at the May 5 Regular Meeting, in a Budget Workshop on May 11, and at the City Council meetings on May 19 and June 2. At the end of all these very serious discussions, Staff was given direction by the City Council to eliminate La Palma Days, eliminate the Fit 'N' Fun program, implement a 5% salary reduction for Management Staff, eliminate the Police Interaction with Youth program, eliminate a Maintenance Worker position and a Police Motor Officer position, reduction and/or elimination of trainings, reduction of many City services and programs, and defer many one-time projects in order to decrease the City's deficit in an effort to balance and positively impact the City's budget. On June 16, the City Council approved the Fiscal Year 2015-16 Budget with the caveat that the City will have La Palma Days in 2015, but that the La Palma Days Committee raise 20% of the cost of the program.

Tentative Tract Map 17828, the Ozawa Family Properties

On May 19, the City Council, serving as the Planning Commission, held a public hearing and approved Tentative Tract Map 17828 located at 7601 and 7621 Walker Street. The Ozawa family has been part of the fabric of La Palma since the early 1950's when the area was still unincorporated Orange County. Over the years, their strawberry farm was parceled off and subdivided to create new neighborhoods and streets like Kevin Lane and Dirk Circle. The Ozawa family was ready to complete their La Palma legacy and put forward a proposal to subdivide the last piece of property. The Development Committee and Traffic Safety Committee both reviewed the scope and detailed specifications of the project, considered the clear direction from the residents, and made their recommendations to the Planning Commission. With the traffic studies, Citizen Committee recommendations, Staff analysis, and public comment received, the Planning Commission approved Alternative 4 as the preferred alternative to the proposal, allowing for Kevin Lane and Dirk Circle to keep their cul-de-sacs, and with ingress and egress to be taken directly from Walker Street.

Citizen Committee on La Palma's Sustainability and Future

On May 19, the City Council approved the appointment of a temporary ad hoc citizen committee to review the City's operations and finances, and to recommend a plan to achieve long-term financial sustainability to the City Council. This was a direct result of the outcome of the arduous and difficult

Budget discussions and long term financial planning conducted by the City Council. Ultimately, the City Council does not want to consider any significant long-term changes without input from the residents, and this would establish a citizen's committee to allow more input and opportunities for the public to discuss and provide possible solutions that are acceptable to residents, and make La Palma sustainable for generations to come.

Solar Permit Streamlining – Assembly Bill 2188

On June 16, the City Council conducted a Public Hearing to introduce an amendment to the La Palma Municipal Code, allowing for a simplified procedure for residential rooftop solar panel systems and ensuring compliance with State Assembly Bill 2188 (AB 2188) mandates for solar energy systems. State Policy is to promote and encourage the installation and use of solar energy systems by limiting obstacles to their use and by minimizing the permitting costs of such systems. The City Council approved the first reading of the amended Ordinance to require compliance with AB 2188, creating an expedited, streamlined permitting process for small residential rooftop solar energy systems before September 30, 2015.

Fee Schedule Update

On June 16, the City Council conducted a public hearing and approved a Cost of Living Adjustment (COLA) to the City's Fee Schedules and approved the recovery of credit card processing charges. Since the last Fee Schedule update in March of 2013, Staff has made an effort to keep cost recovery in parity with the services rendered and recommended applying a COLA to the Fee Schedules for services and authorize staff to proceed with authorizing the City's bank to collect credit card processing charges, thus eliminating the charges being passed through to the City. The 1.5 % COLA is from the Bureau of Labor Statistics (BLS) Consumer Price Index (CPI) for the Los Angeles/Riverside/Orange County Area for the period of March 2013 to March 2015. The approved COLA is estimated to result in \$9,700 in revenues and the recovery of credit card processing charges is estimated to offset \$4,000 or more in bank expenses historically incurred by the City for providing residents and applicants the option of paying fees via credit card.

Miscellaneous:

During this time period, the City Council also approved an extension the Orange County Waste Disposal agreement; approved a direct mail Business Survey to accomplish the City Council's Goal to "Promote and achieve a better business environment"; approved the 2015 Annual Water Quality Report; directed Staff to conduct research on the grant eligibility for new drought tolerant median designs; received an update on the City's electronic billboard project by noting that the developer has secured a site at 5545 Orangethorpe Avenue for placement of the billboard and has made a complete development application; awarded a contract to R. Dependable Construction for tenant improvements at 5414 La Palma Avenue in expectation of the upcoming Elite Tae Kwon Do center; received the report of the upcoming increase to the City's sanitation service rates effective July 1, 2015; accepted the Needs Assessment presentation by the City's

City | Highlights

A Message From The City

The City of La Palma is at a financial crossroads and today's choices will have long term impacts to maintaining La Palma's quality of life. Significant changes in services and operations were implemented in the FY 2015-16 Budget which governs the period beginning July 1, 2015.

Some of the most significant include:

- Elimination of the Police Motor Officer position
- Elimination of one of two Maintenance Worker positions
- Reduction of the Police Records Clerk from full to part time
- Elimination of Fit N Fun after school program
- Elimination of Police Interaction with Youth (PIY) program
- Reduction in funding for La Palma Days events
- Elimination of a part time Cashier position

Even these changes, however, are not sufficient to create a sustainable future. Due to a number of factors, including the dissolution of redevelopment, declines in property and sales tax revenues, an aging infrastructure, and increasing costs, the next several years will be especially challenging for the City. Part of the response to this situation has been the creation of an ad hoc Citizen Committee on Sustainability. Created by the City Council, this Committee began its work in August and will report by February on its findings for efficiencies and options for a sustainable future. The meetings are open to the public, so check the City's website for dates and times at www.cityoflapalma.org.

Your priorities for local services are very important as the City decides how to address its financial situation. The City's goal is not only maintaining a balanced budget this year, but over a ten year forecast where the City is solvent both financially and for core service levels, meaning it can provide for both core services and infrastructure needs.

More information on this year's budget and its service impacts as well as on the City's long term fiscal challenge is available on the City's website at www.cityoflapalma.org, including a new Budget in Brief section which is also a part of this brochure. You can also sign up through the website's Notify Me feature to receive alerts whenever new financial information is posted at www.CityofLaPalma.org.

grant service provider, Blais & Associates, listing potential projects that they would pursue grant funding for; approved a request to fill a vacant Reserve Police Officer Position; and submitted the annual application to the Orange County Transportation Authority in order to maintain eligibility for competitive and local Measure "M" funding to financial assist with the City's CIP projects.

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.

Then...and Now

Can you believe what things cost? See the difference between 1955, when La Palma was incorporated as Dairyland, and now in La Palma in 2015:

	In 1955	In 2015
Gallon of Milk	\$.92	\$ 3.82
Dozen Eggs	\$.78	\$ 3.16
Loaf of Bread	\$.14	\$ 2.37
Postage Stamp	\$.03	\$.49
Gallon of Gasoline	\$.23	\$ 3.88
Minimum Wage	\$.75/hour	\$ 9.00/hour
Average Annual Income in Orange County	\$ 4,137.00	\$ 75,762.00
New Automobile	\$ 1,950.00	\$ 15,810.00
New House	\$ 17,500.00	\$ 622,390.00
Life Expectancy	Women 71.1 Years Men 65.6 Years	Women 81.3 Years Men 76.5 Years



Community | Pride

Celebrating 60 Years!

