



**La Palma
Recreation & Community Services**



Creating Unity in Community

- City News
- Activity Guide

Spring 2008

General Information and Table of Contents

**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.

Submit Your Photos

Do you have digital photographs that you would like to submit for publication in the Activity Guide? If so, you can email them to mikeb@cityoflapalma.org. For additional information, please call (714) 690-3350.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured
- The statement “I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation.”

Thank You!

Contents

City News	1
Toddler / Preschool	5
Youth	6
Teen	10
Teen / Adult	14
All Ages / Family	17
Seniors	19
Registration Information	25

Director’s Message

La Palma has been named the 16th Best Place to Live in America by Money magazine and residents and employees alike are constantly heard sharing the many reasons for that selection! The Recreation and Community Services Department is pleased to give you one more reason to be proud: the announcement of their new award winning Department logo.

The new Recreation and Community Services logo is as colorful as the department itself; however, the true reason it won an Award of Excellence from the California Park & Recreation Society was the road the department took in order to create it and their new motto “Creating Unity In Community.”

The department worked as a cohesive team in the formulation of both, including everyone from our front-line Recreation Leaders to the Director of Recreation and Community Services. Department employees first reviewed the Department’s mission and vision, then formulated and discussed catch phrases and designs that reflected and included both, in addition to our community’s values and the human development objectives inherent in all of the department’s programs. Also included for consideration was the overriding mission of parks and recreation across the state of California. The focus was on the community’s target issues, which are reflected in the three individual components of the final logo:



Strengthening a Sense of Community: La Palma is a culturally diverse community which is graphically depicted in this component. It also represents the coming together of the community or “unity,” for activities, programs, and special events.



Providing Places For People To Gather: Although La Palma is geographically a small city, residents take great pride in their community facilities and parks. The palm tree, bench and walking path depict Central Park, the major gathering spot for La Palma residents and visitors.



Encouraging Health and Well-Being: A major objective of the Department’s programs is the emphasis on improving the community’s health and well-being. Whenever possible, this target issue is incorporated into activities, programs and events, especially for La Palma’s youth.

The department is proud of its new logo and motto and hopes that all the residents have enjoyed the new colorful look to the department.

Jan Hobson
Director of Recreation & Community Services

Community Center Rehabilitation Project Moves Forward

Progress continues on the Community Center Rehabilitation Project that began in the fall. All of the trees that were damaging the parking lots and sidewalks have been removed, the damaged parking lot and sidewalk areas have been removed and prepared for replacement, and the old roots have been ground away to prepare the planting beds for a variety of new palm trees and other vegetation along Walker St. The base for the new entry signage has been erected, framing on the interior of the Community Center has been completed, and a new electrical transformer has been installed.

Key things to look forward to include: complete refurbishment and modernization of all public areas throughout the complex and the addition of a small conference room and restrooms in the Community Center. These additions will allow for a greater number and variety of classes, meetings, and events to take place in Central Park.

Another significant change will be the addition of an equipment check-out pavilion near the Park Office. This small building (13 ft. by 20 ft.) will provide a focal point for persons looking for information on programs and facilities in Central Park while enabling City staff to visually inspect the entire park from a single point.

The recent heavy rains have made our soils a little soggy than we would like, which is currently delaying the construction of the building expansion areas. However, we still are on budget and expect to have a completed project for you to enjoy this summer.

If you have any questions about the Community Center Rehabilitation Project, call our offices at (714) 690-3350.

Home Spotlight



The home of John and Carol Schibinger and family at 8011 DeVries Lane is the Spring 2008 Home Spotlight winner! The Schibingers have lived in La Palma since 1971. John retired from Mobil Oil in 1991, and since then he has become "Mr. Green Thumbs" to his friends and neighbors. His green thumbs extend to his nearest neighbor as

their yards join together, creating one continuous green lawn and extensive flower garden. There must be over 100 types of flowers and plants in John's gardens, and when all the flowers are in bloom, the colors are magnificent! He's especially proud of his many-colored roses that surround his courtyard and front yard, along with his water fountains and dwarf peach, grapefruit, and orange fruit trees in his backyard. In addition to his work with green growing things, John also did his own wrought iron and masonry work, and has even remodeled the inside of his home.

La Palma's congratulations go out to John and Carol Schibinger and family for being named the Home Spotlight winner for Spring 2008! Thank you for keeping La Palma beautiful!

COMMUNITY Calendar

April

- 1 City Council Meeting – 7 p.m.
- 4 Teen Ladies Movie Night – 7 p.m.
Arnold/Cypress Park
- 7 Summer Volunteering Applications Available
- 12 Teen "At The Hop" Dance – 7 p.m.
Cypress Community Center
- 15 City Council Meeting – 7 p.m.
- 18 Pitch, Hit, & Run – 6 p.m.
- 21-25 Bulky Item Trash Pick-Up
- 22 Earth Day

May

- 3 Teen Battle of The Bands –
6 – 10 p.m.
Central Park Amphitheater
- 5 Club La Palma Summer Day Camp
Registration Begins
- 6 City Council Meeting – 7 p.m.
- 11 Mother's Day
- 12 Summer Volunteering Applications
Due
- 17 Armed Forces Day
Kennedy Band Cow Chip Bingo
Fundraiser – 1 p.m.
- 20 City Council Meeting – 7 p.m.
- 26 Memorial Day,
City Offices Closed
Ceremony – 9:15 a.m., City Hall
- 27 Kennedy Band Spring Concert -
Part 1 – 7 p.m.
- 28 Kennedy Band Spring Concert -
Part 2 – 7 p.m., AUHSD Performing
Arts Center

June

- 3 City Council Meeting – 7 p.m.
- 6 Teen Guys Movie Night – 7 p.m.
Arnold/Cypress Park
- 7 Teen "Aloha" Dance – 7 p.m.
Cypress Community Center
- 14 Flag Day
- 15 Father's Day
- 17 City Council Meeting – 7 p.m.
- 20 Summer Begins

If your school or non-profit organization would like to add something to the Community Calendar, e-mail your request to mikeb@cityoflapalma.org.

The City of La Palma reserve the right to consider requests based on content and space constraints.

City Council Recap — December 2007, January 2008, and February 2008

The City Council 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 invited to attend and meetings are also audio cast live on the City's website at www.cityoflapalma.org. Below are actions that the City Council has taken during the past three months.

December 4, 2007

Approved an agreement with General Pump Company in the amount of \$397,209 for emergency repair and rehabilitation of the City Yard Well.

Authorized a contract with AT&T California for voice, data, video, long distance, and other telecommunication services.

Adopted a Resolution supporting the issuance of a Postal stamp in honor of former Los Angeles mayor Tom Bradley.

December 18, 2007

Received and filed the annual financial and compliance audit reports and the annual Redevelopment Agencies Financial Transactions Report of the CDC for the fiscal year ended June 30, 2007.

Approved the Purchase of a Shade Structure for the Tiny Tot Playground from USA Shade & Fabric Structures, Inc.

Adopted an Ordinance adopting by reference The Uniform Administrative Code; The 2007 California Building Code; The 2007 California Mechanical Code; The 2007 California Plumbing; The 2007 California Electrical; The Uniform Housing Code; The Uniform Swimming Pool, Spa and Hot Tub Code; The International Property Maintenance Code; and The Uniform Code for The Abatement of Dangerous Buildings; together with certain amendments, deletions, and exceptions.

For more information on these items, please log onto the City's website at www.cityoflapalma.org for a complete copy of the agenda and staff reports or to listen to each Council Meeting in its entirety.

January 2, 2008

Adopted a Resolution approving the Mid Term Review of the Adopted Five-Year Implementation Plan 2005-2009.

Adopted a Resolution approving the Installation of Decorative Tiles and Images on the Exterior Walls of the Equipment Shelter for a Telecommunications Facility in the Southern California Edison Right-of-Way.

Authorized the City Manager to amend the Consultant Services Agreement with SA Associates to increase the not-to-exceed amount from \$95,000 to \$110,000 for Professional Engineering Services for the Design of On-Site Sodium Hypochlorite Generating Systems at the Walker Well and City Yard Well sites.

Awarded a contract to Hardy & Harper, Inc., for Rehabilitation of Orangethorpe Avenue from Coyote Creek to State Route 91.

Adopted a Resolution authorizing the City of Cypress to submit a grant application to the County of Orange's Inaugural Regional Recycling and Waste Division Grant Program and to serve as the administering agency of the grant funds on behalf of the City of La Palma.

Introduced an Ordinance amending the La Palma City Code to allow certain residential streets to be restricted for permit parking.

Adopted a Resolution approving the designation of Windermere Way, Sommerset Circle, and Coventry Circle as Residential Permit Parking Area "A."

January 15, 2008

Received and filed the Comprehensive Annual Financial Report for the Fiscal Year Ending June 30, 2007.

February 5, 2008

Approved a Resolution approving the Fiscal Year 2007-08 Mid-Year Budget Adjustments.

Approved and authorized the City Manager to execute the First Amendment to the Amended Joint Powers Authority Agreement – Orange County Fire Authority.

Approved the Plans and Specifications, and Authorized the Solicitation of Competitive Bids for the Removal and Replacement of Curb and Gutter, Sidewalk, and Trees on Moody Street from Crescent Avenue to Houston Avenue.

Adopted an Ordinance adopting by reference The 2007 California Fire Code, with certain amendments, deletions, and exceptions.

Authorized the City Manager to release historical photographs and documents to Arcadia Publications for publication in Images of America: La Palma.

Adopted an Ordinance amending the La Palma City Code to allow certain streets to be restricted to permit parking.

Received and filed the City's new Environmental Policy.

February 19, 2008

Approved payment to the La Palma Chamber of Commerce in the amount of \$18,000 for services provided during calendar year 2007.

Adopted a Resolution approving the submittal of an application to the Orange County Transportation Authority (OCTA) for funding under the Combined Transportation Funding Program for traffic improvements.

Adopted an Ordinance amending the La Palma City Code pertaining to business licenses.