In 2015, we are celebrating 60 years of incorporation and 50 years as the City of La Palma. Ten years after incorporating as Dairyland in October of 1955, the community decided it was time for a change to represent the more residential community we were becoming. The name La Palma honors both our Southern California Spanish heritage and our major arterial street, La Palma Avenue. Since 1965, La Palma has changed in many ways, but has retained its core values and sense of community.

1965 was also the time we adopted our city motto, City of Vision. Our vision has sustained us through the decades and represents our best self, our core values as a community. These values are vision, family, pride and ownership, opportunity and security. We measure our success by these values and continue to imagine a future that sustains these positive values of the present.

Community Core Values

- Vision – power to imagine a future that sustains the positive values of the present
- Family – people united by common values, convictions, and aspirations
- Pride & Ownership – caring enough about one's home to invest in it continually
- Opportunity – chance to prosper according to one's commitment and ability
- Security – freedom from fear of one's person or property being violated

As the City progressed in the 1960's, the need for public facilities increased. A park system beginning with El Rancho Verde Park, was underway by October, 1967 and became the second home of the La Palma Tot Lot. A Youth Village was installed within the vicinity of our current Central Park. The Central Park groundbreaking took place on March 1, 1975 and was dedicated in November, 1975. The Civic Center was dedicated on September 27, 1969. It brought Police and Fire Departments, Library, and City Hall to the community.

Sustainability has also been a key goal for La Palma especially in the last few years. Sustainability is a particular challenge in a small community developed 50 years ago as primarily a bedroom community of single family neighborhoods.

Our small size is an advantage in recruiting businesses and families to our community, we can simply be more responsive and accessible. Our size is also key in building a sense of family within neighborhoods and the City organization. Many families remain in La Palma for decades and residential and employee turnover is low, giving our community unusual stability. This also builds a high level of volunteerism and engagement, as well as ready partners in the business community.

La Palma is no longer the best kept secret it once was! La Palma has been named one of America's Best Places to Live by MONEY Magazine in 2007, 2011, and 2013.

Home Spotlight

Fall 2015 Home Spotlight Award Winner

The City of La Palma would like to congratulate residents Al Ezra and Tim Holland of 5458 Houston Avenue for winning the 2015 Fall Home Spotlight Award!



Al and Tim have been residents of La Palma for over 36 years. For 30 years they have adorned their front lawn with decorations for the holidays. The young and young at heart have enjoyed the holiday decorations in front of their home during the Christmas season, making their home known as the "Hallmark House."

Al and Tim are original home owners and have completed several upgrades to their home. They have adjusted to the water shortage by removing part of their lawn and installing a stone walkway, along with switching their fountain into a beautiful area for drought resistant succulents. They have added a cover to their pool to help prevent evaporation and they have solar water heating to save on gas. Their goal is to conserve while still maintaining a house that is pleasant on the eye.

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 Al and Tim for contributing!

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

Community | Get Involved

The Need to Conserve Has Never Been Greater

As California enters its fourth year of drought, water conservation has become vitally important for us all. There are many areas in and around our homes where we can save water, particularly outdoors, where our gardens and lawns receive almost 60% of all the water we use. To learn more about the drought, or to find useful tips for how to conserve water, visit: www.BeWaterWise.com

To learn about programs and devices that can help save water, along with information on rebates for these water saving resources, visit: www.OCWaterSmart.com

Conservation Tips for Inside Your Home . . .

Collect water used to wash fruits and vegetables:

Use it to water your houseplants

Don't run water to thaw food:

Defrost in the refrigerator

Install aerators on kitchen and bathroom faucets:

Reduces flow to less than 1 gallon per minute

Turn off the water while you brush your teeth:

Saves up to 2.5 gallons per minute

Spend only 5 minutes in the shower:

Saves up to 8 gallons each time

Install low-flow shower heads:

Saves 2.5 gallons per shower

Plug the sink instead of running water to rinse your razor:

Saves up to 300 gallons a month

. . . and More Tips for Outside Your Home

Check your sprinkler system for leaks, overspray and broken sprinkler heads and repair promptly:

Saves up to 500 gallons per month

Use a broom instead of a hose:

Saves up to 150 gallons each time

Water your plants in the early morning or evening:

Saves up to 25 gallons each time

Remove the turf from your yard:

Saves about 42 gallons per square foot/per year

Rain barrels: Saves about 600 gallons per year

Rotating nozzles for pop-up spray heads:

Uses 20% less water than conventional sprinkler heads

Additional water saving steps and devices are also available, and some of these are eligible for substantial rebates. Consider replacing your lawn with drought tolerant plants, synthetic turf, or permeable hardscape.

Add rotating sprinkler nozzles, or a drip line to enhance your automated irrigation system. Adding organic mulch saves hundreds of gallons of water each year.

For complete rebate information for these water saving resources, visit: www.ocwatersmart.com

Talk to your family and friends about saving water.

If everyone does a little, we all benefit a lot.

City of La Palma Community Services Department: (714) 690-3310, or visit www.cityoflapalma.org

Student Safety Tips

- Know and follow the school's safety policies
 - If you walk to school, walk with a friend or family member
 - If you drive to school, always secure your vehicle
 - Carry your keys in your hand when walking to your car
 - Never carry large sums of money with you
 - Always tell your parents where you plan to be before and after school
 - Make sure that your emergency contact card at school is updated
 - Report all suspicious activity, whether on or off campus
 - Immediately report any information about a student with weapons
 - Always be aware of your surroundings
 - Be familiar with the general layout of the buildings and walkways
- (walk around campus during the day to familiarize yourself)
- Walk in groups and stay in well-lit areas
 - Carry a whistle with you (if you find yourself in danger, you can use it to draw attention and it cannot be used to harm you)
 - Avoid high risk situations and seek help from an adult if you find yourself in a situation that makes you uncomfortable
 - Refuse to participate in negative or criminal behavior
 - Follow instructions of school employees, law enforcement officials, or other emergency response personnel
 - Refrain from teasing, bullying, and harassing other students and be tolerant of their differences

Community | Development

La Palma's Best Secrets

Everyone loves to be the keeper of a good secret, the chance to be "in the know," the one with their finger on the pulse, the inside source. In this small town, where the spoken word travels faster than 5G internet speeds, you'd think that there are no secrets left. However, sometimes folks have their reasons why they don't share the "Good" nuggets of information like, where to score sweet deals and savory meals.

The rationale for keeping the "inside" information close to the vest includes: fear that once everyone knows you'll have to deal with the crowds; or, that once a



Asian Chicken Salad at Cashi Coffee Photo by Joseph J on Yelp

Merchant has success they will stop offering their "deals." We believe that the treasures of La Palma should be celebrated and shared. So let's start sharing La Palma's secrets and prosper as a community at the same time. Here are our two secrets.

Cashi Coffee offers an incredible salad. Yes, the coffee house at 10 Centerpointe Drive offers salad. Not just any salad, but a heaping bowl full of Asian Chicken Salad at a good price point. See photo above.

Tired of Burgers? How about an outrageous Extreme Melt, Albacore Tuna bagel sandwich? Yes, you can find bagels in La Palma. They're at the donut store, Yum-Yum donuts at 5454 Orangethorpe Avenue which sells fantastic bagel sandwiches.

We bet you folks have some La Palma secrets too. If you've got a La Palma Secret that La Palmians should know about, give it a shout out on the City's Facebook page. And thank you for sharing.



Bagel Sandwiches at Yum Yum Donuts

Fire Safety Tips

As Daylight Savings Time ends on Sunday, November 1 at 2:00 a.m., it's a great time to check your smoke and carbon dioxide detectors to ensure that they are functioning properly. It is recommended that each time we change the clocks you should be cleaning all detectors to remove any debris/dust that might impede their function and to test the batteries, changing them if necessary.

According to the Orange County Fire Authority (OCFA), almost two-thirds of all fire deaths occur in homes with no smoke alarms or non-working smoke alarms. Though many homeowners and businesses do in fact have smoke alarms, these units are often not functioning due to a lack of proper maintenance. Here are some tips from the OCFA on proper installation, inspection and protections for smoke alarms.

Install

- Install smoke alarms inside and outside each bedroom and sleeping area, and on every level of the home.
- Smoke goes up. Install smoke alarms on the ceiling or high on the wall.
- Use interconnected smoke alarms. When one alarm sounds, they all sound.
- Replace smoke alarms when they are 10 years old.
- Special alarms with strobe lights or bed shakers are available for people who are deaf or hard-of-hearing.

Inspect

- Test smoke alarms at least one a month. Press the test button to be sure the alarm is working.
- Change the 9-volt smoke alarm batteries twice a year. Smoke alarms with long-life batteries work for up to 10 years, so they never need changing.
- Change the battery right away if an alarm chirps, warning the battery is low.

Protect

- Teach children what a smoke alarm sounds like and what to do if they hear it.
- Draw a home escape plan that shows two ways out of every room and an outside meeting place.
- Practice home fire drills at least twice a year.

For more information on smoke detectors and other information on fire safety and prevention, visit www.ocfa.org.

Special Events

Halloween Carnival 2015

HAUNTED HALLOW

Saturday, October 31, 2015

6:00-8:30 p.m., Central Park

FREE

Come into the Haunted Hallow, La Palma's safe, family-oriented alternative to the traditional trick-or-trick! Kids and families can choose from a variety of activities such as the costume contest for infants to 6th graders with special prizes in each age division. This year's Halloween Carnival will feature carnival games, an "Enchanted Forest" for children under the age of 5, and those who dare can find their way through the haunted forest maze!!

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

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED



29th Annual Holiday Tree Lighting

Wednesday, December 2, 2015

4:00 p.m. – 7:30 p.m.

Central Park Amphitheater

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

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



31st Annual La Palma Days

Saturday, November 14, 2015

10:00 a.m. – 6:00 p.m.

Featuring:

- La Palma Pageant on November 8
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food and Product Vendors



La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 8 then gears up for the grand celebration on Saturday, November 14.

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

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

La Palma Pageant

Sunday, November 8

5:00 p.m.

The La Palma Pageant Committee is currently seeking individuals interested in entering the La Palma Pageant, scheduled for Sunday, November 8, 2015. To qualify, prospective contestants must either live, work, or attend school in the City of La Palma, and be between the ages of 17 and 23 by December 31, 2015.

If you are interested in becoming a contestant, an orientation for prospective contestants will be held Sunday, September 13th at Central Park. Entry forms are due at the time of the orientation.

We are seeking for those who are interested in volunteering to be on the La Palma Pageant Committee, please contact the Community Services Department for more information. (714) 690-3350

Convertibles Needed

You have the opportunity to participate in La Palma's 31st Annual Community Parade and Band Review by driving your convertible in the La Palma Days Parade to be held Saturday, November 14, 2015.

Convertibles are needed to carry dignitaries in the parade that will start at 10:00 a.m. and conclude at approximately noon. If you or someone you know is available to participate in this year's parade, please contact parade committee members Ken Blake at (714) 504-3429 or by email at kenblake@hotmail.com or Wayne Zehner at (714) 222-5242 or by email at waneswold@aol.com.





Activity | Guide

Preschool / Toddlers

Educational

Tiny Tots

Age: 3 – 5

Our preschool teacher, Ms. Tamara, teaches our enrichment program for POTTY-TRAINED (No diapers or pull-ups), 3 to 5 year-olds. The Tiny Tots program is dedicated to improving the well-being of all young children, with a focus on socialization, education and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

The Tiny Tot program is held 5 days a week. Children being registered in the Monday, Wednesday, and Friday class must be 4 years old by the start of class. Children being registered for the Tuesday and Thursday class must be 3 years old by the start of class.

Priority Registration will be given to previous Session 1 participants enrolling in our Second and third sessions. Priority registration runs from September 21 – 25. Open registration for the second session begins Saturday, September 26.

No phone-in or online registration will be accepted. If class minimum of 12 participants is not met, the class will be cancelled. Class space is limited to 24 students per class.

Fees: Residents \$143 for 7 weeks on M/W/F \$100 for 7 weeks on T/TH
 Non-Residents \$158 for 7 weeks on M/W/F \$116 for 7 weeks on T/TH
 Instructor: T. York Location: Pygmy Room

Code	Days	Dates	Time
Session 2			
12703	M/W/F	10/5-11/20*	9:00 a.m.-12:00 p.m.
12704	T/TH	10/6-11/19	9:30 a.m.-11:30 a.m.
		*No Class 11/11	

Code	Days	Dates	Time
Session 3			
13119	M/W/F	11/30-1/29*	9:00 a.m.-12:00 p.m.
13120	T/TH	12/1-1/28*	9:30 a.m.-11:30 a.m.
		*No Class 12/21-1/1	

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. 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.

Instructor:	Code	Days	Dates	Time	Fee/Weeks	Location:
High Fidelity Entertainment	13123	T	9/8-11/10	5:15-6:00 p.m.	\$55/10	Ehlers Recreation Center

Ballet and Tap for Tots

Age: 3 – 5

For little tykes who like to dance. This is a fun introduction to ballet & tap, which includes beginning movements, arm and foot positions. Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and base stretches are taught exercises specifically designed for this age group. This class will cover pre-ballet techniques.

Instructor:	Code	Days	Dates	Time	Fee/Weeks	Location:
High Fidelity Entertainment	13124	T	9/8-11/10	4:45-5:30 p.m.	\$55/10	Sago Palm Room

Lil' Ones Hip-Hop

Age: 3 – 6

Children ages 3 – 6 will learn movement and basic dance steps while they have fun dancing to Hip-Hop music!