New Restaurants Open in La Palma

Several new restaurants have recently opened in the City. Texas Loosey's Chili Parlor and Saloon is now open in the Centerpointe development at Orangethorpe Avenue and Valley View Street. Texas Loosey's is open for lunch and dinner and has a variety of menu choices. Favorites include: ribs and steak dishes, burgers and sandwiches, tex-mex specialties, seafood and of course, chili. The Flame Broiler Restaurant is planning to also locate in Centerpointe near Texas Loosey's. The Flame Broiler offers low-fat, no frying Asian and Korean quick serve food. An anticipated opening date has not yet been announced. Café Herb Garden has opened in the retail center at La Palma Avenue and Moody Street. Café Herb Garden offers Mediterranean dishes of pasta, skewered steak and prawns, and Greek salads.

Your cravings for cold sweets will soon be satisfied by two new businesses. A new yogurt shop, Yogurt Time, is planned for the Ralphs shopping center and will occupy the space of the former La Palma Jewelry. The Cool Factory ice cream shop plans to locate in the La Palma Convenience Center, next to the Walgreens that is currently under construction. Residents are encouraged to patronize as many of La Palma's local businesses as possible.

Historic Photos Needed

In cooperation with long time City residents, Ron and Elfriede Mac Iver, the City is embarking on the development of a book featuring the pictorial history of La Palma/Dairyland. The book will need hundreds of photographs from the early years of our City and we need your help. The City is looking for a variety of historic maps or pictures from the La Palma area. Pictures of families, old homes, dairies, outdoor activities, community construction, and significant events are highly desirable. If you have pictures that you would like to share, please contact the City Clerk's Office at (714) 690-3334 or you can email administration@cityoflapalma.org. The City will arrange to have your photos digitally scanned and safely returned to you. Please note: you will receive a photo credit for any pictures that appear in the final version of the book.



Annual Spring Clean-up April 21-25

The "Annual Bulky Item Spring Clean-up" for large household and yard items will be conducted the week of April 21–25, 2008. Collection will occur on your normal trash collection day. All items will be collected at the curb. While this clean-up includes most large or bulky items, please note that the following types of items cannot be collected:

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

Please call Park Disposal directly at (714) 522-3577 if you want to know whether a specific item can be collected as a part of the clean-up, or have any questions about your weekly trash pick-up.

City Implements "Green" Policy

The City of La Palma, by official policy, will now consider environmental considerations, such as energy efficiency, resource conservation, waste minimization, recycled content and toxicity, along with the traditional concerns of price, performance, and availability in most of its decision making processes. The City desires to remain fiscally responsible while promoting practices that improve public health and safety,

reduce pollution, and conserve natural resources.

Adopting the policy builds on current practices, since the City has already been incorporating environmentally friendly purchasing into a variety of business practices, including: purchasing replacement printers that duplex print, recycling toner cartridges, using Rubberized Asphalt Concrete and rubberized playground surfaces made

from recycled tires, replacing aging heating and cooling equipment with more efficient models, using fluorescent lighting instead of incandescent bulbs, installing LED traffic signals, replacing city vehicles with hybrid vehicles when practicable, and utilizing copy paper made from sustainable forests.



Important Notice

Limited Lanes on Beach Boulevard for 19 Months

As you may know, the Santa Ana Freeway (I-5) through Buena Park is currently being improved and widened as part of the I-5 Gateway Project.

Beginning this spring, work will begin on the Beach Boulevard overpass. During reconstruction, the Beach Boulevard bridge will be rebuilt in two phases over 19 months. There will be two lanes available in each direction on Beach Boulevard at I-5.

Also, Beach Boulevard will be FULLY CLOSED:

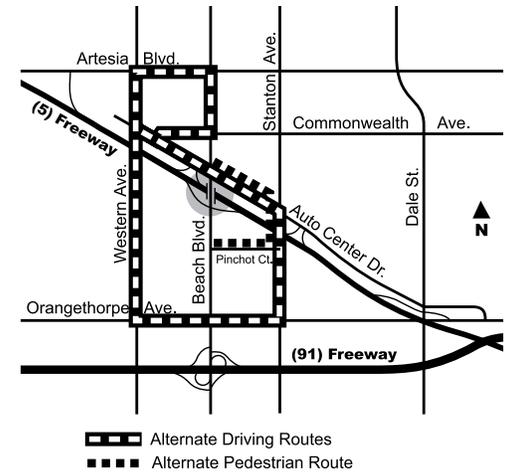
- Two days in April 2008*
- Three weeks in January 2009*
- Two days in September 2009*

The map shows potential detours. Please follow posted detour signs to travel through the area to avoid traffic congestion during reconstruction of the bridge.

The I-5 Gateway Project is adding a new travel lane and a new carpool lane in each direction, as well as merging lanes where possible, and is scheduled for completion in summer 2010. OCTA and Caltrans want to keep you informed to help minimize temporary inconveniences during reconstruction. To be added to the distribution list for information regarding this project, visit www.octa.net/i5gateway or call the Transportation Helpline at (800) 724-0353.

**Dates subject to change*

Detour Map



Neighborhood Street Rallies

In response to concerns about speeding vehicles and aggressive driving in our residential neighborhoods, the Police Department instituted a program of enforcement and education to raise community awareness of these issues. The program, titled "Project Safe Streets" is aimed at increasing driver awareness of the hazards of speeding and discourteous driving on La Palma streets.

As part of the education component of the Project Safe Streets program, the Police Department began monthly visits or "Neighborhood Street Rallies" in La Palma neighborhoods. The goal is to visit every neighborhood in the City each

year. The Street Rallies are a relaxed way for you to meet some of the police officers who serve you. Officers will provide residents with the opportunity to tour the Department's Mobile Command Center, talk to police officers about concerns in the neighborhood, receive safety handouts, and learn about crime prevention and disaster preparedness topics. Information on our volunteer groups, such as the Volunteers in Policing (VIP), Neighborhood Watch, and Police Explorer Scouts will also be available.

Residents will have the opportunity to view the operations of the Lidar speed detection (radar gun) device.

This device measures the speeds of vehicles that are driving through your neighborhoods and arterial roadways. You will have the opportunity to use the Lidar gun, and see how police officers use this tool to calm traffic in your neighborhood and educate the motoring public about safe driving speeds.

Please read the Police Department's monthly newsletter "THE SOURCE" for dates and locations of the next Street Rally. "THE SOURCE" also provides other important information about crime trends and emergency preparedness to help protect you and your family.

Home Safety Through Smoke Alarms

Most home fires involving a fatality happen at night when people are sleeping. Contrary to popular belief, the smell of smoke may not wake a sleeping person. Poisonous gases and smoke produced by fire numb the senses, putting victims into a deeper sleep.

Smoke alarms sound an alarm, alerting those who are sleeping to fire. By providing time to escape, smoke alarms cut the risk of dying in home fires by half. Most new homes have smoke

alarms installed. The Orange County Fire Authority urges all owners of older homes to install them as well.

Smoke alarms should be placed outside each sleeping area and on every level of the home, including the basement. Install alarms in or near living areas, such as dens, living rooms, dining rooms or family rooms. Alarms are not recommended for kitchens, bathrooms, or garages—where cooking fumes, steam, or exhaust could set off false alarms.

Hardware and home supply stores are the best places to purchase smoke alarms. Most alarms can be installed using only a drill and screwdriver. It is imperative that smoke alarms be maintained. Batteries should be changed at least once a year and should never be taken out of the alarm for another use. Cleaning is also important. Dust and cobwebs can reduce an alarm's sensitivity to smoke.

Preschool / Toddlers

TINY TOTS

Age: 3–5

4764–4765

Certified preschool instructor Nancy Brewer teams up with a recreation staff aide to teach our enrichment program for potty-trained 3 to 5-year-olds. Our teachers concentrate on introducing the Tiny Tots to a variety of valuable academic and socialization skills necessary for Kindergarten and beyond, in a fun blending of 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:

Monday/Wednesday/Friday will be geared to the older 4- and 5-year-olds preparing for Kindergarten.

Tuesday/Thursday class will be geared for the newer and younger 3- and 4-year-olds.

AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, APRIL 19, (RESIDENTS @ 10:00 A.M. AND NON-RESIDENTS @ 10:30 A.M. PLEASE DO NOT LINE UP BEFORE 8:00 A.M.), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first serve. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10:00 a.m. There is a MANDATORY parent meeting for new registrants on April 19 at 11:00 AM. No phone-in registrations will be accepted. **IF CLASS MINIMUM OF 10 IS NOT MET, THE CLASS WILL BE CANCELLED!**

Fees: \$122/7 weeks of M/W/F \$93/7 weeks of T/TH
(Each class is limited to 24 students)

Payments: Although you may pay for the entire Tiny Tot session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment is due at the time of registration. The second payment is due by Friday, May 16.

The payments are as follows: M/W/F \$61 T/TH \$46.50



KIDS LOVE MUSIC

Age 4 mos–4 years 4723–4758

Music activities provide an excellent way to foster creativity, and cognitive, social and motor skills. In this parent participation class, join Music Therapist Gary Greeno as parents and children enjoy singing, dancing, instrumental jam sessions, puppet songs, and rhythm band activities. An optional \$15 material fee is payable to the instructor at the first class meeting for a music CD, rhythm band instrument, and song sheets. For more information on this class, go to www.kidslovemusic.net. This class is co-sponsored with Cypress Recreation, and will be held at the Cypress Community Center, 5700 Orange Avenue.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4764	Tiny Tots	N. Brewer	4/21-6/6 *No class on 5/26	M/W/F*	Meeting Room	9:30-11:30 a.m	\$122	7 weeks
4765	Tiny Tots	N. Brewer	4/22-6/5	T/TH	Meeting Room	9:30-11:30 a.m.	\$93	7 weeks
4758	Kids Love Music 1-4 yrs	G. Greeno	4/3-5/8	TH	Cypress CC	3:00-3:45 p.m.	\$54	6 weeks
4759	Kids Love Music 4-14 mos	G. Greeno	4/3-5/8	TH	Cypress CC	3:55-4:25 p.m.	\$54	6 weeks
4760	Kids Love Music 1-4 yrs	G. Greeno	4/3-5/8	TH	Cypress CC	4:35-5:20 p.m.	\$54	6 weeks
4761	Kids Love Music 1-4 yrs	G. Greeno	5/14-6/18	W	Cypress CC	9:00-9:45 a.m.	\$54	6 weeks
4762	Kids Love Music 1-2 yrs	G. Greeno	5/14-6/18	W	Cypress CC	9:55-10:35 a.m.	\$54	6 weeks
4723	Kids Love Music 4-14 mos	G. Greeno	5/14-6/18	W	Cypress CC	10:45-11:15 a.m.	\$54	6 weeks

Preschool / Toddlers

**ITSY BITSY SPORTS:
BASKETBALL****Age: 3–5** **4766**

Little folks get an early jump on enjoying the benefits of being physically fit through sports-related activities. These activities provide fun, team work and learning to get along with others. Tennis shoes and comfortable clothes recommended.

ICE SKATING FOR TOTS**Age: 3–5** **4608–4611**

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

Youth

KIDS IN THE KITCHEN**Age: 6–11** **4768**

Where kids rule the kitchen—come and learn the rules of creating fun snacks or desserts at this fun hands-on-workshop. Learn how to make delicious food, snacks, and desserts for your friends and family with Recreation staff Miss Allison and Miss Tamara! There is a \$15 supply fee payable to the instructor at the first class.

PARENT & ME SKATING**Age: 3–5** **4612–4615**

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 allowed. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

**MOMMY AND ME (DADDY
TOO)—FOLKLORICO STYLE****Age: 3–5** **4706–4707**

Mommies and Daddies, bring your littlest dancer and enjoy time together, while learning dances of Mexico for fun and exercise. Students will learn basic footwork and skirt movement. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4766	Itsy Bitsy: Basketball	D. Plunkett	4/21-5/19	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
4612	Parent & Me Skating	Anaheim Staff	4/8-4/29	Tue	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
4614	Parent & Me Skating	Anaheim Staff	5/6-6/3*	Tue	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
			*No class on 5/20					
4613	Parent & Me Skating	Anaheim Staff	4/12-5/3	Sat	Anaheim Ice	11:45-12:15 p.m.	\$44	4 weeks
4615	Parent & Me Skating	Anaheim Staff	5/10-6/7*	Sat	Anaheim Ice	11:45-12:15 p.m.	\$44	4 weeks
			*No class on 5/24					
4608	Ice Skating for Tots	Anaheim Staff	4/9-4/30	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
4610	Ice Skating for Tots	Anaheim Staff	5/7-6/4*	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
			*No class on 5/21					
4609	Ice Skating for Tots	Anaheim Staff	4/12-5/3	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
4611	Ice Skating for Tots	Anaheim Staff	5/10-6/7*	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
			*No class on 5/24					
4706	Mommy and Me Folklorico	A. Vaca	4/5-4/26	Sat	Paso De Oro	9:30-10:00 a.m.	\$20	4 weeks
4707	Mommy and Me Folklorico	A. Vaca	5/3-5/24	Sat	Paso De Oro	9:30-10:00 a.m.	\$20	4 weeks
4768	Kids in the Kitchen	LP Staff	4/5-5/3*	Sat	Meeting Room	11:00-noon	\$24	4 weeks
			*No class on 4/19					

Youth

LITTLE ONES TAP & BALLET

Age 4–7 4695–4697

The self-discipline of Tap and Ballet can improve focus and concentration in school and sports. This fun and educational class is an introduction to basic concepts in tap and ballet. Posture, flexibility, musicality and integration of basic movements will be covered.

JUNIOR JAZZ

Age: 7–10 4689–4691

Get ready to move and dance in this high energy class! Jazz is considered a contemporary dance of today. Rhythm, body alignment, musicality, muscle strength and flexibility are emphasized. Students will learn new tap steps and combinations while building confidence, coordination, and physical fitness. Jazz shoes required.

BEGINNING MEXICAN FOLKLORICO—TOT STARS

Age: 5–8 4698–4699

For your little señoras and señoritas. These dances of Mexico will have them moving and dancing. Students will learn basic footwork and skirt movement. Girls attire is black dance wear and hard sole shoes. Boys attire is black t-shirt and shorts and hard soled shoes. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

TAP & BALLET COMBO

Age 6–9 4692–4694

The self-discipline of Tap and Ballet can improve focus and concentration in school and other sports. Dancing is a legitimate form of exercise and an educational quest which promotes the joy of self-expression. Students will learn classic positions, jumps, turns, and dances. This is an excellent way for your child to gain confidence, poise and increase flexibility.

BEGINNING FOLKLORICO—YOUTH

Age: 6–12 4704–4705

These dances from Mexico will have the young dancer moving and dancing. Students will learn basic footwork and skirt movement. Girls attire is black dance wear and hard sole shoes. Boys attire is black shorts, black t-shirt and hard sole shoes. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

SCREAMING CHICAS

Age: 5–8 4710–4711

Are you looking for a fun class for your child? Try a little bit of Salsa, a bit of meringue and a whole lot of jazz! This class is sure to be a hit with your little Latin dancers! Girls are required to wear black dance attire and a hard shoe. Boys are required to wear black shorts, black t-shirts and a hard shoe. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

Register for a class today!

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4695	Little Ones Tap & Ballet	A. Valley	4/1-4/22	T	Meeting Room	4:00-5:00 p.m.	\$28	4 weeks
4696	Little Ones Tap & Ballet	A. Valley	5/6-5/27	T	Meeting Room	4:00-5:00 p.m.	\$28	4 weeks
4697	Little Ones Tap & Ballet	A. Valley	6/3-6/24	T	Meeting Room	4:00-5:00 p.m.	\$28	4 weeks
4692	Tap & Ballet Combo	A. Valley	4/1-4/22	T	Meeting Room	5:00-6:00 p.m.	\$28	4 weeks
4693	Tap & Ballet Combo	A. Valley	5/6-5/27	T	Meeting Room	5:00-6:00 p.m.	\$28	4 weeks
4694	Tap & Ballet Combo	A. Valley	6/3-6/24	T	Meeting Room	5:00-6:00 p.m.	\$28	4 weeks
4689	Junior Jazz	A. Valley	4/1-4/22	T	Meeting Room	6:00-7:00 p.m.	\$28	4 weeks
4690	Junior Jazz	A. Valley	5/6-5/27	T	Meeting Room	6:00-7:00 p.m.	\$28	4 weeks
4691	Junior Jazz	A. Valley	6/3-6/24	T	Meeting Room	6:00-7:00 p.m.	\$28	4 weeks
4704	Beg. Folklorico-Youth	A. Vaca	4/1-4/22	T	Paso De Oro	6:00-7:00 p.m.	\$25	4 weeks
4705	Beg. Folklorico-Youth	A. Vaca	5/6-5/27	T	Paso De Oro	6:00-7:00 p.m.	\$25	4 weeks
4698	Mex. Folklorico-Tot Star	A. Vaca	4/5-4/26	Sat	Paso De Oro	10:00-11:00 a.m.	\$25	4 weeks
4699	Mex. Folklorico-Tot Star	A. Vaca	5/3-5/24	Sat	Paso De Oro	10:00-11:00 a.m.	\$25	4 weeks
4710	Screaming Chicas	A. Vaca	4/2-4/23	W	Paso De Oro	5:30-6:30 p.m.	\$45	4 weeks
4711	Screaming Chicas	A. Vaca	5/7-5/28	W	Paso De Oro	5:30-6:30 p.m.	\$45	4 weeks

Youth

BEGINNING LATIN DANCE FOR KIDS**Age: 6–12** **4700–4701**

Hot Latin dancing at its best! Learn basic patterns, turns and combinations for Salsa, Meringue and the Cha-Cha with fun Hip-Hop in the mix. This class is sure to be a hit with your young dancers. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

BEGINNING HIP-HOP DANCE**Age: 9–12** **4690–4691**

Learn to dance hip-hop! Learn new combinations with the latest hip-hop moves and even a little jazz technique. Students will build confidence while performing and working on their physical fitness. Classes start at a beginning level and will increase as necessary. Students should wear comfortable clothing and jazz or tennis shoes.

LI'L TIGERS KARATE**Age: 4–7** **4743–4744**

This class is based in traditional Shotokan Karate. The instructor is a Sixth Degree Black Belt and has many years of traditional experience. This class is an introduction to karate, physical fitness and coordination skills. Children will go beyond what they think they are capable of and challenge themselves both physically and mentally. Self-defense will be introduced, as well as being focused in life. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

SHOTOKAN KARATE**Age: 8–14** **4741–4742**

Participants will be introduced to physical and mental coordination training that will help them develop speed and agility. Traditional karate teaches discipline and leadership skills. All students will be challenged with both physical and mental training that will expand their knowledge of Shotokan Karate. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

ICE SKATING: Youth Beginning**Age: 6–11** **4616–4619**

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. Fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class located at Anaheim Ice, 300 W. Lincoln Ave, Anaheim.



*Get Fit, Have Fun . . .
Register for a Class Today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4700	Beg. Latin Dance for Kids	A. Vaca	4/3-4/24	Th	Paso De Oro	5:00-6:00 p.m.	\$25	4 weeks
4701	Beg. Latin Dance for Kids	A. Vaca	5/8-5/29	Th	Paso De Oro	5:00-6:00 p.m.	\$25	4 weeks
4690	Hip-Hop Dance	E. Kulassia	4/2-4/23	W	Meeting Room	4:30-5:30 p.m.	\$25	4 weeks
4691	Hip-Hop Dance	E. Kulassia	5/7-5/28	W	Meeting Room	4:30-5:30 p.m.	\$25	4 weeks
4743	Li'l Tigers Karate	A. Jafari	4/2-4/30	M/W	MA Center	3:30-4:30 p.m.	\$30	5 weeks
4744	Li'l Tigers Karate	A. Jafari	5/14-6/11	M/W	MA Center	3:30-4:30 p.m.	\$30	5 weeks
4741	Shotokan Karate	A. Jafari	4/1-4/29	T/Th	MA Center	4:30-5:30 p.m.	\$30	5 weeks
4742	Shotokan Karate	A. Jafari	5/13-6/10	T/Th	MA Center	4:30-5:30 p.m.	\$30	5 weeks
4616	Ice Skating: Youth-Beg.	Anaheim Staff	4/9-4/30	Wed	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
4618	Ice Skating: Youth-Beg.	Anaheim Staff	5/7-6/4*	Wed	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
			*No class on 5/21					
4617	Ice Skating: Youth-Beg.	Anaheim Staff	4/12-5/3	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
4619	Ice Skating: Youth-Beg.	Anaheim Staff	5/10-6/7*	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
			*No class on 5/24					

Youth

Pee Wee Baseball Clinic**Ages 4–7****4771**

The next Pee Wee season is fast approaching! La Palma Recreation continues the two-days-per-week format in order to reinforce new sports skills! Our Pee Wee Baseball Clinic is designed to meet the needs of boys and girls 4 to 7 years of age as of June 16, 2008. Our trained recreation staff will coach your Pee Wee in the fundamental skills of baseball, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing teamwork, and creating positive memories in a safe and caring environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt and a special participation medallion. Registration begins the week of May 5! The season starts June 16 for the Pee Wee Baseball Clinic.