Instructor:	Code	Days	Dates	Time	Fee/Weeks	Location:
High Fidelity Entertainment	13125	TH	9/10-11/12	4:45-5:30 p.m.	\$55/10	Sago Palm Room

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! Students explore various subjects and fun art media each. There is a \$5 material fee payable to the instructor and the first class meeting. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Recreation Center.

Instructor:	Code	Days	Dates	Time	Fee/Weeks	Location:
Certified Art Innovators Instructor	13126	T	9/15-10/13	2:05-2:45 p.m.	\$55/5	Ehlers Recreation Center
	13127	T	10/27-11/24	2:05-2:45 p.m.	\$55/5	



Babies Love Music

Age: 4 – 14 mos.

Musical bonding time for you and your baby (4 – 14 month old baby, NOT YET WALKING!) Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development – and fun with you! Class content changes each session. Adult participation is required. Please bring a baby blanket to all classes. 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 purchase all three for \$20. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center.

Instructor: K. Greeno
Code Days Dates Time Fee/Weeks
13128 TH 10/22-11/19 3:30-4:00 p.m. \$65/5

Location: Cypress CC

Toddlers Love Music

Age: 1 – 2 years old

A good class for first-timers! Together we sing, dance, play rhythm instrument and explore playing drums, xylophones and glockenspiels. We keep you and your toddler active and engaged in this shortened version of the Kids Love Music class! Class content changes each session. Adult participation required. 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), harmonica (\$5) or purchase all three for \$20. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center.

Instructor: K. Greeno
Code Days Dates Time Fee/Weeks
13129 TH 10/22-11/19 4:15-4:45 p.m. \$65/5

Location: Cypress CC

Kids Love Music

Age: 1 – 4

Come sing, dance and play together with animal puppets and rhythm instruments! Explore making music with drums and pentatonic xylophones and glockenspiels! Class content changes each session. Adult participation required. 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), harmonica (\$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.

Instructor: K. Greeno
Code Days Dates Time Fee/Weeks
13130 TH 10/22-11/19 5:00-5:45 p.m. \$65/5

Location: Cypress CC

Fitness

TriFyftt: 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 class shirt. The 2 – 3 age is a Parent and Me Soccer class.

Instructor: Trifyftt Sports
Code Age Days Dates Time Fee/Weeks
13131 2-3 TH 10/8-11/5 5:00-5:30 p.m. \$59/5
13132 3-4 TH 10/8-11/5 5:30-6:15 p.m. \$59/5
13133 4-6 TH 10/8-11/5 6:30-7:15 p.m. \$59/5

Location: Central Park

TriFyftt: Multi Sport

Age: 2 – 6

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

Instructor: Trifyftt Sports
Code Age Days Dates Time Fee/Weeks
13134 2-3 SAT 10/3-11/7* 9:30-10:00 a.m. \$59/5
13135 3-4 SAT 10/3-11/7* 10-10:45 a.m. \$59/5
13136 4-6 SAT 10/3-11/7* 11-11:45 a.m. \$59/5

Location: Central Park

*No Class on 10/31

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 is located at Anaheim ICE.

Instructor: Anaheim ICE Staff
Code Days Dates Time Fee/Weeks
13137 T 9/29-10/20 12:30-1:00 p.m. \$39/4
13138 SAT 10/3-10/24 11:45-12:15 p.m. \$39/4
13139 T 10/27-11/17 12:30-1:00 p.m. \$39/4
13140 SAT 10/31-11/21 11:45-12:15 p.m. \$39/4

Location: Anaheim ICE

Sign up for a class today!



Activity | Guide

Youth

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 is located at Anaheim ICE.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
13141	W	9/30-10/21	4:30-5:00 p.m.	\$39/4
13142	SAT	10/3-10/24	11:45-12:15 p.m.	\$39/4
13143	W	10/28-11/18	4:30-5:00 p.m.	\$39/4
13144	SAT	10/31-11/21	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 in Central Park

Educational

Math Competition Prep Class

Age: 8 – 13

All math lovers welcome! This is an intensive four week program for young students with an interest in logical thinking and creative problem solving. New and unique word problems and puzzles are offered every class for a truly enjoyable course. Sessions are focused on preparing for the national Math Kangaroo and AMC tests as well as further developing math skills not taught at school. Students must be in 3rd through 7th grade to participate.

Instructor: Young Leaders of Orange County

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
13145	SAT	9/5-9/26	2:30 – 4:00 p.m.	\$40/4
13146	SAT	10/3-10/24	2:30 – 4:00 p.m.	\$40/4
13147	SAT	11/7-11/28*	2:30 – 4:00 p.m.	\$30/3
13148	SAT	12/5-12/19	2:30 – 4:00 p.m.	\$30/3

*No Class 11/14

Experiential Writing

Age: 8 – 12

Everyday experiences inspire imaginative writing and fuel a desire to become skilled writers. Participate in creative exercises, outdoor games, and sensory activities before creating wonderful essays about those experiences. Students will practice various styles of writing, including narrative, persuasive, compare & contrast, and expository. They will learn grammar and editing within the context of their own writing. A \$35 materials fee is payable to the instructor 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
13149	T	9/22-10/20	3:30-4:45 p.m.	\$85/5

Narrative Writing

Age: 8 – 12

Create your own narrative essays with quirky characters, twisty plots, descriptive dialogue, and strange settings. We will learn the important writing elements necessary to score well on any narrative writing exam. Students will learn grammar and editing within the context of their own writing. A \$30 materials fee is payable to the instructor at the first 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
13150	T	10/27-11/17	3:30-4:30 p.m.	\$60/4

Music/Art

Art Innovators

Age: 5 – 11

Learn to draw with Art Innovators! Students will build their own portfolio with the masterpieces they create each week. We will explore a variety of subjects and media including watercolor, professional markers, pastels and more. Come build confidence, creative thinking, and problem-solving skills by engaging the imagination in a new way! If you can dream, you can draw! 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.

Instructor: Certified Art Innovators Instructor

Location: Ehlers Recreations Center

Code	Days	Dates	Time	Fee/Weeks
13151	T	9/15-10/13	3:00-4:00 p.m.	\$66/5
13152	T	10/27-11/24	3:00-4:00 p.m.	\$66/5



Youth / Teens

Dance

Ballet & Tap Combo

Age: 6 – 8

Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and basic stretches are taught through exercises specifically designed for this age group. The class will cover pre-tap and pre-ballet techniques.

Instructor: High Fidelity Entertainment			Location: Sago Palm Room		
Code	Days	Dates	Time	Fee/Weeks	
13153	T	9/8-11/10	5:30-6:15 p.m.	\$55/10	

Hip Hop Kids

Age: 7 – 11

A Hip-Hop class designed for boys and girls! Learn different styles of hip-hop from commercial to "old school" moves to freestyle. Get your friends and siblings to join you as you improve your skills in dance.

Instructor: High Fidelity Entertainment			Location: Sago Palm Room		
Code	Days	Dates	Time	Fee/Weeks	
13154	TH	9/10-11/12	5:30-6:15 p.m.	\$55/10	

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 is located at the Martial Arts Fitness Center.

Instructor: A. Jafari			Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks	
13155	M/W	9/7-9/23	3:30-4:30 p.m.	\$45/3	
13156	M/W	10/5-10/21	3:30-4:30 p.m.	\$45/3	
13157	M/W	11/2-11/18	3:30-4:30 p.m.	\$45/3	

Aikido for Kids

Age: 5 – 12

Aikido is a noncompetitive and 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 students 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.

Instructor: O. Rosenthal			Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks	
13158	M/W/TH	9/9-10/22	5:30-6:30 p.m.	\$90/7	
13159	M/W/TH	10/26-12/10*	5:30-6:30 p.m.	\$90/7	

*No Class 11/26

TriFyft Basketball Skillz

Age: 6 – 12

Here is a great chance for young basketball players to receive specific coaching techniques on skills and game situations. Through fun and safe games, athletes will learn new techniques and tactics of the game of basketball. We will also concentrate on teaching the benefits of sportsmanship, discipline and teamwork. Every child will be given a class shirt.

Instructor: Trifyft Sports			Location: Central Park		
Code	Age	Days	Dates	Time	Fee/Weeks
13160	6-9	SAT	10/3-11/7*	12-12:45 p.m.	\$59/5
13161	9-12	SAT	10/3-11/7*	1-1:45 p.m.	\$59/5

*No Class 10/31

Fitness

Junior Karate

Age: 8 – 14

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

Instructor: A. Jafari			Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks	
13162	T/TH	9/1-9/17	4:30-5:30 p.m.	\$45/3	
13163	T/TH	10/6-10/22	4:30-5:30 p.m.	\$45/3	
13164	T/TH	11/3-11/19	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. A martial arts uniform is required and will be available at the first class meeting. This class is located at the Martial Arts Fitness Center.

Instructor: A. Jafari			Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks	
13165	M/W	9/7-9/23	4:30-5:30 p.m.	\$45/3	
13166	M/W	10/5-10/21	4:30-5:30 p.m.	\$45/3	
13167	M/W	11/2-11/18	4:30-5:30 p.m.	\$45/3	



Activity | Guide

Teens / Adults

Educational

Tennis

Age: 7 – 13

It's time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$15 supply fee to the first class. This supply fee covers the cost of balls and 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: 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 Yuen		Location: Tennis Courts				
Code	Level	Age	Days	Dates	Time	Fee/Week
13168	1	7-13	TH	9/10-11/12	4:00-5:00 p.m.	\$100/10
13169	2-3	7-13	TH	9/10-11/12	5:00-6:30 p.m.	\$140/10

Anaheim Ice Skating: Youth-Beginning

Age: 6 – 16

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

Instructor: Anaheim ICE Staff		Location: Anaheim ICE				
Code	Days	Dates	Time	Fee/Weeks		
13170	W	9/30-10/21	5:00-5:30 p.m.	\$39/4		
13171	SAT	10/3-10/24	12:15-12:45 p.m.	\$39/4		
13172	W	10/28-11/18	5:00-5:30 p.m.	\$39/4		
13173	SAT	10/31-11/21	12:15-12:45 p.m.	\$39/4		

Freestyle Jump Roping

Ages: 7 – 14

This class is an introduction to the 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		
13174	W	9/9-9/30	6:30-7:30 p.m.	\$35/4		
13175	W	10/28-11/18	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, and is the first step that must be taken so the teen can receive a driver's permit. This course includes parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time of day or night and is offered online only. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include behind-the-wheel driving.

Instructor: All Good Drivers			Location: Online Course	
Code	Days	Dates	Fee/Weeks	
13176	Internet	9/1-12/31	\$40	

Music/Art

Art of Caricature

Age: 13+

Want to learn how to draw caricatures? Students will learn step-by-step how to draw a face, get a likeness, and understand facial anatomy and how to exaggerate. We will draw in class (FUN!) and will have exciting homework assignments. Have a blast drawing funny faces! A \$15 material fee is payable to the instructor at the first class.

Instructor: J. Galloway		Location: Fan Palm			
Code	Days	Dates	Time	Fee/Weeks	
13177	T	9/1-10/6	6:30-8:30 p.m.	\$65/6	
13178	T	10/13-11/17	6:30-8:30 p.m.	\$65/6	
13179	T	11/24-12/29	6:30-8:30 p.m.	\$65/6	

Photography 101

Age: 16+

Photo 101 is a FUN way to learn about your camera. Take your camera off auto and take pictures you will love to show others. Bring your camera to class and get ready to have some real fun. A \$6.00 materials fee payable to instructor on the first day of class. This class is co-sponsored with the City of Buena Park. Tuesday's class is held at Buena Park Community Center and Wednesday's class is held at Ehlers Recreation Center.

Instructor: R. Hinkley		Location: Ehlers Recreation Center			
Code	Days	Dates	Time	Fee/Weeks	
13180	T	9/8-9/29	9:00-11:00 a.m.	\$48/4	
13181	T	10/6-10/27	9:00-11:00 a.m.	\$48/4	
13182	T	11/3-12/1	9:00-11:00 a.m.	\$48/4	
13183	W	9/9-9/30	6:30-8:30 p.m.	\$48/4	
13184	W	10/7-10/28	6:30-8:30 p.m.	\$48/4	
13185	W	11/4-12/2*	6:30-8:30 p.m.	\$48/3	

*No Class 11/11, 11/24, 11/25



Teen Events



Teen Dances

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. You will need your school I.D. to purchase your ticket as well as to enter the dance. If you purchase the 2015-2016 "Fast Pass," you can save both time and money for our dances throughout the year. That's right! You're entitled to FIVE dances throughout the year for only \$40. Just bring your ID to each dance and jump to the front of the line. Stop by the Community Service Department to purchase your Fast Pass today!

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

Time: 7:00 p.m. – 10:00 p.m.

\$10 Admission

Homecoming Dance

Saturday, September 26

School is back in session and its time to dance away the worries! Show your school spirit by wearing your school colors.

Zombie Outbreak Dance

Saturday, October 17

Dress as a zombie and gruesomely dance the night away! Dress code still required in costume.

Teen Movie Night

Friday, October 23

6:30 p.m.

Cypress Community Center

\$2 for movie and snacks.

Fall Dodgeball Night

Friday, November 6

6:00 – 9:00 p.m.

Ages 13 – 18

Location: Lexington Junior High

\$10 per team

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

Upcoming 2015-16 Teen Special Events

Black & White New Year Dance	January 16
Spring Dodgeball Night	March 4
March Madness Basketball	March 11
Teen Choice Dance	April 9
Teen Fashion Scene	April 12
Battle of the Bands	May 7
Skate Night Friday	May 13
Wild Wild West Dance	May 21

Activity | Guide

Teens / Adults

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 are 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.