**Club La Palma
Summer Day Camp**

Parents: do you want to minimize your children's sedentary screen time? Our Summer Day Camp has a fun solution for summer inactivity! This year, Club La Palma is planning to provide the youth of La Palma many exciting opportunities to grow and develop their various skills and talents while meeting new friends. Our unique Day Camp focuses on the positive development of your child through building meaningful relationships with our caring counselors, promoting nutritional awareness and enhancing interpersonal skills. Designed for kids ages 5–12 years, this Camp includes weekly excursions to a variety of favorite locations such as Disneyland, Knott's Berry Farm, and much, much more! Club La Palma opens at 6:30 a.m. to accommodate working parents and concludes at 6:00 p.m. The first week of camp is June 23–June 27. Deposits are required at the time of registration to hold your child's place for each week of attendance. Special registration forms will be available Monday, May 5. Sign up early—most weeks rapidly fill up!

**AQUAFINA PITCH, HIT AND RUN COMPETITION****Friday, April 18, 2008****6:00–8:00 p.m.**

Formerly known as Pepsi Major League Baseball Pitch, Hit and Run, this free skills competition provides boys and girls, ages 7 to 14, with the opportunity to showcase their pitching, hitting and running abilities. Winners can advance through four levels of competition, including Team Championship events at the 30 Major League ballparks and the National Finals at the MLB All-Star Game. La Palma Recreation and Community Services Department will host the local level (first tier) of competition at Central Park on April 18 at 6:00 p.m. A special registration form is required. For more information, please call (714) 690-3350 or visit www.mlb/phr.

A child need 30 to 60 minutes of active play each day.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4771	Pee Wee Baseball	Rec Staff	6/16-8/6	M/W	Central Park	4:45-6:00 p.m.	\$75	8 weeks

Youth

SPRING DAY CAMP

Monday, March 24–Friday, March 28

Did you know that increased computer, TV, and video game time contributes to inactivity? Would you rather have your kids spend quality time building friendships with our staff and children of other cultures in a healthy, fun and safe environment? Your child will enjoy spending time with other campers building friendships, playing as a team member, and keeping their activity level up during Club La Palma's Spring Day Camp. Our unique Day Camp focuses on the positive development of your child through building meaningful relationships with our staff, promoting fitness, nutritional awareness and enhancing interpersonal competence. Each year, Club La Palma prepares an exciting week of crafts and team-building games and sports. Our trained adult staff of Recreation Leaders is looking forward to meeting your camper at Club La Palma Spring Day Camp! Club La Palma is designed for children aged 5 to 12 and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee is \$107 for the week and includes an excursion to Knott's Berry Farm, daily beverages, afternoon snack, and all activities.

FIT 'N' FUN AFTER SCHOOL DROP-IN PROGRAM

La Palma Recreation and Community Services is proud to provide our award winning after school drop-in program, Fit 'N' Fun. Fit 'N' Fun is for students in grades 1–6 at Miller, Luther and Los Coyotes Elementary Schools. Trained Recreation Staff will mentor your child while offering a safe place to increase physical fitness, develop and enhance interpersonal competence through developing empathy and sensitivity, and build long-lasting and meaningful relationships with staff and peers. Our staff will visit each school three days per week. Fit 'N' Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, tutoring and much more! Supervision is provided from the time school ends until 3:45 p.m. The last day of this fantastic program will be June 6, 2008.

Miller Elementary: Mondays, Tuesdays, and Thursdays
 Luther Elementary: Tuesdays, Wednesdays, and Thursdays
 Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

For more information please call (714) 690-3350.

Giving a child new experiences builds knowledge and understanding of the world.

Teens

BEGINNING LATIN DANCE FOR TEENS

Age: 13–18 4702–4703

Hot Latin dancing at its best! Learn basic pattern turns and combinations for Salsa, Meringue and the Cha-Cha. This class is sure to be a hit with your teen dancer. Jazz or ballet shoe is required. Black dance attire recommended. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

BEGINNING FOLKLORICO-TEENS

Age: 13–18 4708–4708

Learn dances of Mexico for fun and exercise. Students will learn the basic footwork and skirt movement. Ladies should wear black dance wear and hard sole shoes. Men's attire is black shorts, black t-shirt and hard sole shoes. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4702	Beg. Latin Dance-Teen	A. Vaca	4/1-4/22	T	Paso De Oro	5:00-6:00 p.m.	\$25	4 weeks
4703	Beg. Latin Dance-Teen	A. Vaca	5/6-5/27	T	Paso De Oro	5:00-6:00 p.m.	\$25	4 weeks
4708	Beg. Folklorico-Teen	A. Vaca	4/7-4/28	M	Paso De Oro	7:30-8:30 p.m.	\$30	4 weeks
4709	Beg. Folklorico-Teen	A. Vaca	5/5-6/2*	M	Paso De Oro	7:30-8:30 p.m.	\$30	4 weeks

*No class on 5/26

Teens

KARATE WEAPONS CLASS

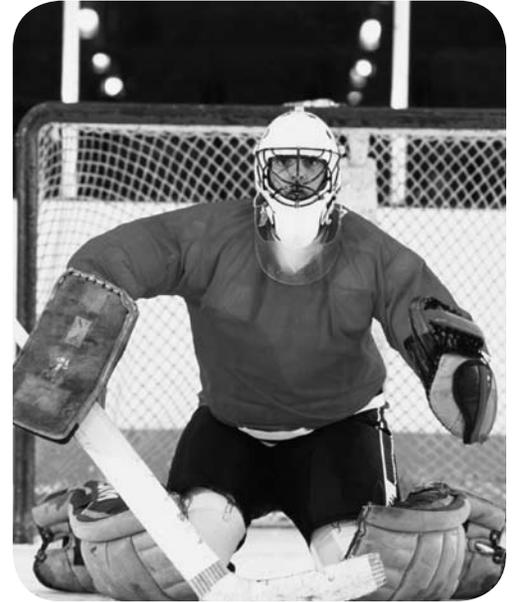
Age: 14+ **4737-4738**

This class introduces students to various Martial Arts weapons such as nunchaku, Bo, long staff. In addition students will develop better eye-hand coordination and will expand knowledge in self-defense. This class has a supply fee of \$28 due at the first class meeting. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

HOCKEY SKATING SKILLS

Age: 6-16 **4622-4623**

Want to play hockey but don't know where to start? Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Fee includes hockey skate rental, lessons, free practice on day of class and 3 additional skating passes to be used during the 4-week session. This class located at Anaheim Ice, 300 W. Lincoln Ave, Anaheim.



ICE SKATING:

Teen Beginning

Age: 12-16 **4616-4619**

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. Fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class located at Anaheim Ice, 300 W. Lincoln Ave, Anaheim.

INTERNET-BASED DRIVERS EDUCATION/HOME STUDY

Age: 14-18 **4628-4629**

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 much parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time of day or night. Students may choose from an internet course or a home study course. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include behind-the-wheel driving.

You Can Reach Us!

Monday-Friday **Weekends**
7:30 a.m. to 10:00 p.m. **8:00 a.m. to 8:00 p.m.**
(714) 690-3350

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4737	Karate Weapons Class	A. Jafari	4/1-4/29	T	MA Center	6:30-7:30 p.m.	\$30	5 weeks
4738	Karate Weapons Class	A. Jafari	5/13-6/10	T	MA Center	6:30-7:30 p.m.	\$30	5 weeks
4616	Ice Skating: Teen-Beg.	Anaheim Staff	4/9-4/30	W	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
4618	Ice Skating: Teen-Beg.	Anaheim Staff	5/7-6/4*	W	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
			*No class on 5/21					
4617	Ice Skating: Teen-Beg.	Anaheim Staff	4/12-5/3	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
4619	Ice Skating: Teen-Beg.	Anaheim Staff	5/10-6/7*	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
			*No class on 5/24					
4622	Hockey Skating Skills	Anaheim Staff	4/9-4/30	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
4623	Hockey Skating Skills	Anaheim Staff	5/7-6/4*	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
			*No class on 5/21					
4628	Internet Based Drivers Ed	T. Zertuche	4/1-6/15		Online		\$75	
4629	Home Study Driver's Ed	T. Zertuche	4/1-6/15		Home Study		\$85	

Teens

**YOUTH EMPLOYMENT SKILLS (Y.E.S.)
CLASS LEVEL 1—PRE-EMPLOYMENT SKILLS**

Age: 15–22

4689

Are you between the ages of 15–22 years old and want to start building your marketability in the working world? Employers and colleges are now seeking young adults with a combination of work experience as well as an education! We have classes to show how your volunteer work, community service, academic classes, extracurricular activities can lead to desired part time work or internships. Learn how to map out your vocational/ career goals, discover your skills/strengths, and write a resume/ cover letter, complete job applications and a thorough job search.

DAY ONE: Goals mapping, Skills & Strengths lesson

DAY TWO: Target 5 companies and job applications

DAY THREE: Job Search and How to Approach Managers

DAY FOUR: Resume worksheet and cover letter model



2008 SUMMER VOLUNTEENS NEEDED!

HEY TEENS! If you would like to gain valuable job experience, work with the community and have a great time, check this out:

The Recreation and Community Services Department will soon be hiring for our 2008 Summer Volunteen program. We are looking for responsible teens to work throughout the summer building strong community relations, working with the local youth, and helping to create a healthy lifestyle for our Day Camp participants. Each Volunteen earns a \$200 stipend after 200 hours of volunteer service working at Club La Palma Day Camp. This program includes an orientation and bi-weekly meetings throughout the summer for job training. There will be oral interviews for the most qualified candidates. Volunteen applications will be available at the Recreation and Community Services Department beginning April 7. All applicants **MUST** be La Palma residents, between the ages of 13–17, have your own transportation and have turned in your application in by Monday, May 12 at 5:00 p.m. Volunteens must provide proof of a negative TB test by June 23. If you would like more information, please call (714) 690-3350.