Instructor: J. Nakayama		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
Beginning				
13186	M/TH	9/10-10/24	6:30-7:30 p.m.	\$70/7
	SAT		9:30-10:30 a.m.	
13187	M/TH	10/26-12/12*	6:30-7:30 p.m.	\$70/7
	SAT		9:30-10:30 a.m.	
Inter/Adv				
13188	M/TH	9/9-10/24	7:30-8:30 p.m.	\$80/7
	W		6:30-7:30 p.m.	
	SAT		9:30-10:30 a.m.	
13189	M/TH	10/26-12/12*	7:30-8:30 p.m.	\$80/7
	W		6:30-7:30 p.m.	
	SAT		9:30-10:30 a.m.	

*No Class 11/26

Iaido and Meditation

Age: 13+

Iaido (ee-eye-doe) is the art of using the Japanese sword in a non-competitive form. Iaido emphasizes awareness, calmness, centering, focus and precision, as well as traditional etiquette. Students may use an iaito (unsharpened practice sword), or 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 (no shorts), or a Japanese dogi (training 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 is held on Saturdays only. This class is co-sponsored with Buena Park Recreation and will be held at Ehlers Recreation Center.

Instructor: Black Belt Staff		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
13190	W	9/9-10/24	7:30-8:30 p.m.	\$60/7
	SAT		8:00-9:30 a.m.	
13191	W	10/28-12/12	7:30-8:30 p.m.	\$60/7
	SAT		8:00-9:30 a.m.	

Adult Tae Kwon-Do

Age: 15+

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

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
13192	M/W	9/7-9/23	6:30-7:30 p.m.	\$45/3
13193	M/W	10/5-10/21	6:30-7:30 p.m.	\$45/3
13194	M/W	11/2-11/18	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. A martial arts uniform is required and will be available at the first class meeting. This class is located at the Martial Arts Fitness Center.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
13195	T/TH	9/1-9/17	5:30-6:30 p.m.	\$45/3
13196	T/TH	10/6-10/22	5:30-6:30 p.m.	\$45/3
13197	T/TH	11/3-11/19	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 Vertiform concept. Vertiform (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat.

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

Instructor: K. Phelps		Location: Royal Palm		
Code	Days	Dates	Time	Fee/Weeks
13198	M/W	9/14-12/9*	5:45-6:45 p.m.	\$120/13
Pay as you go	SAT	9/19-12/12*	8:30-9:45 a.m.	\$6/1 day
Pay as you go	M/W	9/14-12/19*	5:45-6:45 p.m.	\$6/1 day

*No Class on 11/14, 11/25, 11/28, 12/2



Adults

Fitness

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 Recreation. Tuesday's class is held at Ehlers Recreation Center, and Thursday's class is held at the Buena Park Community Center.

Instructor: High Fidelity Entertainment		Location: Buena Park CC/Ehlers		
Code	Days	Dates	Time	Fee/Weeks
13237	T	9/8-11/10	6:00-7:00 p.m.	\$60/10
13238	TH	9/10-11/12	6:00-7:00 p.m.	\$60/10
13239	T/TH	9/8-11/12	6:00-7:00 p.m.	\$90/10

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 is held at the Martial Arts Fitness Center.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
13240	F	9/4-9/18	5:30 – 6:30 p.m.	\$45/3
13241	F	10/2-10/16	5:30 – 6:30 p.m.	\$45/3
13242	F	11/6-11/20	5:30 – 6:30 p.m.	\$45/3

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.

Instructor: Anaheim ICE Staff		Location: Anaheim ICE		
Code	Days	Dates	Time	Fee/Weeks
13243	W	9/30-10/21	7:00-7:30 p.m.	\$39/4
13244	W	10/28-11/18	7:00-7:30 p.m.	\$39/4

Transformation Camp

Age: 18+

This class is for candidates desiring to transform their body into beach body perfection. It starts with 30 minutes of cardio and the fundamentals of running. A series of station workouts are performed to chisel the body and enhance symmetrical muscle development. This class is an extreme weight loss, strength and stability, endurance and muscle hypertrophy class designed to create lean muscle. It includes coordination drills, plyometrics, agility training, abdominal and core strength workout in every class. Class meets Monday through Friday for 3 weeks. This class is co-sponsored with the City of Buena Park and will be held at Boisseranc Park.

Instructor: N. Arnold		Location: Boisseranc Park-Buena Park		
Code	Days	Dates	Time	Fee/Weeks
13245	M-F	9/7-9/25	5:30-7:00 p.m.	\$135/3
13246	M-F	10/5-10/23	5:30-7:00 p.m.	\$135/3
13247	M-F	11/2-11/20	5:30-7:00 p.m.	\$135/3
13248	M-F	11/30-12/18	5:30-7:00 p.m.	\$135/3

Insanity for Beginners

Age: 18+

This class is for first time beginners of "Max Interval Training". It is designed for rapid weight loss and development of lean muscle and core strength. It includes coordination drills, plyometrics, agility training, abdominal and core strength workouts in every class. Modification methods are taught primarily at this level. Nutritional guidance as well as proper body movements and body mechanics.

Instructor: N. Arnold		Location: Sago/Royal Palm Room		
Code	Days	Dates	Time	Fee/Weeks
13249	M/W/F	9/7-9/25	8:30-9:30 a.m.	\$105/3
13250	M/W/F	10/5-10/23	8:30-9:30 a.m.	\$105/3
13251	M/W/F	11/2-11/20*	8:30-9:30 a.m.	\$105/3
13252	M/W/F	11/30-12/18	8:30-9:30 a.m.	\$105/3

*No Class 11/13

Turbo Kickboxing

Age: 18+

LUNCHTIME WORKOUT!! Turbo Kickboxing is designed for individuals who desire to learn the fundamentals of real kickboxing and obtain a cardio workout at the same time. The course consists of boxing and basic martial arts kicking techniques. The entire workout consists of a cardio warm-up, techniques warm-up and fundamentals of kickboxing.

Instructor: N. Arnold		Location: Sago Palm Room		
Code	Days	Dates	Time	Fee/Weeks
13261	T/TH	9/8-9/24	12-1:00 p.m.	\$105/3
13262	T/TH	10/6-10/22	12-1:00 p.m.	\$105/3
13263	T/TH	11/3-11/19	12-1:00 p.m.	\$105/3
13264	T/TH	12/1-12/17	12-1:00 p.m.	\$105/3



Activity | Guide

Adults

Hot Rockin Abs



Age: 18+

This class is a 30 minute session of abdominal exercises designed to strengthen the core and abdominal region of the body. It includes coordination drills, plyometrics, agility training, abdominal and core strength workouts in every class. Modification methods are taught primarily at this level. Nutritional guidance as well as proper body movements and body mechanics. This class is co-sponsored with the City of Buena Park and will be held at the Buena Park Community Center.

Instructor: N. Arnold		Location: Buena Park Community Center		
Code	Days	Dates	Time	Fee/Weeks
13257	M/W/F	9/7-9/25	7:30-8:00 p.m.	\$90/3
13258	M/W/F	10/5-10/23	7:30-8:00 p.m.	\$90/3
13259	M/W/F	11/2-11/20	7:30-8:00 p.m.	\$90/3
13260	M/W/F	11/30-12/18	7:30-8:00 p.m.	\$90/3

Zumba Fitness & Zumba Toning

Age: 18+

Zumba is more like a party than a workout; it is an energetic, fun, and easy to follow way to workout. Based on Latin style dancing, Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li		Location: Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
13265	M/W	9/7-9/30	7:45-8:45 p.m.	\$35/4
13266	M/W	10/5-10/28	7:45-8:45 p.m.	\$35/4
13267	M/W	11/2-12/16*	7:45-8:45 p.m.	\$49/6

*No Class 11/25, 12/2

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. This class is co-sponsored with the City of Buena Park and all classes are held at Buena Park Community Center.

Instructor: O. Rosenthal		Location: Buena Park Community Center		
Code	Days	Dates	Time	Fee/Weeks
13269	T/TH	9/15-10/8	11:00-12:00 p.m.	\$40/4
13270	T/TH	10/13-11/5	11:00-12:00 p.m.	\$40/4
13271	T/TH	11/10-12/8*	11:00-12:00 p.m.	\$40/4

*No Class 11/26

Introduction to Martial Arts for Adults

Age: 18+

This new program is focused on adults who have always wanted to learn traditional oriental martial arts, but feel out of shape or uncomfortable training with younger students. Classes emphasize gentle, safe modern training methods and personal growth. Students may continue training in this special program or advance to our regular training program when ready. New students order taekwondo uniforms (\$45), complete with patches and white belt from the instructor after enrolling for the first session.

Instructor: L. Amsell		Location: Pygmy/Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
13272	T/TH	9/1-9/29	6:00-7:00 p.m.	\$45/4
13273	T/TH	10/1-10/29	6:00-7:00 p.m.	\$45/4
13274	T/TH	11/3-11/24	6:00-7:00 p.m.	\$45/4
13275	T/TH	12/1-12/22	6:00-7:00 p.m.	\$45/4

Education

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. There will be an optional off site class to put into practice what you will be learning. The date and time will be announced by the instructor 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.

Instructor: T. Severin		Location: Fan Palm Room		
Code	Days	Dates	Time	Fee/Weeks
13276	TH	10/8-12/3*	7:00-8:00 p.m.	\$20/8

*No Class on 11/26

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. Dogs must be 5 months or older, must have Distemper, Parvo Vaccinations, and meet Rabies requirements. First night of class will be without dogs and you need to bring proof of all vaccinations.

Instructor: M. Caballero		Location: Gazebo-Central Park		
Code	Days	Dates	Time	Fee/Weeks
13277	M	8/31-11/2*	7:00-8:00 p.m.	\$75/9

*No Class 9/7



Older Adult

Dance

Line Dance

Age: 18+

Get ready to boot, scoot and boogie! This class is sure to bring out the country western in you and teach you a variety of line dances. No partner necessary. This dance class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center.

Instructor: J. Karter		Location: Cypress Senior Center		
Code	Days	Dates	Time	Fee/Weeks
13278	M	9/21-10/26	6:30-7:30 p.m.	\$32/6
13279	M	11/2-12/7	6:30-7:30 p.m.	\$32/6

Two Step & Swing

Age: 18+

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

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
13280	M	9/21-10/26	7:30-8:30 p.m.	\$32/6
13281	M	11/2-12/7	7:30-8:30 p.m.	\$32/6

Strictly Ballroom Dance

Age: 18+

Learn to dance for all occasions including weddings in this exciting class. Instructor Janet Karter will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa or foxtrot. Singles are welcome in this popular class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center.

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
13282	M	9/21-10/26	8:30-9:30 p.m.	\$32/6
13283	M	11/2-12/7	8:30-9:30 p.m.	\$32/6

Dance/Singing

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.

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

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.

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

Karaoke Night

September 18, October 16, November 20

6:00 p.m.-9:00 p.m.

Location: La Palma Community Center

Come out for a night of fun with family, friends and neighbors and karaokeing! Show off your singing and dance talents to your favorite music selection!

Fitness

Zumba Gold

Age: 50+

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li		Location: Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
13284	F	9/4-10/30*	9:00-10:00 a.m.	\$40/8
13285	F	11/6-12/18*	9:00-10:00 a.m.	\$30/5
*No Class 9/18, 11/13, 11/27				





Activity | Guide

Chair Exercise



Age: 50+

Looking for an exercise program that is relaxing and well-paced? Chair exercises may be perfect for you! This class focuses on improving circulation as well as increasing flexibility and stability in postural and mobilization muscles. Please come wearing comfortable clothing and shoes.

Instructor: C. Phong

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
13286	T/TH	9/1-9/29	9:00-10:00 a.m.	\$36/5
13287	T/TH	10/1-10/29	9:00-10:00 a.m.	\$36/5
13288	T/TH	11/3-11/24	9:00-10:00 a.m.	\$28/4
13289	T/TH	12/1-12/17	9:00-10:00 a.m.	\$24/3

SilverFit



Age: 50+

SilverFit 50+ is designed for seniors 50 years of age and older. Different activities on different days include cardio exercises comprised of coordination drills, strength and stability and core development. Some days the class will be performed while sitting on chairs and some while standing. Please dress comfortably.

Instructor: N. Arnold

Location: Sago Palm Room

Code	Days	Dates	Time	Fee/Weeks
13290	M/W	9/7-10/14	11:30-12:30 p.m.	\$96/6
13291	M/W	10/19-11/25	11:30-12:30 p.m.	\$96/6
13292	M/W	11/30-1/6	11:30-12:30 p.m.	\$96/6

Water Fitness

Age: 55+

Water Fitness is a shallow water workout that includes aerobic training to strengthen your heart and lungs; muscle conditioning to strengthen your muscles; and a stretch and relax phase to promote flexibility to reduce stress and tension. This class is taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital.

Classes held at 9:00, 10:00 or 11:00 a.m. on Mondays/Wednesdays OR Tuesday/Thursdays. All classes meet 2 times per week and are 50 minutes long. Special Water Fitness Registration forms are available at the Recreation Office in Central Park.

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.



You Can Reach Us!