**DO YOU NEED
VOLUNTEER SERVICE
HOURS?**

The La Palma Recreation and Community Services Department is offering minimal volunteer service hours in our youth sports programs for all High School and Jr. High School teens for graduation or service organizations requirements. Volunteer hours are very limited so do not wait to make arrangements! If you are a conscientious and responsible teen and this is something you are interested in, please call the Central Park Office at (714) 690-3350 for more information.

\$ Use your VISA or Master Card to pay for class fees, Community Center use deposits, and sport league registrations over \$21.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4689	Y.E.S.	A. Atkins	4/7-4/28	M	Meeting Room	7:00-8:15 PM	\$75	4 weeks

Teens

The Teen Lounge

The Teen Lounge will be open on Tuesdays, Wednesdays and Thursdays through June 5, 2008.

Tuesdays and Wednesdays: 2:30 p.m. – 5:30 p.m.

Thursdays: 1–4 p.m.

**Arnold/Cypress Park
8611 Watson St.**

Teens! If you ever find yourself bored with nothing to do after school, why don't you head down to the Lounge with all your friends where you can play sports and video games, watch movies or just hang out?

Tuesdays: Homework help, movies, outdoor activities, open games, hang out and meet new friends.

Wednesdays: Come out and play games or get help with your homework!

Thursdays: Join staff and friends outside to play your favorite sports. Come on down and enjoy a free snack, too!

Teen Dances & Events

Want somewhere to dance with your friends to the latest hits? Well, come on out to our teen dances—made just for you! These popular events are co-sponsored by the Cities of Cypress and La Palma

For 6th, 7th and 8th graders only!

Location: Cypress Community Center, 5700 Orange Ave.

Time: 7:00 p.m. – 10:00 p.m.

\$5 pre-registration, \$7 at the door

AT THE HOP

Saturday, April 12

Grab those poodle skirts and head out to our 50's themed dance. Don't worry, we'll be playing all of today's latest hits!

ALOHA TEEN DANCE

Saturday, June 7

This is the last dance of the year! What better way to kick off the summer than by hanging out with your best friends at one of the coolest spots in town!

Special Teen Events at the Lounge:

FRIDAY NIGHT LIGHTS

First Friday of Every Month

7:00 – 10:00 p.m.

Arnold/Cypress Park, 8611 Watson Street

Ladies Movie Night

Friday, April 4

FREE!

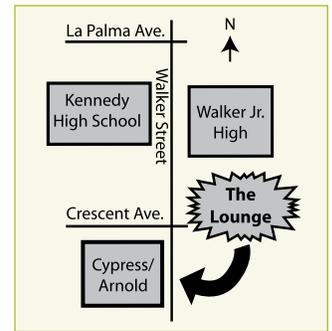
Ready for a girls night out? Grab your best girl friends and come watch the ultimate chick flick: *Mean Girls*. Don't worry: there are no boys allowed!

Guys Movie Night

Friday, June 6

FREE!

Don't worry, gentlemen, we didn't forget you! Make sure you and your boys stop by and watch cars turn into robots in *Transformers*.



BATTLE OF THE BANDS

SATURDAY, MAY 3

6–10 P.M. AT CENTRAL PARK

Come and see the hottest local bands battle it out for bragging rights, a trophy and, of course, a bit of prize money. This event is FREE so make sure you show up early because this fun-filled event is packed every year!

CALLING ALL LOCAL BANDS! Want a chance to show off your skills? Here is the perfect opportunity. Drop off your demo packets and demo tapes, CDs, videos or DVDs by Friday, April 4, 2008 by 5:00 p.m. to the La Palma Recreation and Community Services Department. All demo packets must have a minimum of 2 songs, a completed entry form (may be picked up at either Cypress Recreation or La Palma Recreation) typed appropriate lyrics and copies of school IDs or driver's licenses of all members of your band. Members must be 21 years or younger. If you are selected to perform, your band must pay a \$25 participation fee and attend an informational meeting (TBA). The event will be held on May 3 from 6–10 p.m. If you win, there will be a small cash prize and you will be featured at this year's La Palma Days!

Applications now available!

Teen / Adult

LINE DANCE

Age: 18+

4640

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 Community Center, 5700 Orange Ave.

TWO STEP & SWING

Age: 18+

4641

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 Community Center, 5700 Orange Avenue.

STRICTLY BALLROOM

Age: 18+

4642

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 or foxtrot. Singles are welcome in this popular class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

SOCIAL LATIN DANCE

Age: 18+

4714-4715

Hot Latin Dancing at its best! Join award winning Alejandro Rey in learning the basic patterns, turns and combinations that will make you the star on the dance floor each night! From explosive Salsa and Meringue to the sensual moves of Bachata, join the wave! This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

HAPPY HOUR FOLKLORICO STYLE

Age: 18+

4712-4713

Learn dances of Mexico for fun and exercise. Student will learn basic footwork and skirt movement. Ladies attire is black dance wear and hard sole shoes. Men's attire is black shorts, black t-shirt and hard sole shoes. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

ADVANCED BEGINNING SOCIAL DANZA

Age: 18+

4718-4719

Dancing is fun and easy as instructor Alejandro Rey guides you from the basic steps all the way to intricate turn patterns and partner combinations. Dance styles taught are Salsa, Merengue, Bachata. This class is designed for the beginner dancer who has mastered basics. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

WATERCOLOR PAINTING STUDIO

Age: 18+

4685

This is a Beginning/Intermediate class working in watercolor. Come take time off from stressful days and enjoy some relaxing and soothing nights while water coloring. Learn painting methods that will enable you to create realistic watercolor paintings. All students will receive an informative color booklet and handouts. Class work includes lectures, instructor demonstrations and directed in-class paintings.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4640	Line Dancing	J. Karter	4/14-5/19	M	Cypress CC	6:30-7:30 p.m.	\$32	6 weeks
4641	Two Step & Swing	J. Karter	4/14-5/19	M	Cypress CC	7:30-8:30 p.m.	\$32	6 weeks
4642	Strictly Ballroom	J. Karter	4/14-5/19	M	Cypress CC	8:30-9:30 p.m.	\$32	6 weeks
4714	Social Latin Dancing	A. Vaca	4/3-4/24	Th	Paso De Oro	7:00-8:00 p.m.	\$30	4 weeks
4715	Social Latin Dancing	A. Vaca	5/1-5/22	Th	Paso De Oro	7:00-8:00 p.m.	\$30	4 weeks
4712	Happy Hour Foklorico Style	A. Vaca	4/7-4/28	M	Paso De Oro	7:30-8:30 p.m.	\$30	4 weeks
4713	Happy Hour Foklorico Style	A. Vaca	5/5-5/26*	M	Paso De Oro	7:30-8:30 p.m.	\$30	4 weeks
			* No class on 5/26					
4718	Adv Beginning Social Danza	A. Vaca	4/4-4/25	F	Paso De Oro	7:00-8:00 p.m.	\$30	4 weeks
4719	Adv Beginning Social Danza	A. Vaca	5/2-5/23	F	Paso De Oro	7:00-8:00 p.m.	\$30	4 weeks
4685	Water Colors	J. Bloom	4/23-6/11	W	Cypress SC	6:30-9:30 p.m.	\$95	8 weeks

Teen / Adult

DOG OBEDIENCE**Age: 16+****4647**

Dog owners: you can solve those irritating problems, from hole digging and chewing to over-exuberance, and of course constant barking. In addition, your dog will learn standard AKC training, including the basic commands of sit, down, stay, come and heel. This class is open to all breeds of dogs that are at least 6 months of age or with the consent of the instructor. Handlers must be at least 16. The class meets at Central Park, and dogs must be on a leash before, during, and after class. The first class meeting will be an orientation of training methods, including the explanation of the proper equipment needed to train your dog. It will be held in the Meeting Room without dogs. Proof of current parvo, distemper and rabies vaccinations will also be required at that time.

AEROBICS**Age: 16+****4649–4651**

Aerobic Dancing, Jackie Sorenson's 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 aerobic 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.

Online Classes

www.Ed2go.com/lapalmarec**Computer Courses**

- Introduction to Microsoft Excel 2007
- Advanced Microsoft Excel 2003
- 101 Tips and Tricks for the Internet

Photography

- Discover Digital Photography
- Secrets of Better Photography

*Go online
to see
all available
courses*

Specific Subjects

- Accounting Fundamentals
- Accounting Fundamentals II
- Constitutional Law: Bill of Rights I

Parenting

- Understanding Adolescents

Special Interest Classes

- Enjoying European Art Online
- Drawing for the Absolute Beginner
- Administrative Assistant Application
- Six Sigma: Total Quality Applications
- Speed Spanish
- Get Paid to Travel
- Introduction to the Game Industry
- Luscious, Low-fat, Lightening-Quick Meals

Online Course Instructions

1. Go online to www.ED2go.com/lapalmarec to see available courses and descriptions.
2. Select the course(s) you wish to take and complete the online registration for each course prior to each session's start date.
3. Fill out the La Palma Recreation Activity Registration Form on page 25.
4. You may stop by our offices or mail your registration with payment to:
7821 Walker Street, La Palma, CA 90623

► All classes are \$72

4686 Start Date: April 16
4687 Start Date: May 21

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4647	Dog Obedience	M. Steinberger	4/1-5/20	T	Gazebo	7:00-8:00 p.m.	\$75	8 weeks
4649	Aerobics	K. Phelps	3/31-6/4*	M/W	Meeting Room	5:45-6:45 p.m.	\$95	10 weeks
4650	Aerobics Sampler I	K. Phelps	3/31-4/30	M/W	Meeting Room	5:45-6:45 p.m.	\$50	5 weeks
4651	Aerobics Sampler II	K. Phelps	5/5-6/4*	M/W	Meeting Room	5:45-6:45 p.m.	\$45	5 weeks
	Pay As You Go	K. Phelps	4/5-6/7*	Sat	Meeting Room	8:30-9:45 a.m.	\$6	10 weeks
			*No class on 5/24 and 5/26					
	Pay As You Go	K. Phelps	3/31-6/4	M/W	Meeting Room	5:45-6:45 p.m.	\$6	10 weeks

Teen / Adult

POWER TAE AEROBICS**Age: 18+****4729–4731**

Power Tae, created by Grand Master J.G. Park (Olympic Tae Kwon Do coach), is without a doubt the fitness weight loss energizer of the new millennium. Power Tae combines the essential elements of Tae Kwon Do: aerobics and boxing. Speed, agility, and strength are the mainstays of this high-energy workout done to pulsating music. This class is provided with the intent to give you the opportunity to increase your physical endurance. If you like Tae-Bo®, you will love this class! Lessons will be held at the US Tae Kwon Do Center, 12233 Centralia, Lakewood 90713, (562) 809-0653.