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

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

(714) 690-3350



All Ages

Educational

Practical Chess Torunaments

Age: 8+

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

Instructor: LP Chess Club

Location: Sago Palm

Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
12992	Full Session Chess	F	9/4-12/18*	6:00-11:00 p.m.	\$40/15
12993	Leigh Hunt Memorial	F	9/4-10/16	6:00-11:00 p.m.	\$35/7
12994	The Waterloo Open	F	10/23-12/18**	6:00-11:00 p.m.	\$35/7
12995	Ladder Matches	F	11/27	6:00-12:30 a.m.	\$10/1

*No Class 11/13 **No Class on 11/27

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

Students will 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 a cost of \$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				
13302	SAT	9/5-9/26	9:00-10:00 a.m.	\$45/4
13305	SAT	10/3-10/24*	9:00-10:00 a.m.	\$45/4
13303	SAT	11/7-11/28*	9:00-10:00 a.m.	\$45/3
13307	SAT	12/5-12/19	9:00-10:00 a.m.	\$45/3
13310	SAT	9/5-12/19*	9:00-10:00 a.m.	\$160/14
INTERMEDIATE				
13311	SAT	9/5-9/26	10:00-11:30 a.m.	\$45/4
13312	SAT	10/3-10/24*	10:00-11:30 p.m.	\$45/4
13313	SAT	11/7-11/28*	10:00-11:30 a.m.	\$45/3
13314	SAT	12/5-12/19	10:00-11:30 a.m.	\$45/3
13315	SAT	9/5-12/19*	10:00-11:30 a.m.	\$160/14
ADVANCED				
13316	SAT	9/5-9/26	11:30-1:00 p.m.	\$45/4
13304	SAT	10/3-10/24*	11:30-1:00 p.m.	\$45/4
13306	SAT	11/7-11/28*	11:30-1:00 p.m.	\$45/3
13308	SAT	12/5-12/19	11:30-1:00 p.m.	\$45/3
13309	SAT	9/5-12/19*	11:30-1:00 p.m.	\$160/14
WEEKLY MARTIAL ARTS				
13320	T/TH	9/1-9/29	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
13317	T/TH	10/1-10/29*	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
13318	T/TH	11/3-11/28*	5:00-6:00 p.m.	\$70/3
	SAT		9:00-10:00 a.m.	
13319	T/TH	12/1-12/22	5:00-6:00 p.m.	\$70/3
	SAT		9:00-10:00 a.m.	
13321	T/TH/S	9/1-12/22	5:00-6:00 p.m.	\$260/14

*No Class 10/31, 11/14, 11/26

City of La Palma

Corporate Connection

Business Sponsorship opportunity with the City of La Palma

January – December 2016

Corporate Connection program is designed to create a partnership that is beneficial to both your business and our annual community wide events. This campaign focuses on promoting businesses within the local area in an innovative way: through an annualized City sponsorship.

Through this program you have the opportunity to show case your business at every community and in many City publications, or to sponsor an individual event that would best reflect your corporate interests and values. It is your choice. Your participation in the program will result in increased visibility, additional marketing, and promotional opportunities to grow your business.

Our most popular option is the Annual Sponsorships, which allows you to partner with the City through all the city wide events with one easy payment at a discount rate. Sponsorships starting as low as \$2,000. Annual Sponsorships go through January – December 2016.

For more information about a business sponsorship opportunity with the City of La Palma call (714)690-3350 or visit our website www.cityoflapalma.org

Thank you

2015

Corporate
Connection
Sponsors!

Platinum Sponsors

La Palma
Intercommunity
Hospital

Silver Sponsor

EDCO Park
Disposal

Rosendin Electric
Inc.,

Silver Sponsor

ADP

Bronze Sponsor

Charles Abbott
Associates Inc.,



City of La Palma

714-690-3350
www.cityoflapalma.org



SOUTHERN CALIFORNIA
714.521.8113 - www.ROSENDIN.COM



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.

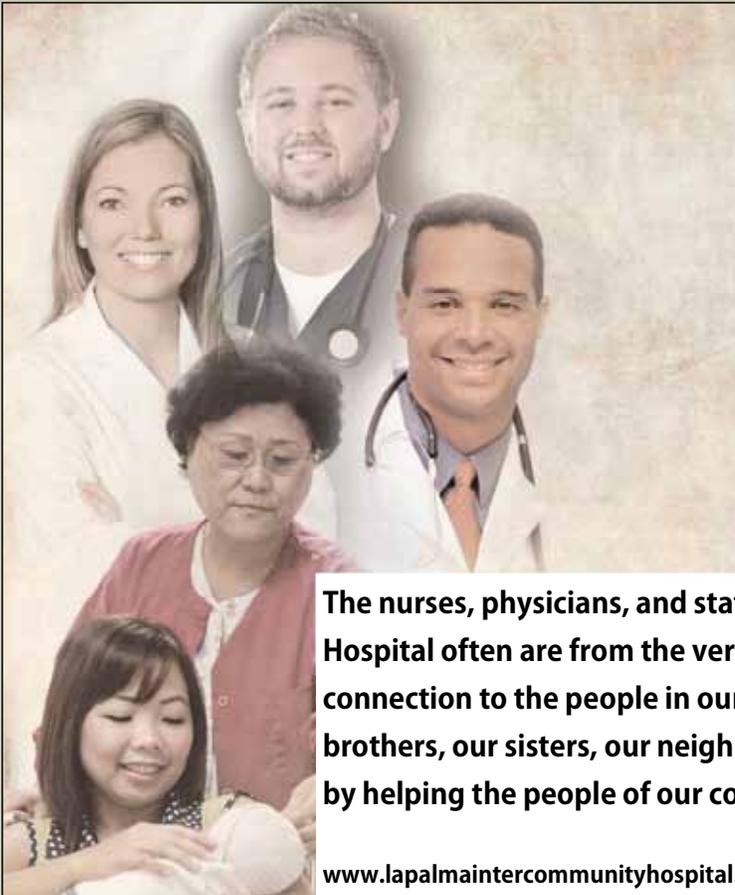
To learn more about becoming a Corporate Connection Sponsor please contact the Community Services Department 714-690-3359 or visit www.cityoflapalma.org

La Palma Tutoring

PARK
WASTE & RECYCLING SERVICES



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. Recreation and Community Services Department

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/Water (714) 690-3310

Finance & Water Billing (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 & Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

Recreation Leaders

Cyndria Abernathy	Brandon Alfajora	Claudia Ayala
Anthony Barrios	Carmen Batres	Hannah Daly
Robert Gardner	Matt Glasell	Safa Gul
Robert Mendoza	Min Rattanchandani	Ben Scattone
Haley Sprague		

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

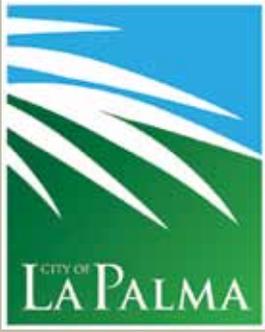
(Parent or guardian must sign for participants under 18 years of age.)

Print name

Date



Postal Customer La Palma, CA 90623



For up-to-date news . . .

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



Halloween Carnival Haunted Hallow

Saturday, October 31, 2015
6:00 – 8:30 p.m., Central Park
FREE

Stop by La Palma's safe, family oriented alternative to the traditional trick or treat!
IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED.

31st Annual La Palma Days

Saturday, November 14, 2015
10:00 a.m. – 6:00 p.m.

Featuring:

- La Palma Pageant
- Parade & Band Review
- Festival