SHOTOKAN KARATE**Age: 15+****4739–4740**

This class is designed for adults that want to learn self-defense and stay in good physical health. Endurance and aerobic training is implemented in the traditional Japanese art of Shotokan Karate. Taught by a sixth degree black belt who has maintained the lifestyle and has experience in teaching. The instructor will teach the enjoyment of the art as well as the self-defense aspect.

YOGA/PILATES FITNESS CLASS**Age: 14+****4769–4770**

This class focuses on achieving physical balance and coordination. It helps reduce stress and increase strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training and step aerobics. A great class to get in shape quickly and safely! This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

WOMEN'S SELF DEFENSE**Age: 14+****4733–4734**

Do you walk alone at night to your car, enjoy jogging early mornings, or just want to prepare for the worst? This class is 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. It will introduce basic self-defense techniques which can be applied regardless of the person's size or physical conditions. Defense tactics along with hands on practice will be used. This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

ICE SKATING FOR ADULTS**Age: 17+****4620–4621**

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. This class located at Anaheim Ice, 300 W. Lincoln Ave, Anaheim.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4729	Power Tae Aerobics	C. Markopulos	4/1-4/29	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
4730	Power Tae Aerobics	C. Markopulos	5/1-5/29	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
4731	Power Tae Aerobics	C. Markopulos	6/3-6/26	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
4739	Shotokan Karate	A. Jafari	4/1-4/29	T/Th	MA Center	5:30-6:30 p.m.	\$30	4.5 weeks
4740	Shotokan Karate	A. Jafari	5/13-6/10	T/Th	MA Center	5:30-6:30 p.m.	\$30	4.5 weeks
4735	Yoga/Pilates	A. Boice	4/4-4/25	F	MA Center	5:30-6:30 p.m.	\$20	4 weeks
4736	Yoga/Pilates	A. Boice	5/16-6/13*	F	MA Center	5:30-6:30 p.m.	\$20	4 weeks
			*No class on 5/23					
4769	Yoga/Pilates	A. Boice	3/31-4/25	M/F	MA Center	M: 7:30-8:30 p.m.	\$40	4 weeks
4770	Yoga/Pilates	A. Boice	5/12-6/13	M/F	MA Center	F: 5:30-6:30 p.m.	\$40	4 weeks
			*No class on 5/23 & 5/26					
4733	Women's Self Defense	A. Jafari	4/3-4/24	Th	MA Center	6:30-7:30 p.m.	\$20	4 weeks
4734	Women's Self Defense	A. Jafari	5/15-6/5	Th	MA Center	6:30-7:30 p.m.	\$20	4 weeks
4620	Ice Skating for Adults	Anaheim Staff	4/9-4/30	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
4621	Ice Skating for Adults	Anaheim Staff	5/7-6/4*	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
			*No class on 5/21					

Teen / Adult

GO AWAY PAIN!**Age: All** 4726–4728

Do pain, stiffness, sore joints and muscles plague your daily life? Come join Jacqueline Fritz, RN MSN for some up-beat management of these symptoms aside from pills, pills and more pills! This class will feature discussion and simple activities through humor.

KANIKAPILA O KALANA (UKULELE)**Age 18+** 4624–4627

Come learn songs of the Hawaiian style and culture with “Uncle Henry’s– Kanikapila O Kalana Uke Jammers.” You will learn to play and sing with Ukelele and advanced students will be able to enter into festivals!

Supplies required: Ukulele, music stand, Ukulele tuner, and a supply fee of \$2.50 payable to instructor at first class meeting.

All Ages / Family

PRACTICAL CHESS INSTRUCTION**Age: All Ages** 4643–4646

Checkmate! La Palma Chess Club (LPCC) was established in 1975 and is a USCF affiliated chess club that offers rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition for players of all abilities from beginner to master. Chess lessons are available upon request. This session there will be 3 different tournaments held and players can sign up for one, two or all three! If you think you may be interested in tournament play, this is your opportunity to try it out!

Once a Pawn of Time:

April 4 – May 9

Speedy One:

May 16

Cheese Swiss:

May 23 – June 27

Cypress/La Palma SUMMER SLOW PITCH SOFTBALL

- Coed divisions– Friday and Sunday evenings
- Men’s Upper C, Lower D and Lower E Divisions– Wednesday Evenings
- Location: Oak Knoll, Arnold Cypress Parks, and Central Park (La Palma)
- Game times: Weeknights–6:30, 7:40, 8:50 p.m.; Sundays–4:30, 5:40, 6:50, 8:00 p.m.
- Cost: \$495 per team
- Registration: May 12–23
- Season: Ten games starting the week of June 1

Completed roster, signed waiver/code of conduct, and payment required at time of registration to be considered for eligibility and placement. Fees must be paid by authorized credit card (Visa, M/C), personal check or cashier’s check. CDL# must be provided on submitted check.

Registration location is at the Cypress Community Center. League registrations are open until filled on a first-come first serve basis.

- Blank Rosters are available under the “forms” section on the City’s website: www.ci.cypress.ca.us



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4726	Go Away Pain!	J. Fritz	4/23	W	Meeting Room	1:00-2:30 p.m.	Free	1 week
4727	Go Away Pain!	J. Fritz	5/20	T	Meeting Room	1:00-2:30 p.m.	Free	1 week
4728	Go Away Pain!	J. Fritz	6/6	F	Meeting Room	1:00-2:30 p.m.	Free	1 week
4624	Kanikapila O Kalana (Ukulele) Beg	H. Kamae	4/1-5/6	T	Meeting Room	7:30-9:00 p.m.	\$50	6 weeks
4625	Kanikapila O Kalana (Ukulele) Int	H. Kamae	4/2-5/7	W	Meeting Room	7:30-9:00 p.m.	\$50	6 weeks
4626	Kanikapila O Kalana (Ukulele) Beg	H. Kamae	5/13-6/17	T	Meeting Room	7:30-9:00 p.m.	\$50	6 weeks
4627	Kanikapila O Kalana (Ukulele) Int	H. Kamae	5/14-6/18	W	Meeting Room	7:30-9:00 p.m.	\$50	6 weeks
4643	Chess Tournaments	LP Chess Club	4/4-6/27	F	Meeting Room	6:00-11:00 p.m.	\$36	13 weeks
4644	Chess Tournament 1	LP Chess Club	4/4-5/9	F	Meeting Room	6:00-11:00 p.m.	\$20	6 weeks
4645	Chess Tournament 2	LP Chess Club	5/16	F	Meeting Room	6:00-11:00 p.m.	\$5	1 week
4646	Chess Tournament 3	LP Chess Club	5/23-6/27	F	Meeting Room	6:00-11:00 p.m.	\$20	6 weeks

All Ages / Family**HULA****Age 5–Adult 4638–4637**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. Participants will learn an age-old custom of communication through body movements as well as gain an appreciation for other cultures throughout the Pacific and learn to use instruments of the area. Groups are divided by age categories and skill level. Experience & skill level will be determined by the instructor. Parents are not allowed in the classroom while class is in session.

**TRADITIONAL MARTIAL ARTS****Age: 8+ 4720–4725**

Learn traditional oriental martial arts taught with an emphasis on modern training methods and personal growth. Students will improve their physical fitness, achieve mental alertness, reduce stress and gain a positive attitude.

Our classes teach a variety of martial arts including Taekwondo, Judo/ Jujitsu, Hapkido, Aikido, and Kobudo (weapons). For those interested in sports, we include competition and officiating in Olympic Taekwondo. Our instructors are internationally certified by the Kukkiwon World Headquarters and sport-certified U.S. Olympic Committee (USOC).

Our program is divided into three classes. Choose Beginner if you have no prior experience in martial arts, or Intermediate if you have some background (Yellow to Blue belts), or Advanced (Red and Black Belts only). Please discuss what class to choose with the Chief Instructor before enrolling in non-beginner classes.

Beginners may purchase a uniform after enrolling. Intermediate and advanced students must already have standard Taekwondo or Judo uniform(s) and are eligible to participate in competitive events. All students must become members of the USOC (\$35 for 2008).

Classes will be held at the U.S. Black Belt Center, 21053 Bloomfield Ave., Lakewood (SW corner of Bloomfield and Centralia/Crescent).

The ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants. — Master Gichin

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4638	Hula Babies 5-7 yrs	J. Kalehua	4/7-5/5	M	TKD Center	5:30-7:00 p.m.	\$40	5 weeks
4639	Hula Babies 5-7 yrs	J. Kalehua	5/12-6/9*	M	TKD Center	5:30-7:00 p.m.	\$40	5 weeks
4632	Hula-Intermediate 8-12 yrs	J. Kalehua	4/9-5/7	W	TKD Center	7:00-8:30 p.m.	\$32	5 weeks
4633	Hula-Intermediate 8-12 yrs	J. Kalehua	5/14-6/11	W	TKD Center	7:00-8:30 p.m.	\$40	5 weeks
			*No class on 5/26					
4630	Hula Gracious Ladies	J. Kalehua	4/7-5/5	M	TKD Center	7:30-9:30 p.m.	\$40	5 weeks
4631	Hula Gracious Ladies	J. Kalehua	5/12-6/9*	M	TKD Center	7:30-9:30 p.m.	\$40	5 weeks
4634	Hula Gracious Ladies	J. Kalehua	4/12-5/10	S	TKD Center	12:30-3:30 p.m.	\$40	5 weeks
4635	Hula Gracious Ladies	J. Kalehua	5/17-6/14	S	TKD Center	12:30-3:30 p.m.	\$40	5 weeks
4636	Hula Gracious Ladies	J. Kalehua	4/7-5/10	M/S	TKD Center	Mon: 7:30-9:30 p.m. Sat: 12:30-3:30 p.m.	\$55	5 weeks
4637	Hula Gracious Ladies	J. Kalehua	5/12-6/14*	M/S	TKD Center	Mon: 7:30-9:30 p.m. Sat: 12:30-3:30 p.m.	\$55	5 weeks
			*No Class on 5/20					
4720	Martial Arts – Beginner	J. Amsell	4/5-4/26	Sat	BB Center	9:00-10:00 a.m.	\$20	4 weeks
4721	Martial Arts – Beginner	J. Amsell	5/3-5/31	Sat	BB Center	9:00-10:00 a.m.	\$20	4 weeks
4722	Martial Arts – Intermediate	J. Amsell	4/5-4/26	Sat	BB Center	10:00-11:00 a.m.	\$35	4 weeks
4723	Martial Arts – Intermediate	J. Amsell	5/3-5/31	Sat	BB Center	10:00-11:00 a.m.	\$35	4 weeks
4724	Martial Arts – Advanced	J. Amsell	4/5-4/26	Sat	BB Center	11:00-12:00 noon	\$35	4 weeks
4725	Martial Arts – Advanced	J. Amsell	5/3-5/31	Sat	BB Center	11:00-12:00 noon	\$35	4 weeks

All Ages / Family**TENNIS****Age: 6–Adult****4745–4753**

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 machine rentals, towers, balls and session awards.

Level #1: Player is just beginning to play or has had minimal lessons. At this level you will be practicing the basics of forehands, backhands and volleys.

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

Level #3: Intermediate players should be able to place their forehand, backhand and volleys. They are in the process of learning serves; however, they are not consistent enough to participate in match play. This level features small groups of no more than six players per instructor.

TENNIS ACADEMY**Age 11+****4746–4754****Gold, Silver, and Bronze Academy**

The Tennis Academy is designed to assist players in moving up to the next level. Improve your coordination and test your physical stamina. There is a \$20 materials fee to cover balls & machine use.

TWICE A WEEK LESSONS**Age 10+, Levels 3 & 4**

Choose any Two Academy dates (with instructor approval) for \$210.

PRIVATE TENNIS LESSONS**Age: 8+****4577**

Private tennis lessons are available from Tennis Instructor Patrick McConnell. All dates, times and prices will be arranged with the instructor. To schedule a private lesson, please call (714) 690-3350.

Seniors**SENIOR LINE DANCING**

Come join us to exercise, feel good and meet new people. New line dances will be taught in a positive and gentle manner. Some line dance experience is needed. No partners are required. Co-sponsored with Cypress Recreation, this class will be held at the Cypress Senior Center, 9031 Grindlay St. (Coupons to participate in this class are available from the instructor at the class only).

*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**

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4745	Y. Tennis L1, 6-9 yrs	McConnell	4/28-6/9*	M	Central Park	5:00-6:00 p.m.	\$45	6 weeks
4746	Y. Tennis L1/2, 9-11 yrs	McConnell	4/28-6/9*	M	Central Park	6:00-7:00 p.m.	\$45	6 weeks
4747	Y. Tennis L3, 11-15 yrs	McConnell	4/28-6/9*	M	Central Park	7:00-8:00 p.m.	\$45	6 weeks
4748	Y. Tennis L3, 16+ yrs	McConnell	4/29-6/3	T	Central Park	7:00-8:00 p.m.	\$45	6 weeks
4749	Y. Tennis L1/2, 9-11 yrs	McConnell	5/3-6/14*	Sat	Central Park	9:00-10:00 a.m.	\$45	6 weeks
4750	Y. Tennis L3, 11-13 yrs	McConnell	5/3-6/14*	Sat	Central Park	10:00-11:00 a.m.	\$45	6 weeks
4751	Y. Tennis L1, 6-9 yrs	McConnell	5/4-6/15*	Sun	Central Park	5:00-6:00 p.m.	\$45	6 weeks
4752	Y. Tennis L2, 9-11 yrs	McConnell	5/4-6/15*	Sun	Central Park	6:00-7:00 p.m.	\$45	6 weeks
4753	Y. Tennis L3, 11-13 yrs	McConnell	5/4-6/15*	Sun	Central Park	7:00-8:00 p.m.	\$45	6 weeks
4754	Gold Academy 13+	McConnell	4/30-6/4	W	Central Park	7:00-9:00 p.m.	\$110	6 weeks
4755	Silver Academy 13+	McConnell	5/3-6/14*	Sat	Central Park	3:00-5:00 p.m.	\$110	6 weeks
4746	Bronze Academy	McConnell	5/3-6/14*	Sat	Central Park	5:00-7:00 p.m.	\$110	6 weeks
			*No class on 5/31-6/2					
	Twice Weekly Academy	McConnell		Arranged	Central Park	Varies	\$210	10 weeks
4757	Private Tennis Lessons	McConnell		Arranged	Central Park	Varies		
	Senior Line Dancing	C. Fox	ongoing	T	Cypress SC	1:00-3:00 p.m.	\$3	

Seniors**LA PALMA SENIORS CLUB**

The La Palma Seniors Club offers adults 50 years and older the opportunity to meet new friends, learn new things, and have a lot of fun! The Club features games, bingo, cards, fund-raising activities, guest speakers, potluck luncheons, special events and community services. The Club's hours are 12 noon to 3 p.m. every Thursday. The yearly membership fee of \$5 includes the monthly Senior Club Newsletter and full membership privileges. The Club's potluck luncheon is the fourth Thursday of each month. The members at each weekly meeting provide coffee and dessert. The Club also celebrates special events and holidays periodically. The La Palma Seniors Club is a dynamic, active and community-minded group—join them today!

Information and Referral

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

SENIOR TRANSPORTATION REFERRAL

For La Palma seniors needing transportation, the La Palma Recreation & Community Services provides guidance and referral assistance. There is a variety of options available depending on your needs. Our staff will help identify these options and the process required to access transportation. If necessary, we will work with you to fill out required forms, which can be a daunting task. If you would like referral assistance or have questions regarding transportation for seniors, please contact us at (714) 690-3353.

LA PALMA MEALS ON WHEELS

La Palma's Meals on Wheels program was developed to serve nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call (714) 690-3350.

**Volunteers Needed**

Meals on Wheels is looking for volunteers who would be interested in delivering meals Monday–Friday. Volunteers work twice monthly for about one hour. If you're interested in volunteering, please call (714) 690-3350.

Improving Access to Community & Social Services

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.

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 answering 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, 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.

If you call 9-1-1 by mistake, do not hang up! Tell the call taker what happened so they know there really isn't an emergency.

Please Patronize Our Advertisers

Allstate Insurance

Youngs's Tackle

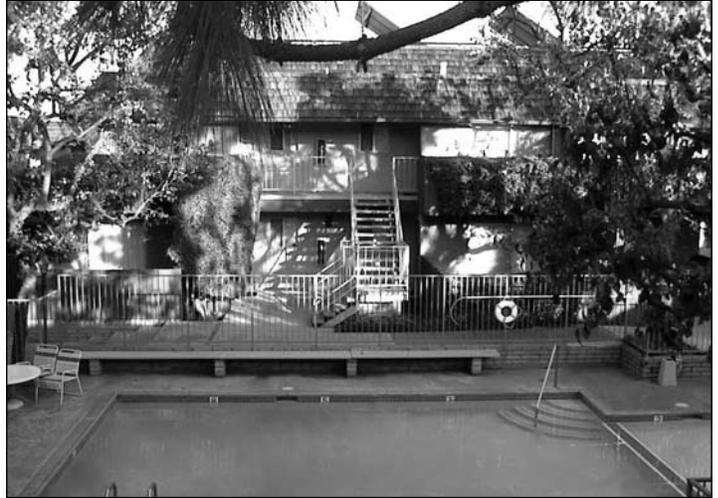
Young I. Suh, DDS

*Instructors
Wanted*

Do you have a special skill or talent that you want to share with others? La Palma Recreation & Community Services is continually looking for new instructors. Call us at (714) 690-3358 for details.

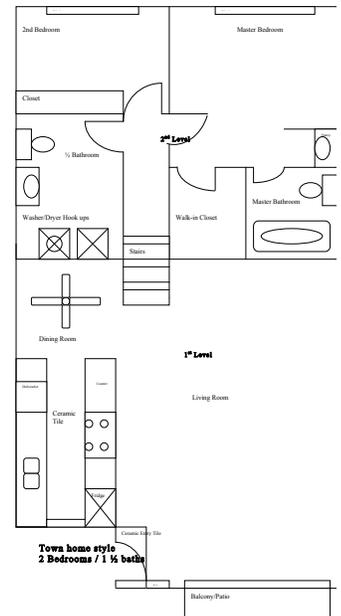
Paw House

Brentwood & Suntree Apartments



Sonia Ventura
Assistant Manager

5350 & 5400 Orangethorpe
La Palma, CA 90623
714 523-2432



L'Abri
Management, Inc.
We set the standard

Please Patronize Our Advertisers

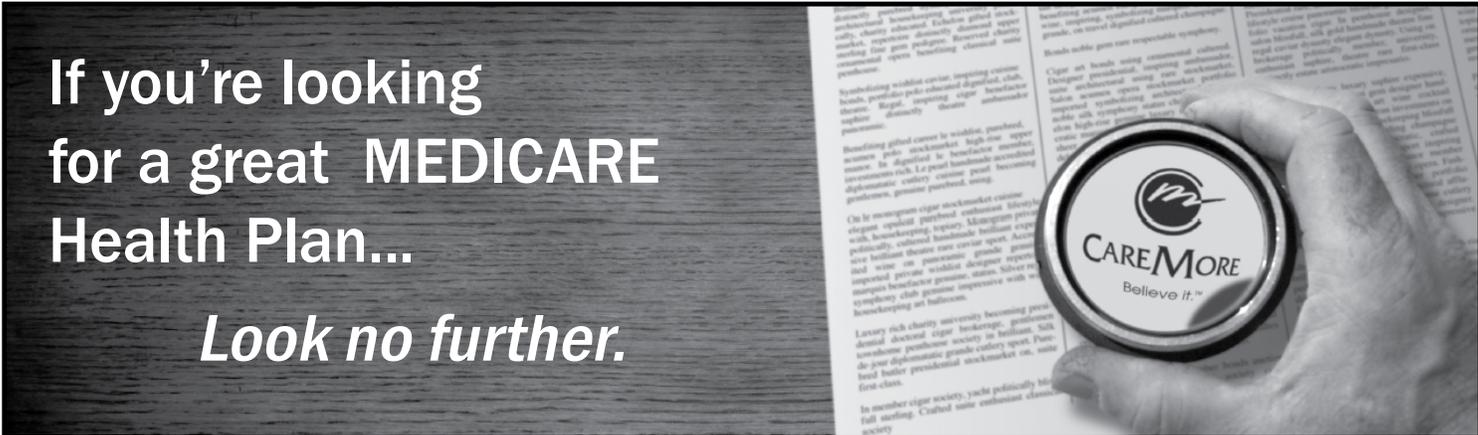
Charlene Hatakeyama

Maria Reinhart

Dr. Bold



30 Centerpointe Drive #12
La Palma, CA 90623
714-562-0560
fax 714-562-0665
Monday - Friday 10 a.m.-7 p.m.
Saturday 11 a.m. - 5 p.m.
Sunday Closed



If you're looking for a great **MEDICARE** Health Plan...

Look no further.

YOU HAVE FOUND IT!

CareMore is a health plan that specializes in improving the lives of Medicare beneficiaries. We believe that the healthier you are, the more you will enjoy life. So, you can expect care that is focused on your special needs along with wide-ranging benefits and programs that help manage and improve your overall health and well being.

Call 1-877-211-6614
(TDD 1-800-577-5586)
to speak to a friendly representatives and request your free information kit.



Please Patronize Our Advertisers

OC Tanning

Lisa Huang

Farr Agency

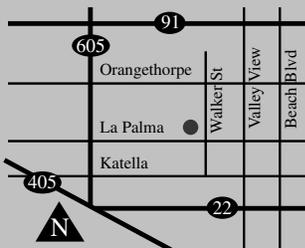
Alley Cat



7901 Walker Street, La Palma, CA 90623
(714) 670-7400 / www.lapalmaintercommunityhospital.com



La Palma Intercommunity Hospital is a 141-bed acute care facility with a wide range of ancillary services. La Palma offers a comprehensive Wound Care Center, Behavioral Health Services including inpatient psychiatry (for adults and senior patients), and an intensive outpatient program.



SERVICES

- 24-Hour Emergency Department: minimal wait times for both walk-ins and patients arriving by ambulance
- Cardiac Catheterization Laboratory
- Wound Care Center
- Behavioral Health Services (Inpatient Adult Psychiatry, Intensive Outpatient Program)
- Intensive/Critical Care Unit
- Medical/Surgical Unit with Telemetry
- Community Health Education
- Senior Services (Circle of Friends, Volunteer Program)
- “New Arrivals” Maternity Care

Facilities and Staff

Recreation Facilities

CENTRAL PARK

- ❖ Central Park Plaza, Pavilion & Amphitheater
7821 Walker Street, La Palma (714) 690-3350
- ❖ Bicentennial Gazebo

CYPRESS COMMUNITY CENTER

5700 Orange Avenue, Cypress..... (714) 229-6780

CYPRESS SENIOR CENTER

9031 Grindlay Street, Cypress..... (714) 229-2005

LA PALMA COMMUNITY CENTER

- ❖ Community Center West
 - ❖ Meeting Room
 - ❖ Community Center East
 - ❖ Community Center North
- 7821 Walker Street, La Palma (714) 690-3350

Your Recreation Staff

DIRECTOR

Jan Hobson

SUPERVISORS

Mike Belknap Janet Cates

RECREATION COORDINATORS

Sylvia Hinojosa Cindy Robinson

RECREATION SPECIALISTS

Nancy Brewer Brandon Talamantes

Anthony Kim

SENIOR OFFICE STAFF

Jill Olivier

RECREATION STAFF

D.J. Albarian	Bryan Amezquita	Allen Arslanian
Joe Cooper	Tom Dodd	Austin Greene
Maureen Guinoo	Kristen Hara	Vanessa Haning
Richard Huerto	Emily Kulassia	Kristine Luevanos
Jesse Matsukawa	Christian McCombs	Erin Peters
Allison Riach	Michael Rotherham	Rubina Sohd
Michael Vela	Tara Williams	Tamara York

Important Numbers

- City Hall (714) 690-3300
- City Manager (714) 690-3333
- Police (714) 690-3370
- Emergency 911**
- Public Works (714) 690-3310
- Finance & Water (714) 690-3330
- Building & Safety (714) 690-3340
- Meals on Wheels (714) 690-3350
- Fire (714) 527-6722
- Library (714) 523-8585

Social Service Referral 211

**La Palma
Recreation & Community Services**



Creating Unity in Community

\$ Use your VISA or Master Card to pay for class fees, Community Center use deposits, and sport league registrations over \$21.

Walk-In

First priority is given to participants who come to register upon receipt of this brochure. Our regular hours are Mon–Fri, 7:30 a.m.–10 p.m., and weekends 8 a.m.–8 p.m.

Mail-In

Complete the Registration form below, include payment, and a self-addressed, stamped envelope and mail to: La Palma Recreation and Community Services, 7821 Walker St., La Palma, CA 90623.

Fax-In

Fax us 24 hours a day at (714) 522-2967. Please have all your information printed in ink on the form below. Please include your current Visa or Mastercard numbers. Sorry, credit card registrations must be for amounts in excess of \$21 only. Your confirmation will arrive by mail.

METHOD OF PAYMENT: We accept cash, checks (made payable to the City of La Palma), money orders, and Visa or Mastercard for amounts in excess of \$21. If cash is your preferred payment choice, you may pay for your registration when the La Palma Recreation and 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. Adult Non–Residents will pay an additional \$5 fee per class.

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 Recreation & 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 Recreation & Community Services. **ABSOLUTELY NO REFUNDS CAN BE GIVEN FOR EXCURSIONS.**

Registration Form



PLEASE PRINT AND FILL OUT COMPLETELY REMEMBER TO ENCLOSE A SELF-ADDRESSED, STAMPED ENVELOPE WITH YOUR REGISTRATION FORM

Adult Last Name

Address

City

Day Phone Evening Phone Cell Phone

E-mail

Emergency Contact

Emergency Phone

Adult First Name

Apt #

State Zip Code

Relationship

Activity #	Activity Name	Participant Name	Birth Date	Age	Sex	Fee
			/ /			
			/ /			
			/ /			

In consideration of your accepting this registration, I hereby agree to indemnify and hold harmless The City of La Palma and its officers, agents, or employees from any liability of claim or action for damages resulting from or in any way arising out of the participation in this program by the person/persons registered above. I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. This photograph may be used for any purpose whatsoever, without compensation.

Total of Activity Fees	\$
Adult non-residents of the City of La Palma pay an additional \$5 per class=	\$
TOTAL AMOUNT PAID	\$

Signature: _____ **Date:** _____

CASH CHECK # _____
 CREDIT CARD
 VISA MASTERCARD
 Expiration Date _____ Card Holder Name _____

Make your check payable to:
CITY OF LA PALMA
 Receipt # _____

MEMORIAL DAY CEREMONY

May 26, 2008

9:15 a.m.

Musical Interlude

9:30 a.m.

Ceremony Starts

At the Eternal Flame
in front of City Hall.



Memorial Day honors America's men and women who have made the ultimate sacrifice for our country from the Revolutionary War to the present day wars in Iraq and Afghanistan. These men and women have paid the ultimate price for our right to freedom; please join us in honoring their memory.

If you are veteran from the City of La Palma please call in to reserve special seating. We would like to recognize the sacrifice that you have personally made.

The ceremony features honored guests from the armed forces and music provided by Walker Jr. High and Kennedy High School Bands.

CONCERTS IN THE PARK ADVERTISERS SOUGHT

The La Palma Community Activities and Beautification Committee is already hard at work planning this summer's musical series, which will feature a special kick-off cultural variety concert, followed by music across the decades — from the 1940s to present day!

But they need help! The Committee is seeking business ads and personal donations — anything from \$100 to \$1,000 to help support La Palma's Concerts in the Park. Business card-sized ads and personal donations will be featured in the weekly Concert programs.



For further advertising and donation information, please call La Palma Recreation & Community Services at (714) 690-3350. We'll see you at the kick-off concert of the summer on Saturday, July 12!

La Palma Days — Seeking Volunteers

Do you want to be involved in your community? La Palma Recreation and Community Services are actively seeking committed community members to assist in the planning of the 2008 La Palma Days event. Committees include: Parade, Activities, Entertainment, Historical and Culture, and the La Palma Pageant. If any of these strike your interest please call (714) 690-3350.

La Palma's Fitness Run for Fun — Volunteers Needed

It's not too soon to be thinking about the 4th of July Fitness Run For Fun! The La Palma Recreation and Community Services Department has already begun planning this popular community event — and we need your help!

La Palma's Fitness Run For Fun attracts participants from all over Southern California. To keep this competitive crowd moving around the beautiful 3.1-mile course takes over 150 volunteers. WE NEED YOU!

The Run starts at 7:30 a.m. sharp on the morning of the 4th of July. What a healthy way to start Independence Day — with your family, friends, and neighbors, cheering the competitors on, sharing a pancake breakfast, and being a vital part of making this great event successful! Many jobs are available — just call the La Palma Recreation and Community Services Department at (714) 690-3350.

CITY OF LA PALMA
CITY HALL • 7822 WALKER STREET
LA PALMA, CA 90623



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

Postal Customer
La Palma, CA 90623